

Career Files teach about important jobs in science and how science is used in other jobs. Careers with the STEM symbol focus on Science, Technology, Engineering, or Math.



Pizza, chips, and soda may taste good, but are they good for your body?

Ensuring that people are eating a proper diet is the

job of a dietitian. Dietitians carefully plan and create meal and nutritional programs to prevent and treat illnesses in people.

Clinical dietitians work in hospitals, clinics, or nursing homes. They first figure out a patient's nutritional needs. Then they develop a program to meet those needs. Clinical dietitians report the results to doctors, who make recommendations to patients.



A dietitian demonstrating portion sizes for different types of food



A dietitian teaching a child how to prepare a healthy snack

Community dietitians work at public health clinics and other agencies. They develop nutritional programs to help people become healthier. Community dietitians educate people on how to shop for food. They also teach people how to prepare food for elderly people, infants, children, and those with special needs. Dietitians who work in schools make sure students are eating nutritious meals.

People who want to become dietitians attend college after high school. They complete a special program run by the American Dietetics Association. Many states require dietitians to have a special certificate.

# Food Science Technician

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Who counts the amount of salt in a bag of potato chips? Who finds out that one tablespoon of grape jelly contains 50 calories?

The food science technician, also called a *food analyst*, studies such things.

Food science technicians help verify the physical or chemical properties of foods and beverages. They run chemistry experiments to make sure the ingredients and nutritional content listed on food labels are accurate.



A food science technician running experiments in a laboratory



A food analyst studying the nutritional content of a tomato

A food analyst's job includes checking that food products comply with all food and safety laws. Nutritional analysts are often asked to prepare charts and reports, and to compile test results on the foods they study. They usually work in laboratories at food companies, at universities, or for government agencies.

To become a food analyst, a person must have a college degree and excel in chemistry and math. He or she should be a problem solver who knows how to conduct science experiments and work with science equipment, such as microscopes.

One of the best parts of being a food analyst is sometimes getting to sample the food you're testing to make sure it tastes good!

# Pet Nutrition Specialist

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If you have ever owned a Labrador retriever, you know that it likes to eat, and eat, and eat some more. It's the responsibility of a pet nutrition specialist to make sure Fido is chowing down on healthy food and the right amount of it.

Dog food companies hire nutritionists to help pet owners pick the best food for their four-legged friends. For instance, a growing puppy needs food that contains more calories and protein, and is designed for active dogs. But older, less active dogs would gain too much weight if they ate so many calories.

Some dogs need to eat specific types of food because they have health problems or are allergic to certain ingredients. Many dog food companies make food that animals with stomach or kidney problems can eat.



A pet nutrition specialist discussing dog food options with a customer

A nutrition specialist might work in a pet supply store. You'll often see a pet nutrition specialist at a veterinary hospital and other canine-friendly places, such as a kennel or dog show.

In addition to often being pet lovers, pet nutrition specialists must get along with people. They need to be good salespeople and have outgoing personalities. A person needs at least a high school diploma to become a pet nutritionist.



Puppies need food that is high in calories and nutrients.