

Introduction to Department of Food and Nutrition

The first ever department of its kind for women in Khyber Pakhtunkhwa offering full fledged program, competent to explore the field of Food and Nutrition widening their scope in areas of Food Industry, Nutritionist, Diet Therapist, Aerobic consultant, Food specialists, child-care experts and much more. Being an all women university, the main focus is on producing well-groomed, research oriented skilled females in the field of nutrition, child and health care. The Undergraduate programme of Biochemistry at the University is committed to the professional and personal growth of undergraduate students through the development of new scientific knowledge, critical thinking, problem-solving strategies, active learning, self-realization and participation in research discoveries. It is our mission to create a stimulating and personal growth that environment for our students. We strive to provide ample opportunities for professional and personal growth that will allow our graduates to excel in future endeavour, such as industrial work in food and nutrition.

Vision Statement of Department

The Department of Food and Nutrition will serve national, regional and local communities through discovery of the ways in which foods and their bioactive components contribute to health and the prevention of diseases through effective application of nutrition knowledge to improve human health and well-being. The department will assure the security of food through scientific approaches and to become a working and sustainable component of the university in teaching, research, and community services.

Mission Statement of Department

The Department of Food and Nutrition creates and shares knowledge to ensure a safe, healthy, and appealing food supply that supports the well-being and prosperity of people and the environment. To provide quality education and learning experience for female students and to mold them into competent professionals in the field of Food sciences and nutrition with provision of opportunities for career development for both students and staff. Through innovative teaching methods and updated research, the students will be prepared for the development of critical thinking and problem-solving skills. They will be provided with the provision of a stimulating, exciting and collaborative scientific environment, which will contribute in their future effective teaching, quality research, and relevant community service and to develop them into well-rounded responsible individuals.

Scope and job applications

The program aims to skill the female with knowledge of the field to gain profitable scopes in matters of career. The Nutrition Specialties such as: Sports nutritionist, Holistic nutritionist, Clinical dietician, Certified Nutritional specialist, Public Health Nutritionist, Food safety auditor, Nutritional therapist, Nutrition Educator, School & College Nutritionist, Paediatric Nutritionist, Exercise Science Jobs. The certified Dietician may further give medical nutrition therapy (MNT), across the following focus areas:

- ❖ Oncology
- ❖ Pediatrics
- ❖ Diabetes
- ❖ Nephrology
- ❖ Sports
- ❖ Nutrition support
- ❖ Extended care
- ❖ Weight management and obesity
- ❖ Wellness and prevention
- ❖ Behavioral health
- ❖ Eating disorders and disordered eating
- ❖ Intellectual and developmental disabilities
- ❖ Mental illness
- ❖ Addictions
- ❖ Food and culinary and supermarkets
- ❖ Integrative and functional medicine
- ❖ Sustainable resilient healthy food and water systems
- ❖ Communities and public health
- ❖ Education
- ❖ Management

In a nutshell, this exclusive program for women will not only provide awareness, education and knowledge in the field of Food and Nutrition but will open the doors of opportunities for females in schools, hospitals and other medical facilities, long-term care facilities, corporations, food manufacturing industries, food inspection departments, community and public health organizations, government agencies, and non-profit organizations. Other job locations are also open to registered dietitians, dietetic technicians, licensed nutritionists and

even non-licensed nutritionists, including retail stores, holistic healing centers and alternative medicine clinics.

Program offered

Currently we are offering a four year BS program in Human Nutrition and Dietetics.