Fareea Ahmed

I studied Biology, Chemistry and Maths for my A-levels and aspire to become a doctor.

My first research project was my Extended Project which focused on organ donation. I really enjoyed delving into an area which I found fascinating and studying it in-depth. This motivated me to undertake a Nuffield Research Project the following summer.

My Nuffield Project was entitled ‘Sources of Nutrition Information Used by Health Professionals’. During my project I was based in the Centre for Research in Primary and Community Care (CRIPACC) which is part of the University of Hertfordshire.

My project involved liaising closely with a range of health professionals which I thoroughly enjoyed. My main aims were to determine the sources used and to evaluate undergraduate provision in relation to nutrition. My project culminated in a report which has been widely circulated within the University.

I achieved the Gold CREST Award for my contribution. In addition, I was selected as a finalist in the National Science and Engineering Competition where I was considered for UK’s Young Scientist of the Year Award.