Université Paris-Saclay

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M1 Nutrition et Sciences des Aliments

Master's degree
Specialisation Nutrition and Food Science
Enrolment type
Formation initiale
Formation en apprentissage
Formation continue
Language(s) of instruction
French

In the context of the transition towards healthy, safe, appreciated and accessible food for all, with a lower environmental impact, the M1 NSA aims to provide students with a foundation of multidisciplinary knowledge and working methods that will enable them to tackle in M2 scientific and methodological issues related to food design and formulation, food processing, the link between food and health, nutrition, health risk analysis and toxicology.

The M1 is accessible through initial training or apprenticeship. It offers a generalist programme that prepares students for various M2 courses, drawing on a wide range of disciplines, including genetics, microbiology, biochemistry, cellular physiology, nutrition, chemistry, physical chemistry, process engineering, statistics and epistemology. The M1 also offers students support in scientific research methodology and communication, as well as preparation for their professional projects. Finally, it promotes professional immersion through internships for students enrolled in initial training or through company assignments for students following the apprenticeship route.

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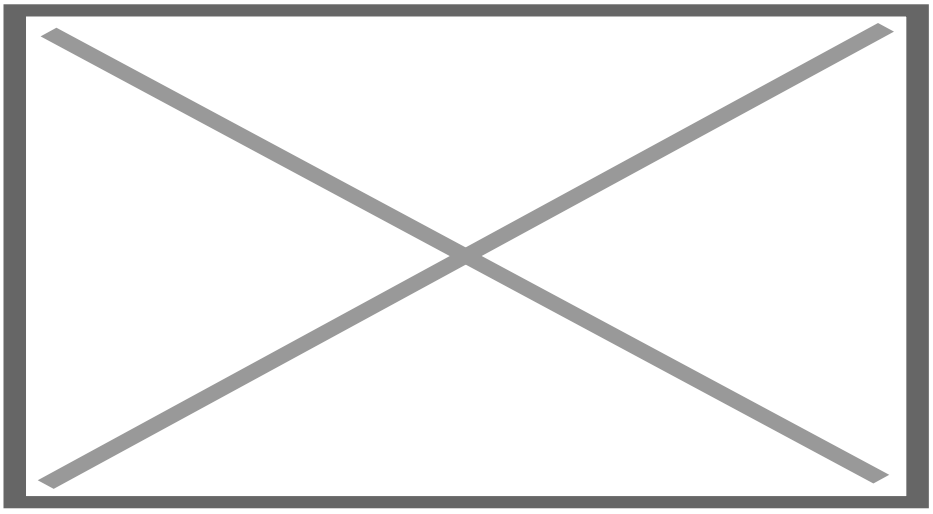

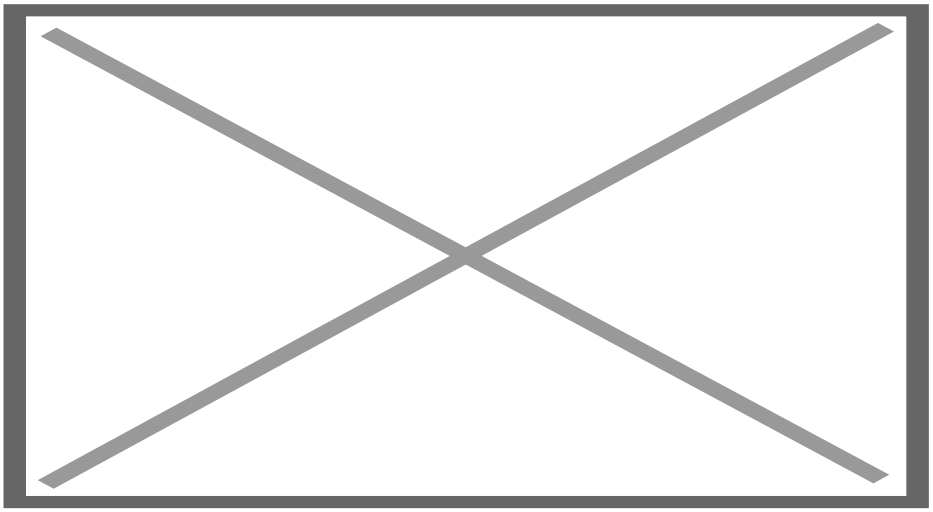

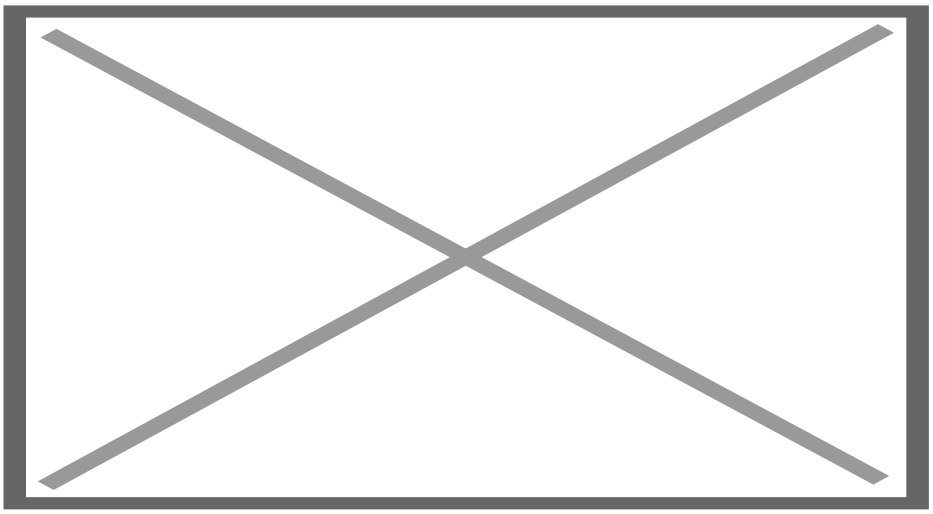

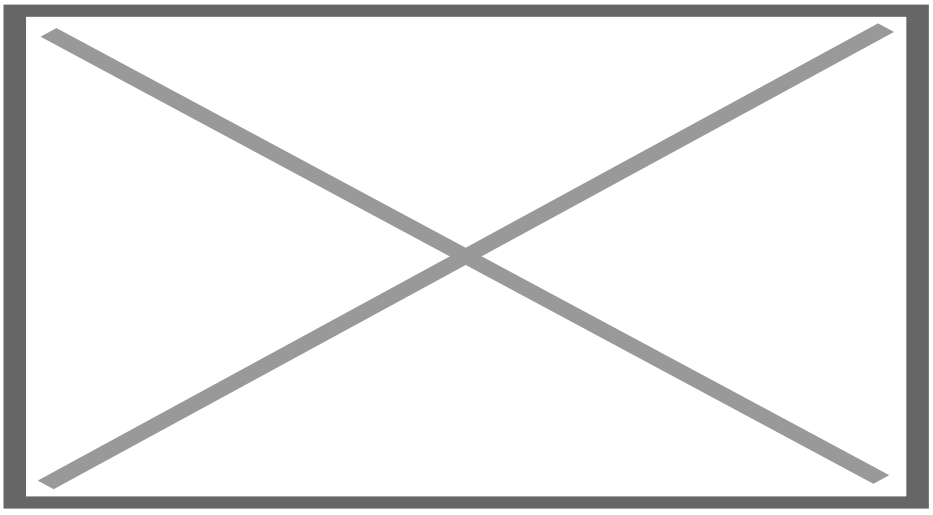

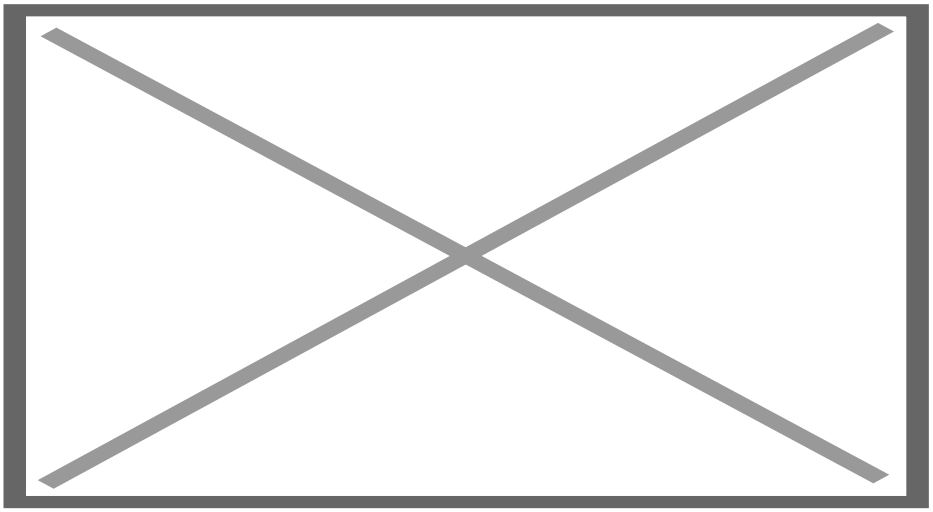

Information

- Overview
- Application requirements
- Schedule

Présentation

Skills

- Acquire and apply fundamental knowledge.
- Design and/or conduct a scientific approach to produce and analyse data.
- Understand and integrate economic, societal and environmental issues.
- Act in a professional environment.

Objectives

Ensuring food quality and safety is a major challenge for our society, in a context where the transition to healthy, safe, appreciated food that is accessible to all and has a lower environmental impact is a key concern.

The Master 1 programme provides students from a wide variety of backgrounds (biology, biochemistry, chemistry, agri-food, etc.) with a solid foundation of multidisciplinary knowledge and methodological approaches. After a year of specialisation in the various Master 2 programmes, they will be able to propose effective and innovative solutions to meet this challenge.

The course covers the following topics through several teaching units:

- the links between food and human health (nutritional effects, eating behaviour, public health).
- the benefits and risks associated with food.
- the nature, origin and role of the components that make up food.

- the behaviour of food during the stages of processing (biological, chemical, physical), preservation, distribution and use.
- the fate of nutrients in the body and their impact on the health of individuals and the population.
- levers for action towards more sustainable food and nutrition.

It also offers courses in statistics, scientific research methodology/bibliography, English, epistemology and the history of science. It offers a series of introductory lectures in the fields of biology, ecology and environment, agriculture and food, as well as elective courses. Finally, it prepares students for their professional projects and communication skills and offers professional immersion through a 7- to 8-week internship (initial training) or company assignments (apprenticeship training).

By the end of this year, learners will be able to:

- Collect relevant information and develop a critical analysis of this information to answer a question ;
- Identify, describe and experiment with strategies for analysing and measuring the quality and properties of foods and their effects on health;
- Choose the experimental, methodological and statistical tools needed to evaluate experimental studies;
- Interpret and identify the limitations of experimental studies;
- Design and test an approach and reasoning in line with a scientific question;
- Formulate and present the results of a scientific study in a concise manner, both in writing and orally.

Calendar

Start of programme (indicative date)
26/08/2026
End of programme (indicative date)
25/06/2027
Admission

Admission Route

Chemistry
Life Sciences
Life and Earth Sciences
Health sciences

Capacity

Available Places

30

Target Audience and Entry Requirements

The initial qualifications required to enter the M1 programme are bachelor's degrees in chemistry, life sciences, life and earth sciences, and health sciences.

Période(s) de candidature

Inception Platform

From 15/01/2026 to 16/03/2026

MonMaster Platform

From February 17th to March 16th, 2026

To find out which platform you should apply through, please see the Masters' applications and enrolment page.

Supporting documents

Compulsory supporting documents

Motivation letter.

All transcripts of the years / semesters validated since the high school diploma at the date of application.

Certificate of English level.

Curriculum Vitae.

Les candidats en cours de cursus de troisième année de licence ou équivalent - requis pour l'entrée en M1 - doivent indiquer impérativement la date de validation de leur cursus en cours

Detailed description and hourly volume of courses taken since the beginning of the university program.

Additional supporting documents

Declaration of intention to register in a work-study programme.

2nd letter of recommendation (compulsory for candidates who have already been enrolled in higher education in France before).

Pour les étudiants ayant déjà réalisé un stage dans leur cursus, la recommandation peut venir du maître de stage.

Letter of recommendation (compulsory for candidates who have already been enrolled in higher education in France before).

Le jury appréciera une lettre récente provenant d'un enseignant d'une discipline pertinente

Certificate of French (compulsory for non-French speakers).

VAP file (obligatory for all persons requesting a valuation of the assets to enter the diploma).

Supporting documents :
- Residence permit stating the country of residence of the first country
- Or receipt of request stating the country of first asylum
- Or document from the UNHCR granting refugee status
- Or receipt of refugee status request delivered in France
- Or residence permit stating the refugee status delivered in France
- Or document stating subsidiary protection in France or abroad
- Or document stating temporary protection in France or abroad.

Programme

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/pract class
UEs de socle commun : savoirs scientifiques fondamentaux pour élaborer, mettre en oeuvre et interpréter une démarche scientifique	0	7	22,5	7,5				
UEs transversales : fondements méthodologiques pour appréhender l'interdisciplinarité	0	4	22,5	7,5				
UEs optionnelles	0	2	22,5	7,5				
Stage : mise en situation pour agir en milieu professionnel	0	1	22,5	7,5				

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/pract class
UEs de socle commun : savoirs scientifiques fondamentaux pour élaborer, mettre en oeuvre et élaborer une démarche scientifique (apprentis)	0	7	22,5	7,5				

Subjects	ECTS	Semester	Lecture	directed study	practical class	Lecture/directed study	Lecture/practical class	directed study/pract class
UEs transversales : fondements méthodologiques pour appréhender l'interdisciplinarité (apprentis)	0	4	22,5	7,5				
UE optionnelle (apprentis)	0	1	22,5	7,5				
Mission en entreprise : mise en situation pour agir en milieu professionnel (apprentis)	0	2	22,5	7,5				

Teaching Location(s)

PALAISEAU

Contact

- **Anne-Marie DAVILA**
- **Marie-Noelle MAILLARD**
- **Dalila Azzout-Marniche**

http://www.universite-paris-saclay.fr/formation/master/nutrition-et-sciences-des-aliments/m1-nutrition-et-sciences-des-aliments