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

Human Nutrition

DN262

Year 1 Subjects

Principles of Cell Biology
Physics
Mathematics
Microbiology
Cell Biology & Genetics
Human Nutrition I
Intro to Biomolecules
Physiology for Nutrition

Information Skills

Elective Module

Year 2 Subjects

Food Macronutrients
Nutrition Research Method
Molecular basis of disease
Human Nutrition II
Basic Food Analysis
Nutritional Energy Metabolism
Nutrition & Health
Practical Statistics
Health, Safety & Welfare
Elective Modules

Year 3 Subjects

One year Professional Work Experience

Year 4 Subjects

Food Regulation
Nutrition and Communication
Molecular Nutrition
Clinical Nutrition
Risk Analysis for Food Safety
Public Health Nutrition
Human Nutrition Project
Nutritional Metabolism
Elective Modules

BSc Honours

UCD Graduate Study

MSc Clinical Nutrition and Dietetics
MSc Public Health Nutrition
MSc Research and PhD Options
MSc Food Regulatory Affairs
MSc Food Safety & Risk Analysis
MSc and PhD Research Opportunities
MEngSc Food Engineering
MSc Food Business Strategy

Career Opportunities

Public Health/Community
Nutritionist
Sports Nutritionist
Management Nutritionist
Teacher
Scientist
Marketing Manager
Health Promotion

Quality Assurance
Food Safety
Journalism
Lecturer
Business Manager
Microbiologist
Government Official
R&D Technologist

Conversion or Complementary Courses

Graduate Veterinary Medicine
Graduate Medicine
Professional Master of Education (PME)
MSc Business Studies
Master of Business Administration
Master of Accounting



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.