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**

**Required Courses**

- NUFD 130 Introduction to Nutrition and Food Science Profession 1
- NUFD 150 Food Composition and Scientific Preparation 3
- NUFD 182 Nutrition 3

**Electives**

Select 12 credits of the following: 12

**Upper level elective**

Select 3-12 credits of the following:

- NUFD 304 Introduction to Research
- NUFD 350 Quantity Food Applications
- NUFD 352 Organization and Management of Foodservice Systems
- NUFD 353 Catering and Banquet Management
- NUFD 357 Experimental Food Science
- NUFD 367 Fundamentals of Food Processing and Preservation
- NUFD 382 Advanced Nutrition
- NUFD 384 Nutrition in Developing Countries
- NUFD 387 Molecular Cuisine
- NUFD 392 Food Systems and Agribusinesses Issues
- NUFD 395 Applied Nutrition for Populations
- NUFD 405 Concepts of the Sommelier
- NUFD 409 Internship in Nutrition and Food Science
- NUFD 412 Nutrition Education Techniques
- NUFD 456 Research in Foods
- NUFD 466 Food Product Development
- NUFD 470 Selected Topics in Nutrition and Food Science
- NUFD 482 Nutrition Counseling
- NUFD 488 Medical Nutrition Therapy
- NUFD 489 Externship in Food and Nutrition
- NUFD 490 Nutrition and Food Science Professional Seminar
- NUFD 499 Medical Nutrition Applications

**Total Credits** 19

- NUFD 110 International Cuisine
- NUFD 153 Dynamics of Food and Society
- NUFD 175 Soup and Sauce Technology
- NUFD 185 Artisanal and Modern Baking Techniques
- NUFD 192 Nutrition with Laboratory
- NUFD 240 Sanitation Management and Food Microbiology: Certification
- NUFD 253 Quantity Food Purchasing and Production
- NUFD 254 Foodservice Equipment and Facilities Design
- NUFD 255 Meal Design and Management
- NUFD 257 Principles of Food Science
- NUFD 282 Applied Nutrition in the Lifecycle
- NUFD 285 Nutrition in Chronic Disease Prevention
- NUFD 292 Applied Community Nutrition