



Science Camp 2021: The Science of Food

The College of Sciences and Health, Technological University Dublin (TU Dublin), is delighted to offer a one-day Science Camp for Transition Year students in February 2021. The camp will run online for a whole day during the **week of 17th February 2021**, starting at 9:00am and finishing at 4:00pm. Attendees will be informed of the day on which they will attend and will be given an opportunity to nominate a preferred day.

Secondary schools can nominate two students to apply to participate in the Science of Food camp. Application forms can be requested from sciencesandhealth@tudublin.ie. These forms must be completed by the school (e.g. Transition Year Coordinator) and submitted to sciencesandhealth@tudublin.ie by Friday, 22nd January 2021. Schools will be informed of the outcome of the application process by Friday, 29th January 2021.

There is no fee for participation but spaces are limited, so confirmation needs to be provided by Friday, 5th February 2021 that each participant who has been offered a place is able to attend. Parent/guardian consent will also be required by that time.

Public Health, Nutrition & Dietetics

Morning Session

The morning session will provide students with insight into the work that Public Health Nutritionists and Dietitians undertake. During the session, students will participate in interactive workshops and talks related to nutrition and health. Students will explore important nutrition related matters such as food based dietary guidelines and food labels as well as nutritional claims on common foods. Students will also learn about the programmes offered by TU Dublin in the area of Nutrition.

The session will commence with an Interactive workshop that introduces students to the Healthy Eating Guidelines and Food Pyramid. This is followed by an interactive workshop in which students will study food labels and compare products from supermarkets. Students will need their running shoes for a supermarket sweep, as they will need to find products in their house!!! The session ends with The Great Weetabix Challenge - a fun energetic game where students learn about the amount of energy supplied by different types of foods.

Food Science Afternoon Session

This afternoon session provides students with hands-on experience of the science of food. This will include a variety of interactive sessions and demonstrations. Students will learn about freezing point manipulation of liquids through the manufacture of 'instant ice-cream'. The instant ice-cream will be used to give students an introduction to sensory analysis and how Food Scientists determine the flavour profile of foods. Students will learn about encapsulation technology and how it is used to protect sensitive nutrients during food processing and digestion. Students will make basic pH meters by extracting anthocyanin from food by-products as a demonstration of the bioeconomy.

Finally, students will part-take in virtual tours of the Food Science laboratory facilities and the Grangegorman campus, the new world class home for Science in TU Dublin.

