NUTRITION AND FOOD
SCIENCE MINOR

A nutrition and food science minor provides students with basic knowledge about the chemical and biological components of food and the ways in which these ingredients affect our health. With national rates of obesity and related illnesses at an all-time high, outbreaks of foodborne illnesses regularly making headlines, and the social, economical and political aspects of the world food situation becoming ever more complicated, a minor in nutrition and food science is useful preparation for students pursuing careers in politics, business, economics, journalism or communications, psychology, education, medicine, nursing, or health.

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>NUF D150</td>
<td>Food Composition and Scientific Preparation</td>
<td>3</td>
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<tr>
<td>NUF D153</td>
<td>Dynamics of Food and Society</td>
<td>3</td>
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<tr>
<td>NUF D182</td>
<td>Nutrition: A Socioecological Perspective</td>
<td>3</td>
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Electives

Select 9 credits from the following (at least 1 course must be at the 300-400 level):

- NUF D253 | Quantity Food Purchasing and Production
- NUF D258 | Experimental Food Science
- NUF D285 | Nutrition in Chronic Disease Prevention
- NUF D286 | Gender in Food and Nutrition Issues
- NUF D295 | Nutrition and Physical Activity for Older Adults
- NUF D381 | Applied Nutrition in the Lifecycle
- NUF D388 | Nutrition for Community Fitness Programs
- NUF D390 | Planning and Evaluating Programs
- NUF D395 | Managing Programs
- NUF D410 | Policy and Advocacy for Nutrition Based Wellness Programs
- NUF D412 | Nutrition Education Techniques
- NUF D436 | Sensory Evaluation of Foods
- NUF D446 | Food Processing and Preservation
- NUF D452 | Organization and Management of Foodservice Systems
- NUF D465 | Urban Agriculture and Sustainable Food Systems
- NUF D473 | Food Regulations and Compliances
- NUF D476 | Food Ethics, Sustainability and Alternatives
- NUF D482 | Nutrition Counseling
- NUF D492 | Food Systems and Agribusiness Issues

Total Credits: 18