MINOR IN NUTRITION AND FOOD

Units required for Minor: 21, all of which must be taken in Nutrition and Food.

Program Description
The minor in Nutrition and Food gives students an understanding of the role food and nutrition play in health and disease prevention through coursework in food safety, cultural foods, nutrition & wellness, and metabolism and elective options in life-cycle nutrition, sports nutrition, and current nutrition controversies. The minor could be a relevant addition to any major and is particularly well-suited towards students pursuing careers in public health, gerontology, psychology, human development, health science, education, medicine, nursing, and other healthcare professions.

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

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<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 107</td>
<td>Nutrition Education, Communication, and Counseling</td>
<td>3</td>
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<tr>
<td>NUFD 113</td>
<td>Nutrition And Metabolism</td>
<td>3</td>
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<tr>
<td>NUFD 114</td>
<td>Cultural and Social Aspects of Food</td>
<td>3</td>
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<td>Select two from the following:</td>
<td>6</td>
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<tr>
<td>NUFD 100</td>
<td>Research: Methods and Application in Nutrition and Food</td>
<td></td>
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<tr>
<td>NUFD 112</td>
<td>Current Topics in Nutritional Sciences</td>
<td></td>
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<tr>
<td>NUFD 115</td>
<td>Nutrition: Pre-conception Through Childhood</td>
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<td>NUFD 119</td>
<td>Nutrition: Adolescence Through Older Adulthood</td>
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<td>NUFD 120</td>
<td>Practical Application in Sports Nutrition</td>
<td></td>
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<tr>
<td>NUFD 121</td>
<td>Nutrition Assessment, Methods and Support</td>
<td></td>
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<tr>
<td>Total Units</td>
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<td>21</td>
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</tbody>
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1 Courses satisfy the General Education requirements.