

# MINOR IN NUTRITION AND FOOD

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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.

## Program Requirements

Code	Title	Units
NUFD 9	Food Safety and Sanitation	3
NUFD 10	Nutrition And Wellness <sup>1</sup>	3
NUFD 107	Nutrition Education, Communication, and Counseling	3
NUFD 113	Nutrition And Metabolism <sup>1</sup>	3
NUFD 114	Cultural and Social Aspects of Food <sup>1</sup>	3
<i>Select two from the following:</i>		6
NUFD 100	Research: Methods and Application in Nutrition and Food	
NUFD 111	Grocery Procurement & Merchandising	
NUFD 112	Current Topics in Nutritional Sciences ✎	
NUFD 115	Nutrition: Pre-conception Through Childhood	
NUFD 119	Nutrition: Adolescence Through Older Adulthood	
NUFD 120	Practical Application in Sports Nutrition	
NUFD 121	Nutrition Assessment, Methods and Support	
NUFD 122	Social Media for Nutrition Communication	
<b>Total Units</b>		<b>21</b>

<sup>1</sup> Courses also satisfy the General Education (GE) requirements.