When did you first become interested in Food Science?
I first saw food science at a University Open Day with one of my older brothers. Back then I was always interested in food, but more like a culinary chef, but was always pretty good at science. So when I saw them combined, it just sort of seemed like the ideal thing really. It shaped what I chose to do it at A-level (Maths, Chemistry, Geography).
I remember at another Open Day, hearing there was, 100% graduate job success rate or something like that. And you just think, well, it's great, isn't it?

What was Uni Study Like?
The scope of topics is so massive and so wide straight from the start and so much gets covered. From microbiology to chemistry and the labs, and then you're in there making chocolate by hand. Then food law, quality management or food safety. One of the things that drew me to Cardiff Met was the processing facilities that they've got, they are very good.
My placement year involved working in the technical department at a beef processing site. And I gained essential experience and developed my knowledge of the food manufacturing environment. I was really happy with my dissertation (final year project) which used data from my placement year.

What was Quality Graduate Scheme like?
You work one year in retail sites (make up product packs for sale) then one year in the primary side of meat processing. It was getting to know the day to day on the factory floor with the quality teams and learning the process control. Myself, I was involved in a lot of the projects that were going on across the group division as well as the site I was based at the time.
3 years later, I am now Assistant Technical Manager and have various Quality Auditors (QAs) and a Technical Administrator working in my team.

What advice would you give to someone thinking about Food Science as a career?
There's a lot of opportunity. It's as everyone says you know, it's a fast-paced environment and no two days are the same. I still apply things I learned at Uni now into my daily job. Also, you can move into operations and other departments afterwards if you prefer.

This material has been developed with industry involvement to support graduates, employers and degree educators. https://www.ifst.org/resources/competencies-food-graduate-careers