



Research areas in the Department of Food and Nutrition Consumer Sciences include: Food Science and Product Development Research, Food and Nutrition Security Research and Food Environment Research. The overall goal of the research in the department is to contribute to the base for sustainable food systems.

In the Food Science and Product Development area, the research is focused on applying fundamental scientific principles from food science, nutrition and social sciences (qualitative research) to the conversion of raw foods and indigenous ingredients into foods and beverages for human consumption.

The focus of the Food and Nutrition Security area is to evaluate the cross-sectional effect of food security on malnutrition in vulnerable population groups in the greater Durban area. To plan, develop and implement interventions to address needs identified in various communities. The objectives of the focus area are in line with National and International policies addressing food security and malnutrition.

The food environment research area is multidimensional which includes four aspects: (1) community nutrition environment (e.g., location and accessibility of food outlets), (2) consumer nutrition environment (e.g., price, promotion, and placement of food choices), (3) organizational nutrition environment (access to food in other settings such as workplaces and schools), and (4) information environment (marketing, media, advertising). This research area aims to make sustainable changes to the food environment with the potential to have the largest impact on nutritional health.