## Human Nutrition Transcript

**Text on Screen:**

Nutrition at La Trobe

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“Nutritionists are experts in nutritional science and food, so they help the lay public as well as the food industry to actually understand how to use nutrients in food. For example they might be involved in the design of new food products, or the marketing of new food products for the food industry but also they might work with big projects with the community in trying to optimise their health and nutrition. So really focusing on making food and nutritional science accessible to the lay public.”

“The course is a 3 year course at La Trobe University and it actually has a 20 year history at La Trobe University. So as part of the course the students study a range of biosciences so that includes things like chemistry and biology, anatomy and physiology because we need to understand how the human body works and what it does with the nutrients once they are absorbed. But also it has a strong focus on food and food science So really, from a fun perspective, working with different foods in the kitchen and learning how they operate and how they work and different cooking techniques.”

“I got into human nutrition because back when I was younger, I met a sports dietitian, and I met him and he sort of gave me a background on the different kinds of nutrition involved in building muscle and losing weight and I thought it would be very interesting to get into.”

“I sort of like how I built up from the molecular background, so I did a lot of physiology, a lot of chemistry and biology in the first couple of years. Then we built up into current world problems of obesity and diabetes and how it effects the nutrition side of it.”

“So I’m doing honours in human nutrition at the moment, so I’m looking at the Mediterranean diet. So when I finish I would like to go into masters of dietetics and then hopefully get into sports dietetics after that. Maybe take a little bit of time off to travel and then get into sports dietetics. SO at this moment I’m working with North Melbourne Footy club, volunteering their first. I’m liking that, I’m enjoying it and then hopefully I can get into a sports dietetics.”

“The thing I like about studying human nutrition here at La Trobe is the science behind food. As in food chemistry and food fundamentals and the building blocks of what happens in our body once the food enters.

I definitely like the prac subjects, I like chemistry, and the subject I’m in at the moment principles of nutrition, and the pracs are always interesting in both of those. It just brings all the information to a better understanding and it makes you realise what you will be doing in the field once you finish, and it makes everything feel a little more relevant.
Once I finish human nutrition here I would either like to do a Masters of Dietetics or go into nutrition research in the field of cancer specifically, and how foods effect that.”

“The course gives us so many different elements I guess of nutrition, you can learn about the practical components and, the physical components I guess, and all the different subjects they offer,

I’ve always had an interest in nutrition and being healthy. I guess it just meant that by doing that I understood the actual elements like kilojoule intake, you know things that I can help others with, so I guess that I did that already without even being in the course, so I thought this would further my knowledge of it.

I actually don’t necessarily want to work one on one with people, I’d rather work in underprivileged communities maybe, and helping them achieve nutritional and adequate intake in people that don’t normally get it. Aboriginal communities, that would be one and even I thought of people who are homeless, theres a lot of people that do soup drives and shelters, even helping them because those are the people that people don’t normally think about. So I’d actually prefer that than doing one on one with everyday people in the community I suppose.”

“The types of jobs that are available to nutrition graduates are actually very diverse some of them might involve places such as the community and public health centres where they’ll work with community groups to try and optimise their eating and also with vulnerable groups, for example the disadvantaged people, and individuals such as the homeless to try and perfect their nutrient intakes. Other opportunities might be available at non- government organisations such as the heart foundation, where they’ll be able to focus specifically on projects around nutrition for heart health. Other opportunities also might exist in the government sector in terms of writing policy around food, and optimising the recommendations to look after the health of all Australians, and address some of the issues we currently have, and also other exciting employers might be elite sports clubs where students, graduates, will have the opportunity to work with nutritional intakes of those elite groups but also opportunities will exist in the food industry, where they can have a front line role in the design and marketing of exciting and new foods.”