



INTERESTED IN INNOVATING FOOD FOR HEALTH & WELLNESS?



UNIQUE MASTERS PROGRAMME
**MSc. IN APPLIED
CULINARY NUTRITION**

PROGRAMME AIMS

To provide graduates with the advanced knowledge, skills and competencies necessary to creatively and confidently innovate food production in food service, for health and wellness, in line with current food and dietary trends.

Programme Patrons: Chefs Derry Clarke, Domini Kemp, Neven Maguire



“The trend in health and wellness brings many challenges for the kitchen and chefs need to be able to adapt their cooking to meet these challenges with confidence.”

Neven Maguire

The Institute of Technology Tallaght in Dublin is pleased to announce a new unique Masters Programme in Applied Culinary Nutrition for culinary professionals worldwide seeking to innovate food to meet the growing consumer need for health and wellness. It focuses on taking an applied approach to linking science and research with the kitchen, making it relevant to day to day food business operations and the creative and confident provision of healthful options on menus.

Changing how we eat is linked to changing how we cook and how we taste. A critical knowledge of the application of flavour science is key to bringing about such innovation for classically trained chefs. Innovating for health and wellness can only be done successfully with the application of nutrition principles and practices; this programme empowers the chef to develop a specialism in this area in a way that is practical and strategic for the food business. (While legislation is pending on the nutritional labelling of menus, the focus of this programme is to give a broader perspective, i.e. on creating healthful options).

“Our interest in health is growing at the same rate as health care costs are soaring. To re-focus our ideas about what is truly "healthy", using up-to date nutritional information - that challenges the norms, is what is going to be so exciting about this programme.”

Domini Kemp

“ This Programme is essential in the further education and career progression of chefs”

Derry Clarke

MSc. in Applied Culinary Nutrition

Course Details

Award: MSc. in Applied Culinary Nutrition
Exit award after semester 3: Post-graduate Diploma in Applied Culinary Nutrition

Core Modules

Semester 1	Credits
Applied Food Science	10
Flavour Science	5
Food Regulatory Affairs	5

Semester 2	Credits
Human Nutrition	10
Culinary Nutrition Research Studies	10

Semester 3	Credits
Nutrition Assessment	5
Strategic Marketing for the Contemporary Chef	5
Culinary Nutrition Professional Practice	10

Semester 4	Credits
Applied Research Project	30

Post-graduate
Diploma

Masters of
Science

Potential students

The programme is aimed at culinary and hospitality management professionals with a keen interest in innovating food to meet the growing consumer need for health and wellness

Career opportunities

Graduates from the PG Diploma and the MSc in Applied Culinary Nutrition will develop scientific and culinary nutrition skills to work in diverse roles in the food sector including: food production and service, culinary innovation and food product development, food marketing, food science research, nutritional analysis, food consultancy.



MSc. in Applied Culinary Nutrition

Course Duration

Entry Requirements

The Application Process

Course Duration

This is a two-year part time programme (2 evenings/week – Mondays and Wednesdays) over two years. Students may exit with a Post-graduate Diploma in Applied Culinary Nutrition if they do not wish to do the applied research project.

Entry Requirements:

- Applicants are required to hold a Level 8 (honours) degree in a relevant discipline.
- The Institute policy on recognition of prior learning applies.
- Applications will be considered from graduates holding a Level 7 (ordinary) degree in a related discipline who have gained sufficient industry experience to have achieved the equivalent learning as graduates from an appropriate Level 8 (honours) degree programme. Level 7 graduates who wish to apply under the Institute's policy on recognition of prior learning must provide details of their learning and experiences since graduation, as part of their application. The Institute will then invite suitable applicants for an interview at which they will be examined as to their suitability for the programme. Applicants holding a Level 7 degree need to demonstrate that they have worked applying skills which typically would be acquired at Level 8.

All applicants must have competence in spoken and written English that comply with ITT requirements.

Applications now open for 2016:

For details on the fees and the application process contact us directly

Contact us today to find out more:

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