



BACHELOR

FOOD AND NUTRITION SCIENCES

IN COOPERATION WITH BOKU UNIVERSITY

Why this study program?

Are you interested in understanding how food and lifestyle influence human health?

Do you want to learn about the connection between dietary habits and non-communicable chronic diseases?

Are you attracted to working in the fields of nutrition, public health, nutritional education, or nutritional assessment?

Do you want to contribute to improving the health of individuals and communities through evidence-based approaches?

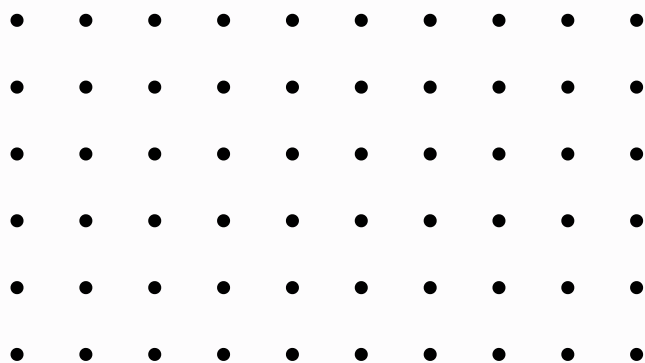
If so, the Bachelor's program in "Food and Nutrition Sciences", designed in collaboration with BOKU University, offers the appropriate academic and professional training for building your career.



Program Description

An interdisciplinary program that combines biology, chemistry, and health sciences to study food, nutrition, and their impact on human health. The program prepares students for careers in nutrition, public health, food safety, and food quality, based on contemporary standards and principles of sustainable development.

**Internationally
recognized degree.**



Graduate Profile / Professional Profile

Nutritionist

Graduates are trained as nutritionists with knowledge of food composition, nutritional principles, and the impact of dietary patterns on human health. They are capable of conducting nutritional assessments, designing personalized nutrition plans, and providing basic nutritional counseling in accordance with scientific guidelines. They contribute to nutrition education, promotion of healthy lifestyles, and prevention of chronic diseases at both individual and community levels.

The program prepares graduates for professional engagement in public health, nutrition projects, and sustainable food systems, enabling employment in public institutions, the private sector, and non-profit organizations.



Kliti Rexhepi

Alumni, Nutritionist

“Studies in Food and Nutrition Sciences have provided me with a strong scientific foundation and practical knowledge about the role of nutrition in health, preparing me for real-world challenges and the labor market.”



Herga Protoduari

Alumni, Nutritionist

“My experience in Food and Nutrition Sciences has been essential for my professional development. The program has helped me understand nutrition in an integrated way and has equipped me with practical skills and analytical thinking for further development in this field.”



Hyrida Basha

Clinical Dietitian

“The Food and Nutrition Sciences program provides scientific and practical training, equipping students with skills in nutritional assessment, dietary planning, and improving health and well-being.”



Prof. Dr. Genc Burazeri

Professor, University of Medicine
Tirana

“This program prepares professionals capable of linking nutrition with health and chronic diseases, contributing to prevention, health promotion, and effective policies for population well-being.”

Key Competencies Acquired

Upon completion of the programme, students gain the ability to:

- Analyze food systems and assess human nutrition
- Apply nutritional principles to maintain and improve health
- Evaluate food quality and safety along the food chain
- Identify and monitor food contaminants, additives, and pollutants
- Use research methods, biostatistics, and scientific literature
- Engage in interdisciplinary professional work and continue advanced studies

STUDY STRUCTURE

CORE COURSES

General/Organic Chemistry, Biology, Genetics, Introduction to Biostatistics and Scientific Work

SPECIALIZED COURSES

Human Nutrition, Biochemistry, Physiology, Dietetics, Food Technology, Microbiology and Hygiene, Public Health

ADDITIONAL COURSES

Food Sociology, Food Marketing, Sustainable Food Systems, Sensory Analysis, Food Law and Bioethics

Teaching is delivered through interactive lectures, seminars, practical exercises, and laboratory work. The program includes structured laboratory work, research projects, and mandatory professional internships.

Employment Opportunities:

- Public institutions, research bodies, and development projects related to food and public health
- Food companies, processing industries, and nutrition consultancy services
- Participation in international teams working on food systems and public health projects
- Sustainable employment opportunities and mobility across Europe

Program Information

Study Level

First Cycle – Bachelor

Academic Degree

Bachelor in Food and Nutrition Science

Duration

3 academic years / 6 semesters

Credits

180 ECTS

Study Mode

Full-time

Language of Instruction

Albanian / English

Enrollment Quota

120 students

Completion of Studies

Final comprehensive exam / Bachelor's thesis



About UBT

The Agricultural University of Tirana was founded on November 1, 1951, and has been located in Kodër Kamëz since 1956. Since its establishment, it has been a pillar of agricultural education and research in Albania.

Today, UBT plays a key role in sustainable agriculture, food safety, and rural development, strengthening international cooperation through strategic partnerships, including with BOKU University in Vienna.



For more information visit:

www.ubt.edu.al

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Street "Pajsi Vodica" Tiranë

FURTHER STUDY OPPORTUNITIES (MASTER'S DEGREE)

Graduates of the Bachelor's program in "Food and Nutrition Sciences" may continue to their studies in the second cycle with a Master of Science or Professional Master's degree in fields related to food and nutrition. The Faculty of Biotechnology and Food offers the Master of Science in "Food and Nutrition Sciences", while Master's studies can also be pursued in other institutions within and outside the country, according to admission requirements.

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