

# NUTRITION AND FOOD SCIENCES

## NUTRITION, HEALTH AND SOCIETY

The Bachelor of Science degree in nutrition and food sciences provides you with the knowledge and skills necessary for careers in the food or healthcare industries, education, or government. This applied program requires a strong math and science core. Students in this concentration study how nutrition influences society as they participate in hand-on learning and research opportunities.

**Career Possibilities:** health communications, cooperative extension service, middle or high school teacher [with proper certification], nutrition education, scientific writing, sustainability specialist, wellness coordinator.

### SEMESTER 1

**CRITICAL: "C" or better in ENGL 1001.**

ENGL 1001 English Composition (3)  
BIOL 1201 Biology for Science Majors I (3)  
BIOL 1208 Biology Laboratory for Science Majors I (1)  
MATH 1023 College Algebra and Trigonometry (5)  
CHEM 1201 General Chemistry I (3)

**Total Semester Hours: 15**

### SEMESTER 2

**CRITICAL: CHEM 1201.**

NFS 1014 Food Theory and Skills (4)  
CHEM 1202 General Chemistry (3)  
CHEM 1212 General Chemistry Laboratory (2)  
NFS 1110 Introduction to Nutritional Sciences (3)  
PSYC 2000 Introduction to Psychology (3)

**Total Semester Hours: 15**

### SEMESTER 3

**CRITICAL: NFS 1014, NFS 1110.**

BIOL 1011 Microorganisms and Man (3)  
BIOL 1012 Microorganisms and Man Laboratory (1)  
CHEM 2060 Survey of Organic Chemistry (3)  
NFS 2112 Human Lifecycle Nutrition (3)  
KIN 1600 Individual Wellness and Public Health (3)  
SOCL 2001 Introductory Sociology (3) or  
ANTH 1003 Social Anthropology (3)

**Total Semester Hours: 16**

### SEMESTER 4

**CRITICAL: BIOL 1011.**

ENGL 2000 English Composition (3)  
EXST 2201 Introduction to Statistical Analysis (4)  
NFS 2000 Fundamentals of Food Science (3)  
AEEE 2011 Introduction to Agriculture Communication (3)  
NFS 2110 Methods of Nutritional Assessment (3)

**Total Semester Hours: 16**

### SEMESTER 5

**CRITICAL: ENGL 2000.**

BIOL 2083 The Elements of Biochemistry (3)  
NFS 3000 Food Safety (3)  
NFS 4070 Food Laws, Standards and Regulations (2)  
MC 2000 Introduction to Mass Media (3)  
NFS 3110 Nutrition Counseling and Education (3)  
Elective (1)

**Total Semester Hours: 15**

### SEMESTER 6

CMST 2060 Public Speaking (3)  
NFS 3114 Food and Culture (3)  
NFS 3116 Community Nutrition (3)  
Elective (6)

**Total Semester Hours: 15**

### SEMESTER 7

NFS 4021 Contemporary Topics in Nutrition (1)  
MGT 3200 Principles of Management (3)  
General Education course - Arts (3)  
Electives (9)

**Total Semester Hours: 16**

### SEMESTER 8

KIN 4606 Introduction to Health Promotion (3)  
General Education course - Humanities (6)<sup>1</sup>  
NFS 4108 Capstone in Nutrition, Health, and Society (3)

**Total Semester Hours: 12**

**120 TOTAL SEMESTER HOURS**

<sup>1</sup> - General Education Humanities: three hours chosen from a 2000-level literature course on the General Education list and three hours chosen from any course on the General Education Humanities list.