# BS IN NUTRITION AND FOOD

Units required for Major: 54
Total units required for BS: 120

## Program Description

The major prepares students for careers in the field of nutrition, food management, and community nutrition, and food sustainability. The major emphasizes the role of nutrition and food in individual and family health, cultural and behavioral influences on food selection, and the management of commercial and noncommercial food systems.

## Minimum Grade Requirement

A minimum grade of "C-" is required for all prerequisite courses within and outside the Department.

## Program Requirements

### Required Core Courses (48 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 10</td>
<td>Basic Biological Concepts</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 1A</td>
<td>General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>or CHEM 6A</td>
<td>Introduction to General Chemistry</td>
<td></td>
</tr>
<tr>
<td>NUFD 9</td>
<td>Food Safety and Sanitation</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 10</td>
<td>Nutrition And Wellness</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 11</td>
<td>Principles of Food Preparation</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 100</td>
<td>Research: Methods and Application in Nutrition and Food</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 168</td>
<td>Senior Seminar</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 2</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
<tr>
<td>STAT 1</td>
<td>Introduction to Statistics</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 107</td>
<td>Nutrition Education, Communication, and Counseling</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 110</td>
<td>Food Production and Sustainability</td>
<td>4</td>
</tr>
<tr>
<td>NUFD 113</td>
<td>Nutrition And Metabolism</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 114</td>
<td>Cultural and Social Aspects of Food</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 115</td>
<td>Nutrition: Pre-conception Through Childhood</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 119</td>
<td>Nutrition: Adolescence Through Older Adulthood</td>
<td>3</td>
</tr>
</tbody>
</table>

### Required Upper Division Courses (6 Units)

Select two of the following:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUFD 112</td>
<td>Current Topics in Nutritional Sciences</td>
<td>1</td>
</tr>
<tr>
<td>NUFD 116</td>
<td>Food Service Management</td>
<td></td>
</tr>
<tr>
<td>NUFD 117</td>
<td>Community Nutrition</td>
<td></td>
</tr>
<tr>
<td>NUFD 118A</td>
<td>Medical Nutrition Therapy I</td>
<td></td>
</tr>
<tr>
<td>NUFD 120</td>
<td>Practical Application in Sports Nutrition</td>
<td></td>
</tr>
<tr>
<td>NUFD 121</td>
<td>Nutrition Assessment, Methods and Support</td>
<td></td>
</tr>
</tbody>
</table>

Total Units: 54

1. Course also satisfies General Education (GE)/Graduation Requirement.
2. Dietetics concentration students must take CHEM 1A

### General Education Requirements

#### Area A: Basic Subjects (9 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1</td>
<td>Oral Communication</td>
<td>3</td>
</tr>
<tr>
<td>A2</td>
<td>Written Communication</td>
<td>3</td>
</tr>
<tr>
<td>A3</td>
<td>Critical Thinking</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Area B: Physical Universe and Its Life Forms (12 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>Physical Science</td>
<td>0</td>
</tr>
<tr>
<td>B2</td>
<td>Life Forms</td>
<td>0</td>
</tr>
<tr>
<td>B3</td>
<td>Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5)</td>
<td>0</td>
</tr>
<tr>
<td>B4</td>
<td>Math Concepts</td>
<td>0</td>
</tr>
<tr>
<td>B5</td>
<td>Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area &amp; upper division requirements.</td>
<td>0</td>
</tr>
</tbody>
</table>

#### Area C: Arts and Humanities (12 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1</td>
<td>Arts</td>
<td>3</td>
</tr>
<tr>
<td>C2</td>
<td>Humanities</td>
<td>3</td>
</tr>
<tr>
<td>C1/C2</td>
<td>Area C Course</td>
<td>3</td>
</tr>
</tbody>
</table>

#### Area D: The Individual and Society (3 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1</td>
<td>The Individual and Society</td>
<td>0</td>
</tr>
</tbody>
</table>

#### Area E: Understanding Personal Development (3 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>E1</td>
<td>Understanding Personal Development</td>
<td>0</td>
</tr>
</tbody>
</table>

#### Area F: Ethnic Studies (3 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>F1</td>
<td>Ethnic Studies</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Units: 24

1. To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (http://catalog.csus.edu/colleges/academic-affairs/general-education/).

2. Required in Major; also satisfies GE.

## Graduation Requirements

### Graduation Requirements (required by CSU) (9 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1</td>
<td>American Institutions: U.S. History</td>
<td>3</td>
</tr>
<tr>
<td>H2</td>
<td>American Institutions: U.S. Constitution &amp; CA Government</td>
<td>3</td>
</tr>
<tr>
<td>H3</td>
<td>Writing Intensive (WI)</td>
<td>3</td>
</tr>
</tbody>
</table>

### Graduation Requirements (required by Sacramento State) (12 Units)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>H1</td>
<td>English Composition II</td>
<td>3</td>
</tr>
<tr>
<td>H2</td>
<td>Race and Ethnicity in American Society</td>
<td>3</td>
</tr>
<tr>
<td>H3</td>
<td>Foreign Language Proficiency Requirement</td>
<td>6</td>
</tr>
</tbody>
</table>

1. Required in Major; also satisfies GE.
To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (http://catalog.csus.edu/colleges学术活动/教育需求/).

**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (http://www.csus.edu/学术/), by phone (916) 278-1000, or email (advising@csus.edu).

If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required."

The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html (https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html)