



Graduate View

Dr Laura Kirwan | Sustainability Lead, Nutritics | Vice-chair of the Sustainable Health Systems committee on the European Health Parliament



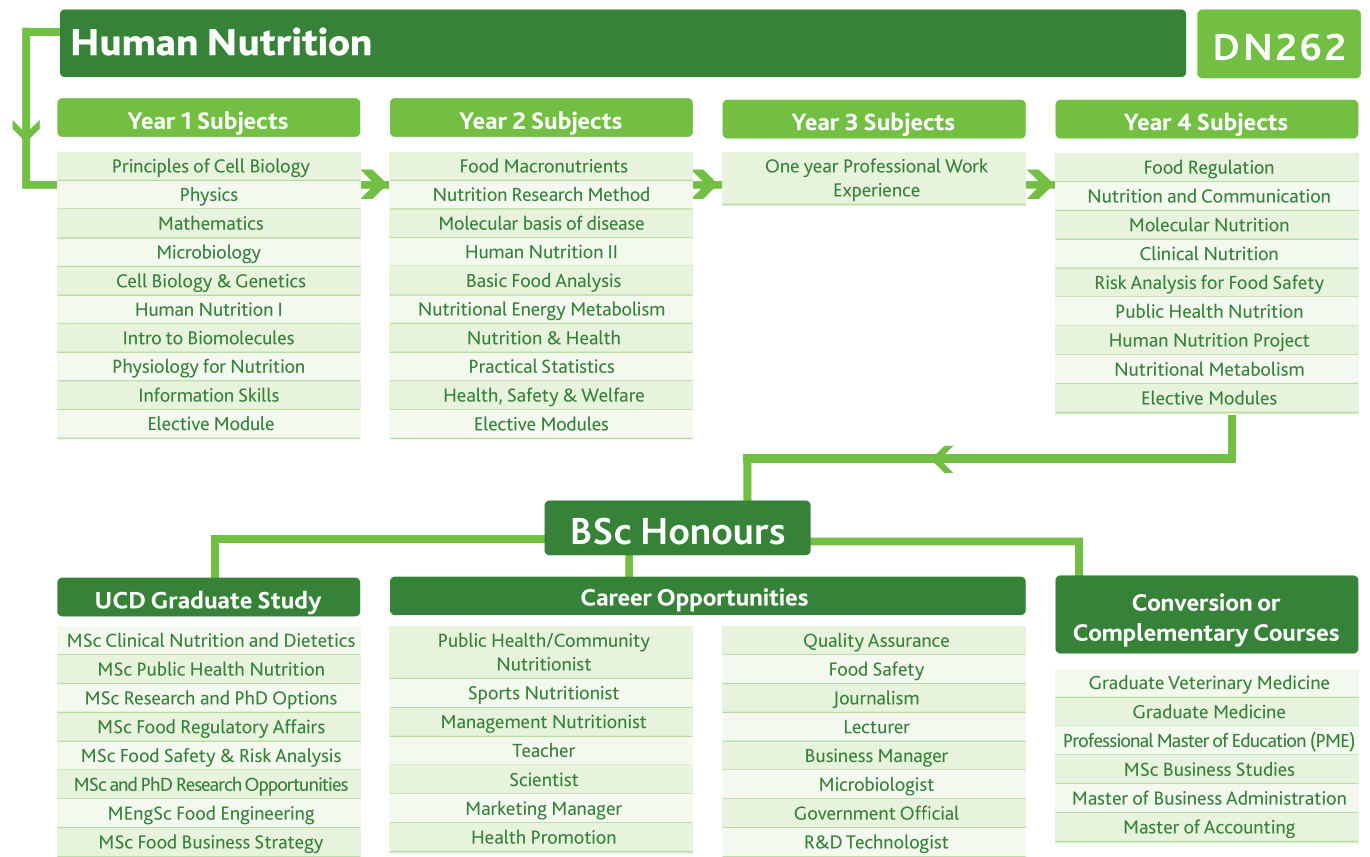
I completed the BSc in Human Nutrition and graduated in 2017. The course covered a very diverse range of topics and nutrition was quite a new area at the time. The personal highlight of my time at UCD has to be the people. There is a great community and atmosphere in the school of Agriculture and Food Science, and I made some great friends for life. Networking and socialising is an important element of the University experience for developing strong communication and interpersonal skills.

This programme includes a 10-month placement in third year. I found this gave me valuable insight into different jobs that I never knew existed. I completed my placement at the Rowett Institute of Nutrition and Health in Aberdeen in Scotland which was a great experience, and a strong learning curve. After I graduated in 2017 I was accepted into the European Food Safety Authority (EFSA) DATA traineeship which was an amazing experience. My placement experience with UCD definitely played a role in being accepted to this. I then went back to UCD to complete a PhD. In 2021, I was selected as vice chair of the Sustainable Health Systems committee in the European Health Parliament, and I am continuing to do consultancy work for EFSA on data modelling for food safety. I am now working with Nutritics, developing climate technology solutions for the hospitality and food service sector, which is a crucial area for climate action.



The Human Nutrition Programme at UCD is accredited by the Association for Nutrition.

Programme Pathway



Student View

Luke McMonagle



I have always loved science and saw studying human nutrition as a way to apply this in a practical, health-focused manner, in particular to the rapidly growing area of personalised health. Eating is an integral part of our lives and an understanding of how our relationship with food and nutrition influences health has always fascinated me. A real highlight for me was my 10-month professional work placement with the Food Safety Authority of Ireland. I learned

a huge amount during my placement about the complex and important food regulatory process and about the food industry more broadly.

Aside from my academic studies at UCD I also had the chance to work and perform with the Choral Scholars chamber choir. During my time with the choir, we had the opportunity to perform in venues like the Newman University Church, the National Concert Hall, and even Carnegie Hall, New York. In addition to this, we recorded a Christmas album with the Signum Records label, an experience that was a highlight of my time at UCD.