The human nutritional sciences program can be structured to study human nutritional sciences. This circular model is rooted in the interconnectedness of development and success. Indigenous culture and shows the importance of nutrition to community health, and the role nutrition plays in preventing and managing disease. The human nutritional sciences program has many opportunities for you to explore, with four program options:

1. Nutrition: focuses on the role of nutrition in health promotion and disease prevention. This program is accredited by Dietitians of Canada.
2. Foods: focuses on the development of food products that promote health and increase the competitiveness of food production, processing and marketing.
3. Food Industry: integrates health and nutrition perspectives into the operation of food industries through application of knowledge in food development, food quality, food safety, nutrition and management.
4. Pre-Professional: The human nutritional sciences program can be structured to meet the entrance requirements of various professional programs.

SKILLS YOU WILL GAIN BY STUDYING HUMAN NUTRITIONAL SCIENCES:
- An understanding of the role of nutrition in health promotion and disease prevention for individuals, families and communities across the life span.
- The ability to integrate health and nutrition perspectives into the operation of food industries through the application of knowledge.
- The ability to collect, analyze and interpret data using statistical analysis.
- The ability to communicate effectively both verbally and in writing.

WHAT DO EMPLOYERS WANT?
Industries such as agriculture, biotechnology, business, education, government, public health and food manufacturing would value a human nutritional sciences degree in combination with the employability skills that are highly sought after by employers. These include:
- Oral and written communication
- Critical thinking
- Problem solving
- Teamwork
- Numeracy and data use
- Digital technology
- Industry specific knowledge
- Continuous learning
- Leadership and volunteer opportunities
- Undergraduate research and entrepreneurship
- International student exchanges, international internships and travel study
- Leadership and volunteer opportunities
- Pre-Professional
- Core Knowledge
- Attain skills through your classroom education and take advantage of experiential education opportunities.

WHAT IS EXPERIENTIAL EDUCATION?
Experiential education will enhance your classroom education by giving you hands-on experience that will resonate with employers. The University of Manitoba offers a wide variety of programs designed to facilitate your personal growth, connect you with others and ignite your active engagement in the local and global community.

EXPERIENTIAL EDUCATION OPPORTUNITIES:
- Work experience opportunities
- International student exchanges, international internships and travel study
- Leadership and volunteer opportunities
- Undergraduate research and entrepreneurship
- Local and international service-learning opportunities

The Human Nutritional Sciences Compass provides you with suggestions of how and when to use opportunities to make the most of your university experience. You may follow these guidelines or map out your own route.
CAREER TIPS

Start planning your career:
1. Meet with a career consultant to generate career ideas based on your interests, values, personality, and skills.
2. Research occupations that match your skills and interests.
3. Set up a careerCONNECT account to view job postings and register for workshops and events.
4. Explore your Co-Curricular Record (CCR), an official record of university-approved activities at communitylink.umanitoba.ca.

Link experiences to your career interests. Options include:
1. Student groups including Nutrition Education and Community Outreach (NECO) and Faculty of Agriculture Students’ Association (FASO).
2. Join the University of Manitoba Volunteer Program to volunteer for Science, Engineering & Technology Day.
3. Student work opportunities including Work Study, STEM Services or Federal Student Work Experience Program.
4. Experiential education opportunities such as Alternative Reading Week Winnipeg and the Student Leadership Development Program.

CULTURAL OPPORTUNITIES

Consider international opportunities?
Visit the International Centre website at umanitoba.ca/international to learn about international opportunities for U of M students or ask your advisor about international exchange opportunities in Australia and France for human nutritional science students.

Explore communities and cultures you want to work with?
Visit the Richardson Centre for Functional Foods and Nutraceuticals, the Farm and Food Discovery Centre or learn about local agencies via 211 Manitoba at mb.211.ca.

Develop global career skills and expand intercultural learning?
Consider international student exchange or Summer School Agroecology in France, Students Without Borders internship, Alternative Reading Week in Belize, My World Abroad or SWAP for a “working holiday.”

Explore supports available to entrepreneurs for business planning such as the Growing Forward 2 initiative.

Explore education opportunities including Work Study, STEM Services or Federal Student Work Experience Program.

How can you explore communities and cultures you want to work with?
Research occupations that match your skills and interests. Options include:
1. Student groups including Nutrition Education and Community Outreach (NECO) and Faculty of Agriculture Students’ Association (FASO).
2. Join the University of Manitoba Volunteer Program to volunteer for Science, Engineering & Technology Day.
3. Student work opportunities including Work Study, STEM Services or Federal Student Work Experience Program.
4. Experiential education opportunities such as Alternative Reading Week Winnipeg and the Student Leadership Development Program.

FOOD/FOOD INDUSTRY OPTION
Food Development Consultant
Food Production Supervisor
Food Safety Coordinator
Food Security Officer
Food Scientist

SAMPLE CAREERS WITH AN UNDERGRADUATE DEGREE AND RELATED EXPERIENCE

NUTRITION OPTION
Agricultural Officer
Catering Manager
Community Food Facilitator
Health Educator
Health Policy Analyst
Home Economics Teacher
Lifestyle Coach
Medical Doctor
Nutritionist
Nutrition Services Manager
Pharmaceutical Sales Agent
Registered Dietitian
Sports Nutritionist

Note: This resource is meant as a guide to provide suggestions throughout your time at university. Develop a plan and timeline that suits you best. Make intentional choices for your courses and work experiences.

*Please refer to the Academic Calendar for a complete list of program requirements.