

# NUTRITION AND FOOD SCIENCES

[nutrition.uvm.edu](http://nutrition.uvm.edu)

There is a nutrition crisis in the U.S., and issues such as obesity, cancer, heart disease, food safety and food security are causing many Americans to alter their diet and activity patterns and learn more about the role of foods in health. The study of nutrition and food sciences is rooted in the physical, chemical and biological sciences. Comprehensive in scope, it also integrates knowledge of the psychological and social sciences.

Our curriculum provides a solid background in basic science, food science, and nutrition. Coursework, field experience and independent study prepares students for jobs in the food, health, or wellness industries. The strong science background also allows our students to be competitive applicants to medical, dental, or graduate school.

Students interested in becoming Physical Therapists can complete all of their NFS requirements in 3 years and apply to enter UVM's doctorate program in Physical Therapy. This "3+3" option enables students to complete their baccalaureate degree and their doctorate in 6 versus 7 years.

## DEGREES OFFERED

- Bachelor of Science in Nutrition and Food Sciences
- Master of Science in Nutrition and Food Sciences

## RESEARCH AND FIELD EXPERIENCE

Students have many opportunities to gain practical experience while at UVM. Nutrition and Food Sciences majors can engage in laboratory or field research with faculty members for academic credit, or in some cases, as employees. Other students have been placed in clinical, community, or industry field experiences for credit during the academic year or summer. Practicum sites include hospitals and nursing homes; public health or non-profit organizations, such as the Supplemental Nutrition Program for Women, Infants, and Children, Headstart, and the Vermont Campaign to End Childhood Hunger; and food industries, including Ben & Jerry's. Additionally, students can take advantage of an international development experience offered over the summer in Latin America or the Caribbean through UVM's Community Development and Applied Economics Department.

## CAREER DIRECTIONS

Graduates of this program are well prepared to compete in the job market and have careers in:

- Food and Nutrition Management
- Education and Research  
(Worksite Wellness, Health Clubs/Spas, Cooperative Extension, Research Assistant)
- Community or Public Health Nutrition  
(WIC programs, Public Health Departments, Headstart)
- Related Health Professionals  
(Chiropractor, Dentist, Naturopathic Doctor, Physical Therapist, Physician, Physician Assistant)
- Business and Industry  
(Pharmaceutical, Food Industry, Food Service, Trade Associations)
- Media
- International Food Organizations
- Public Policy/Government

## CORE COURSES

Foundations  
Written Communications  
Oral Communications  
Information Technology  
Basic Concepts of Food  
Fundamentals of Nutrition  
Survey of the Field  
Sports Nutrition  
Obesity, Weight Control and Fitness  
Nutrition in the Lifecycle  
Humanities and Fine Arts  
Race and Culture  
Physical Education  
Cheese/Culture  
What's Brewing in Food Science

## ADVANCED COURSES

*(a sampling)*

Advanced Nutrition  
Nutritional Biochemistry  
Diet and Disease  
Community Nutrition  
Food Technology  
Food Microbiology  
Nutrition and Educational Counseling  
Sensory Evaluation of Foods  
From Farm to Table: our contemporary food system  
Food and Culture

FOR FURTHER INFORMATION, CONTACT:



NUTRITION AND FOOD SCIENCES PROGRAM

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