

How were you feeling before you came?

I felt a range of conflicting emotions as I neared towards the Sutton Bonington Campus on Wednesday 2nd July. I was anxious as to whether I would make any friends yet I was very eager to see what the University would be like. I experienced excitement, apprehension and nervousness within the five minutes that it took to travel from our hotel to the University. A sense of intimidation overwhelmed me as I arrived at the foot of the large majestic entrance doors however I was soon reassured as the ambassadors were incredibly friendly and welcoming; swiftly putting me at ease.

Has the Summer school made you more interested in Food Sciences?

The Summer School has made me more interested in Food Sciences because I have gained much more knowledge about the food science industry and I am now aware that there are many different aspects/professions within the industry. Therefore, I have a broader outlook on the subject and the range of careers I could potentially go into.

What was the best part?

I found the first activity we did surrounding Sensory Science to be the most enjoyable. We learnt about how humans perceive different tastes and what the five basic tastes are; sweet, sour, salty, and bitter and umami. We experienced the taste of umami in the form of a solution. Umami is classified as the fifth taste and has an unique savoury, meaty taste. We also learnt about how the amount of taste buds on a person's tongue affects what type of 'taster' they are. Supertasters have lots of taste buds and so they experience very intense flavours of a food in small amounts. On the contrary, non-tasters do not have many taste buds so they need more of a food for them to experience a sufficient flavour.

What was the most challenging thing you had to do?

The most challenging thing I did was the Nestlé business/trade game because I am not very good with sales or economics and I also found it quite confusing. However, we received chocolate at the end of the task- which made up for it!

Why would you recommend coming to one of our Summer Schools?

I would definitely recommend coming to one of your Summer Schools because it is such an amazing, unforgettable experience! Whilst giving me valuable future experience (especially for life at university), the Summer School has allowed me to meet some fascinating people, make wonderful new friends (of whom I am sure I will stay in contact with for years to come) and I have also learnt more about myself. I have learnt to present myself more in group work and I feel I have become less reserved which has proven to be beneficial.