

NUTRITION/BIOLOGY

From a young age I have found science fascinating. In particular, my favourite has to be human biology. I love learning about the way the body works and reacts to illness and disease, diet and nutrition. With this admiration, I have decided to continue my education and pursue a career in human nutrition and biology. I understand that in becoming a nutritionist one of my many roles would be to educate the public about food and to create suitable dietary information for many types of people, whilst providing clear, concise scientific explanations. The relationship between diet and health has been one of the topics we have researched in Biology. I find it ironic that the wealth created in Western societies has brought with it epidemics of diet related illness, from obesity and heart disease to bulimia and anorexia. The attitude towards diet in Western societies appears to be one of the most challenging problems facing us in the future. I am keen to help solve some of these problems from a nutritional perspective.

For my A Level subjects I chose Biology, ICT and Maths. My grades in Biology have always been high as I have a passion for the subject. ICT is an enjoyable and skilful subject which has helped me to gain experience and knowledge of how to capture and present data in a clear to understand format. Also I have learnt how to get the most out of popular programs and software. The most difficult of my subjects is Maths, but by working hard one can receive pleasure from conquering the seemingly unsolvable problems! I also have an AS Level in Chemistry. This was a very challenging subject, but I did enjoy taking part in experiments and learning about how the world works. This will give me a good understanding of the chemical processes in nutrition and the metabolism. Other than focusing on my school subjects, I like to involve myself with school responsibilities which are both rewarding and satisfying. I held a position of responsibility

taking part in the Duke of Edinburgh Award by working as a team to succeed in the expedition. In Sixth Form I have gained the privilege of becoming a school prefect. This role not only gives me the responsibility to keep an eye open for any pupils that may need my advice and assistance but also to help out with looking after visitors especially during open days. Throughout school I have helped to organise and carry out many charity events both for the Sixth Form and the school itself.

My weekend job in a local tea room has provided an opportunity for me to work as a team by co-operating with others and to learn how to handle difficult situations. I have gained experience of how to treat customers respectfully; to make them feel welcome and well looked after by using my initiative and communication skills. In addition to this job I have enjoyed babysitting young children proving myself to be responsible and trustworthy.

Outside of school, I enjoy socialising and meeting new people but also understand the importance of studying. My hobby is reading. Presently I am reading Catherine Cookson but I enjoy other authors such as Sophie Kinsella and Stephenie Meyer. I also like to read biographies. I believe that I am an honest, reliable and friendly person who is open and approachable also I am a responsible and dedicated student, who is determined to excel. I find my positive and passionate outlook allows me to aim high and achieve well. My experiences of life so far have enabled me to be independent, organised and self disciplined, which will prepare me for life at university. At university I look forward to building on my existing experiences but also to expand my knowledge and gain new experiences with new people. My ultimate aim is that my time at university will provide me with the adequate qualifications, skills and knowledge to succeed in my chosen career, whilst at the same time enjoying a once in a life time experience which will hopefully set me in good stead for my life ahead.