2009 Career Advisers’ Seminar
Food Technology and Nutrition

‘Science with a twist of lemon’
Emma Mits
About me

- Final year Food Technology and Nutrition
- Attended Norwood Secondary College
- Interested in Sport and Food
Year 12 subjects

• English
• Further Mathematics
• Chemistry
• Italian
• Physical Education
• Biology (Year 11)
Choosing my path

• Difficult to research courses, and I was unsure what I wanted to do
• Considered changing my preference at the end of Year 12
• Decided to stick with Food Technology & Nutrition
Food Technology and Nutrition

- Looks at the science behind food and food ingredients and the wider interactions of the food components with themselves and each other
- Complete minimal cooking which does not involve the preparation of whole meals
- Cooking demonstrates a scientific theory and does not focus on taste or presentation

Food Technology and Nutrition is very different to Home Economics at High School
University Subjects

Favourite courses have been
• Nutrition Courses offered each year

Least favourite have been
• Biological Chemistry and
• Microbiology due their difficulty
From High School to University

The hardest changes have been:

• Non-compulsory class attendance and
• Not having a teacher on your back

The best advice I have:

• Attending all lectures
• Using time on the train for study
• Completing assignments before the due date
My Success

I have been fortunate enough to receive:

• 2007 Simplot Australia Scholarship
• 2007 Adrian Chambers Award
• Invitation to join the Golden Key International Honor Society
Work Experience

3 month internship at General Mills Australia

• Ground breaking research

• Being in charge of my own project

• My final report being sent internationally to countries including America, New Zealand, Venezuela and Argentina

• Completion of ‘Science Project’, a course usually completed in the final semester

This experience was incredible!

It opened many doors and I have been offered a position after graduation
My Future

• General Mills to join their R&D Team
• Working in the sports nutrition field – hopefully with elite athletes
• Volunteering in the community to work with the elderly or refugees
My Experience at RMIT

• Has been really positive
• Lecturers and Demonstrators are dedicated and helpful
• Hard work has been recognised
Food Technology and Nutrition

• I recommend Food Technology and Nutrition to anyone looking to pursue a career within the food industry

• Food Technology and Nutrition is not the same as Home Economics
Thank you for listening to my story

Emma Mits