

# 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 food-borne 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

| Code  | Title   | Credits   |
|---|---|-----------|
| <b>Required Courses</b>   |   |           |
| NUFD 150  | Food Composition and Scientific Preparation               | 3         |
| NUFD 153  | Dynamics of Food and Society                              | 3         |
| NUFD 182  | Nutrition: A Socioecological Perspective                  | 3         |
| <b>Electives</b>  |   |           |
| Select 9 credits from the following (at least 1 course must be at the 300-400 level): |   | 9         |
| NUFD 253  | Quantity Food Purchasing and Production                   |           |
| NUFD 258  | Experimental Food Science                                 |           |
| NUFD 285  | Nutrition in Chronic Disease Prevention                   |           |
| NUFD 286  | Gender in Food and Nutrition Issues                       |           |
| NUFD 295  | Nutrition and Physical Activity for Older Adults          |           |
| NUFD 381  | Applied Nutrition in the Lifecycle                        |           |
| NUFD 388  | Nutrition for Community Fitness Programs                  |           |
| NUFD 390  | Planning and Evaluating Programs                          |           |
| NUFD 395  | Managing Programs   |           |
| NUFD 410  | Policy and Advocacy for Nutrition Based Wellness Programs |           |
| NUFD 412  | Nutrition Education Techniques                            |           |
| NUFD 436  | Sensory Evaluation of Foods                               |           |
| NUFD 446  | Food Processing and Preservation                          |           |
| NUFD 452  | Organization and Management of Foodservice Systems        |           |
| NUFD 465  | Urban Agriculture and Sustainable Food Systems            |           |
| NUFD 473  | Food Regulations and Compliances                          |           |
| NUFD 476  | Food Ethics, Sustainability and Alternatives              |           |
| NUFD 482  | Nutrition Counseling                                      |           |
| NUFD 492  | Food Systems and Agribusiness Issues                      |           |
| <b>Total Credits</b>  |   | <b>18</b> |