



Exploring the Science of Nutrition



There are many careers in science and health. These jobs include researchers, chemists, biologists, doctors, nurses, and food scientists, but did you know that there is another career where people study nutrition and food?

These professionals are called **dietitians**. A dietitian studies the science of how foods and nutrients affect the body and they use this knowledge to help people living in Canada improve their health through the foods that they eat.

Did you know?

Nutrition is the study of food and how it works in your body.

Let's Learn:

If you were a food scientist or dietitian, what would you like to explore and help those living in Canada learn more about? Why is studying the science of food and nutrition important?

Who in your community works with food and nutrition? What would you like to learn about their role? How do they support your community?

Here are some examples of the word for **Food** in Indigenous languages:

BlackFoot: **aoowahsin**

Mi'kmaq: **mjijjewey**

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