

## What Can I Do With a Major in Foods and Nutrition?

### **Possible Career Options**

*(some career options could require advanced study)*

Caterer  
Cookbook & Magazine Editor  
Customer Relations Developmental Consultant  
Equipment Specialist  
Food Scientist/Technologist  
Food Services Manager  
Food Stylist  
Food Program Specialist (WIC)  
Menu Planner  
Peace Corps/VISTA Worker  
Product/Recipe Developer  
Quality Assurance Specialist  
Restaurant Manager  
Sales Representative  
Test Kitchen Specialist  
Weight Reduction Specialist

### **Transferable Skills**

Incorporates knowledge of human nutrition into meal and menu preparation

Satisfies creatively the needs of those with special nutritional requirements

Possesses a sense of the important role food plays in individual and family lives

### **Problem Solving Skills**

Makes decisions under stress

Enjoys the challenge of creating solutions to practical problems

Plans and makes decisions independently

Coordinates work with others

Thinks analytically

### **Research Skills**

Allocates, absorbs, and organizes factual information

Works independently

Calculates, computes, and applies formulas

### **Communication Skills**

Communicates clearly with others

Gives special attention to details

Compiles clearly written reports and evaluations of research results

## **Employment Sites**

Past interns and graduates have worked at:

Ashland University Catering

Buehler's Market Consumer Affairs

DarB's

Darz Restaurant

John Hay High School

Vermilion Intermediate Elementary School

Weight Watchers

Women Infant Children

Worthington Foods

## **Experiential Education**

Presenting food and nutrition concepts to 4-H club members

Assisting consumer advisors in hosting cooking schools at local supermarkets

Working in catering and serving banquets

Working as food photographer's assistant setting up lighting and props

Writing articles for food magazines

Working in test kitchen supervising blind taste testing

Answering consumer hotline regarding company's food products

Presenting nutrition workshops for WIC program

Participating in hospitality management trainee program for food service at corporation headquarters

Developing recipes in test kitchen

Creating and marketing food pages to newspapers

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## **Additional Resources**

Caldwell, Carol Coles, (2000), *Opportunities in Nutrition Careers*, VGM Career Horizons: Chicago, IL.

Camenson, Blythe, (1996) *Careers for Health Nuts & Others Other Who Like to Stay Fit*, VGM Career Horizons, Chicago, IL.

Donovan, Mary, (2002), *Careers for Gourmets and Others Who Relish Food*, The McGraw-Hill Company: New York, NY.

*Occupational Outlook Handbook*, (2002-03), US Department of Labor.

Simms-Bell, Barbara, (2002), *Career Opportunities in the Food and Beverage Industry*, Checkmark Books: New York, NY.