

DIETICIAN

Eating food can be a ~~delicious~~ activity. However, eat too much of the wrong food and you could damage your body and mind. If you only eat junk food you will:

- Put on weight.
- Increase your chance of getting diabetes.
- Be more likely to have mental health problems.

Of course, junk food is **OK** as long as it's just one part of a balanced diet. In fact we like junk food so much that, on average, each family in the UK spends almost £1,628 on food at restaurants and takeaways every year. That's a lot of chips, burgers and chicken nuggets!

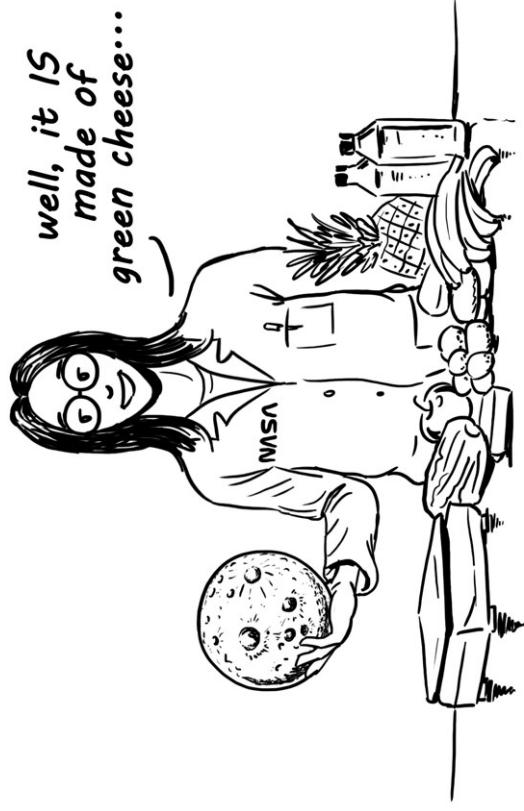
BUT HOW DO WE KNOW THAT EATING JUNK FOOD WILL DO US HARM? WHO HAS THE FACTS ABOUT THIS?

It's a dietitian, of course.

Dietitians work mainly for the National Health Service. They present the facts so you can eat more healthily. This is important as many allergies and diseases can be controlled by people eating the

correct food for them.

Not all dietitians work for the hospitals though. They can be found in diverse areas: at NASA, in sports teams and even on the big screen.



Why NASA? Well, it's not possible to cook in space, so dietitians work out the correct balance of freeze dried food needed to ensure the astronauts stay healthy. They collect and analyse data about their food intake and levels of exercise, and design a menu for them. What would be on your space flight menu?

HAVE A LOOK AT WHAT THEY REALLY DO EAT IN SPACE...



What about sport? Clearly what we eat affects our bodies and to be lean and mean we need to make sure we eat the right food. In addition athletes need to make sure they are eating enough food. Exercising all day means they need to re-fuel. Did you know an Olympic athlete needs to consume 12,000 calories a day? The average person needs just 2,500 calories. That means they need to eat over four times more than most people. **WHEN DO THEY FIND TIME TO TRAIN WHEN EATING THAT MUCH?**

Why cinema? Well, actors need to look like the characters they are playing. So if the character is fatter or thinner then they'll have to change their weight – and do so in a healthy way that doesn't harm their bodies. Dieticians advise them on which foods they should eat to help them do this. The actor Robert De Niro put on over four stone during the filming of one movie – *crazy!*

Dieticians are good at sciences at school and study further at university. They earn between £26k and £40k a year. With the healthcare sector growing, and people increasingly understanding the value of eating the right foods, the demand for dieticians is rising.

Bonkers Jobs Scorecard for Dietician

Now you've learnt about the job it's time to score it. Below we have worked out a Crazyometer score for the job – do you agree? Just mark each Aspect of the job out of 10, 1 meaning 'rubbish' and 10 meaning 'brilliant'. Then total up your score to see if you agree with the Crazyometer.

Aspect	Bonkers Jobs Score	Your Score
Are your friends impressed?	6 (Yep, they like to look their best)	
Do your parents dislike it?	3 (Yep – a steady job)	
Do you earn much money?	6 (Above average)	
Nice place to work?	7 (Yep – inside)	
Job opportunities increasing?	6 (The work is becoming important)	
How brainy have you got to be?	6 (Need to study to get the knowledge)	
Crazyometer Total Score	34	