

Food & Nutritional Sciences BSc (Hons)

UCAS Code: Combined Honours only (please see website for details)

Duration: 3 years | Full-time | Hope Park | 2026/2027

Placement year opportunities available



Course Overview

Knowledge of food and nutritional sciences is becoming more important. This is due to the growing awareness of food's role in health, disease, and the environment. Experts in these fields are needed in various professions. They help develop safe, sustainable foods and create public health nutrition strategies and guidelines.

Our Food and Nutritional Sciences combined honours course equips students with practical skills and knowledge. This prepares them for careers in the food sector, public health, or further studies in nutrition and dietetics.

The curriculum is wide-ranging. It includes food, nutrition, and health sciences. It also offers insights from social and behavioral sciences. Key topics are food product development, the food supply chain, health and wellbeing and sustainability.

Students also develop professional skills. Our modern Health Sciences building holds classes and is equipped with labs dedicated to food and nutritional sciences.

You will learn from dedicated, research-active staff, including UK Registered Nutritionists. They have expertise in food science, technology, biological sciences, and public health. Our team brings practical experience and a passion for teaching, ensuring a great 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 2026/2027 are £9,790 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.



**LIVERPOOL
HOPE
UNIVERSITY**

1844

CONTACT

T: +44 (0)151 291 3000

E: courses@hope.ac.uk

www.hope.ac.uk

Food & Nutritional Sciences

BSc (Hons) Curriculum

Year One

Food Studies

In this 30-credit module, you will explore food from a scientific perspective, including its composition and methods of measurement. The module also covers the food chain, food environments, and the many factors that influence what we eat, including social, political, and societal considerations.

Principles of Human Nutrition

This 30-credit module introduces students to the physiological processes involved in digestion and absorption, as well as the key bodily systems that support these functions. You will study macronutrients and their role in energy production, as well as other nutrients such as alcohol, vitamins, and minerals.

Year Two

Nutritional Assessment

In this module, you will learn how to determine the nutritional status of individuals through the collection and interpretation of key measures and information. The module explores the ABCD of nutritional assessment: A for Anthropometry (body measurements), B for Biochemical analysis, C for Clinical signs of malnutrition, and D for Dietary intake assessment.

Nutrition Throughout the Lifecycle

In this module, students will gain knowledge of the specific nutritional needs required for development, growth, and optimal health.

Influencing Factors That Affect Health and Nutritional Status

Students will explore how factors such as ethnicity, culture, religion, and socioeconomic status influence food choices, dietary behaviours, and overall health.

Basic Nutritional Epidemiology and Public Health Nutrition

This module introduces students to nutritional epidemiology, the study of the relationship between dietary exposure and disease patterns in populations. Students will critically appraise nutritional assessment methods, as well as different research designs and methodologies.

Year Three

In the final year, the curriculum will focus on the advanced understanding of contemporary issues in food and nutritional sciences. Examples of topics that may be 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 and Professional Practice
- Food Processing Techniques and Biotechnology
- Food Product Development, Packaging, and Sensory Evaluation
- Food Safety, Authenticity, and Quality Management
- Contemporary Issues in Food Science and Food Innovation.

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 and Nutritional Sciences course combines a variety of teaching methods to support learning:

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

In the first year students receive approximately 6 hours of face-to-face teaching each week in Food and Nutritional Sciences, along with 6 hours in their other subject. In the second and third years, this reduces to around 5 hours per subject per week.

In addition to scheduled teaching, students are expected to dedicate time each week to independent study, to prepare for both individual and group assessments.

ASSESSMENT AND FEEDBACK

Throughout the three years, you will engage with a range of assessments designed to develop the knowledge and skills required in the discipline. These assessments may include written exams (in Years 2 and 3), portfolios, case studies, laboratory logs and diaries, and presentations.

In the final year, you will undertake an independent research project or a double-weighted integrated dissertation, combining both subjects from your combined honours award.

Feedback is provided for all formal assessments in a variety of formats, including written feedback, one-to-one meetings, or general class feedback during tutorials and teaching sessions. Individual feedback on written work is typically provided within four weeks of submission.

