

Food & Nutritional Sciences BSc (Hons)

UCAS Code: B400 | Duration: 3 years | Full-time | Hope Park | 2025/2026

Accredited | Placement year opportunities available



Course Overview

Knowledge of food and nutritional science is becoming ever more vital, particularly given the increasing awareness of food's role in important issues such as health, disease and environmental sustainability. Consequently, individuals with expertise in these areas will play a key role in a diverse and wide range of professions, such as developing the safe, sustainable, and healthy foods of the future and creating public health nutrition strategies. Our Food & Nutritional Sciences degree is focused on developing a set of practical, professional, and intellectual skills which are needed to develop a successful career in various roles across the commercial food sector and public health, as well as preparation for further study, working as a nutritionist, or pursuing a professional career in dietetics.

The course curriculum is broad yet deep and draws from the food, nutrition, and health sciences, as well as the social and behavioural sciences. You will be taught in our state-of-the-art Health Sciences building, which features specialist laboratories and equipment dedicated to the study of food, nutrition, and health. Those who decide to study for the Single Hons course will also be eligible for direct registration as a Registered Associate Nutritionist (ANutr) with the Association for Nutrition (AfN).

You will learn from a highly committed team of research-active UK Registered Nutritionists, who have a wide range of practical experience and are incredibly enthusiastic about the academic subject and the quality of your student experience.

Entry Requirements

The standard offer level is 112 UCAS tariff points. In addition, you should have GCSE grade C/4 or above (or equivalent) in English Language, Mathematics and two Science subjects. You should also be studying towards an A Level in a science discipline. The international IELTS requirement is 6.5 overall and no component score (reading and writing) less than 6.0.

Fees and Additional Costs

The tuition fees for 2025/2026 are £9,535 for full-time undergraduate courses.

On top of your tuition fees, you also need a maximum of £300 per year for fieldtrips, textbooks, lab coats and portfolio preparation.

If you graduate and want to join the Register of Nutritionists, there is a fee. Full details about joining the register and the cost can be found on the AfN website:

www.associationfornutrition.org

You will also need to consider the cost of your accommodation each year whilst you study at university. Visit our accommodation webpages for further details: www.hope.ac.uk/halls

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.

Accreditation

The Single Honours degree is accredited by the UK Association for Nutrition (AfN). This means that once you graduate, you are eligible to apply for registration as a registered Associate Nutritionist directly.



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Food & Nutritional Sciences

BSc (Hons) Curriculum

Year One

In the first year, the curriculum will be focused on the sciences that underpin the principles of Human Nutrition. Topics studied include:

- Principles of human nutrition
- General anatomy and physiology*
- Nutritional biochemistry and metabolism*
- Food systems
- Nutritional modifications

Year Two

In the second year, the focus of the curriculum is on applying and expanding your knowledge gained in the first year. Topics studied include:

- Nutritional assessment
- Nutrition throughout the lifecycle
- Influencing factors that affect health and nutritional status
- Basic nutritional epidemiology and public health nutrition
- Pathology of diseases*
- Endocrinology, gut microbiome and metabolic diseases*
- Molecular and cellular biology*
- Immunology*
- Bioscience lab techniques*

Year Three

In the final year, the curriculum will focus on the advanced understanding of the contemporary issues in Human Nutrition and Food Science. Topics studied include:

- Nutrition, physical activity, and sport

- Clinical nutrition
- Public health nutrition
- Food choice, behaviour modification and nutrition education
- Food supply, formulation, and policy*
- Nutrition ethics & professional practice
- Food processing techniques and biotechnology*
- Food product development, food packaging and sensory evaluation*
- Food safety, authenticity, and food quality management*
- Contemporary issues in food science & food innovation*

(*single hons only)

Work Placement Opportunities

Professional placements are a valuable part of our Food & Nutritional Sciences degree. Placements are unpaid (minimum) two-week periods working full time in either commercial food businesses, clinical and hospital settings; or community-based organisations involved in food-related activities. Placements take place in the summer each year and you typically work full-time on specific projects or providing general support to the organisation.

COURSE STRUCTURE

Our Food & Nutritional Sciences course will include a mixture of teaching methods, including:

- Lectures - where all students are taught together
- Seminars - smaller groups of around 15-20 students
- Tutorials - which typically have no more than 10 students
- One-to-one meetings and supervision with your tutor

If you study a single honours Food & Nutritional Sciences degree, in your first year of study there are approximately 12 teaching hours each week, which reduces to approximately 10 hours in your second and third years. Teaching hours will be split between your two subjects if you are studying a combined honours degree.

On top of teaching hours, you are also expected to spend approximately 18 hours studying independently each week.

ASSESSMENT AND FEEDBACK

During your three years of study, you will have a number of assessments, including written exams, portfolios, case studies, laboratory logs and diaries, viva, and group presentations. In your final year, you will complete a dissertation.

Feedback will be provided for all formal assessments. The feedback can be offered in various forms as a written feedback, as a verbal feedback in a one-to-one meeting or as a general feedback of class performance in tutorial and teaching sessions. The individual feedback on written work will be typically offered within four weeks after submission.



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