

SARAH SHAW



**SENIOR RESEARCH ASSISTANT/
PART-TIME PHD STUDENT**
PUBLIC HEALTH NUTRITION/
ADOLESCENT HEALTH



Academic profile

Degree

BSc Nutrition

Post grad

Currently studying for my PhD

Qualification/achievement you are most proud of

I am very proud to work as part of a great research team.

What inspired you?

Since school, I knew I wanted to have a career in science, but we are so used to thinking of scientists as people that work in labs and wear white coats. I knew that wasn't the type of scientist I wanted to be, I just had to find the area that interested me.

Ever since I was very little, I have always enjoyed cooking. Studying nutrition was an obvious next step, so when I finished school, I went to Queen Margaret University in Edinburgh to study Nutrition.

Career Summary

At first, I thought I wanted to study sports nutrition but at university I became interested in what everyone was eating in their day to day lives. I wanted to know more about why some people found it difficult to eat healthy and nutritious food. In my last year at University, I worked for a charity and helped run cooking classes helped the people who came find where to buy affordable ingredients to make the meals at home. This really opened my eyes to how difficult it is for some people to make healthy food choices and how we are all bombarded by promotions for unhealthy foods.

When I finished university, I thought I wanted to do a PhD, but I wasn't sure about what this involved or the subject I wanted to focus on. I applied to be a Research Assistant at the University of Southampton to learn more about research and gain experience. After a couple of years, I started a part-time PhD to understand how the world around us (our environment) influence what young people choose to buy and eat. I am now in the final stages of my PhD and hope to finish in 2023.

Describe your job



Did you know

Less than 12% of teenagers meet the 5-a-day recommendation for fruit and vegetables. Our team is trying to find ways to support young people to eat more fruit and veg!

Top tip

If someone's work/career interests you, talk to them about it and ask lots of questions. You never know what opportunities might come from starting a conversation.

Find out more



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• <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>