Hi, my name’s Kate. I'm a dietitian and at the moment I'm working in Melbourne as a researcher. The project I'm working on is about food security and how we can promote it in Australia. You may have heard the term food security and people often think about it as the total amount of food that's produced, but it's actually much more than that. For a population to be food secure, a consistent supply of nutritious food is required and that food needs to be accessible, both physically and financially.

What I like about research is that it's essentially about problem solving. There are some quite big problems that we're dealing with so every little bit that you can contribute to the evidence base is useful and hopefully in the long run it can help to promote change.

The types of food we produce and how we distribute those foods has a great influence on people's diets. If we want people to be eating healthy diets and being healthy and living long lives, then we need to make sure that there's a consistent supply of nutritious food and that people can access that easily.

I'm from Tasmania originally and I moved over to Melbourne about six years ago to study nutrition and dietetics at Monash uni. As my course progressed, I realized that food security was something that I was really interested in. For me, it combines three things that I'm really passionate about - nutrition, environmental sustainability and social justice. Most people don't know that being a researcher doesn't have to involve wearing safety glasses and a lab coat. There's lots of different careers within research and many of them are much more about being out in the field rather than being in a lab.

From my experience, you don't know if you like something until you try it. If you think a career in agribusiness, research, becoming a dietitian is something that you're interested in, then I'd really recommend doing some work experience if you can. Or if you know someone in the area, try and gain some insights into their job and see what it's really like and if it might be for you.