

SAMPLE ACADEMIC PLAN: NUTRITION, SUSTAINABILITY AND SOCIETY CONCENTRATION

First Year

FALL		SPRING	
NFS 043: Fundamentals of Nutrition	3 credits	NFS 073: Farm to Table (D2/SU)	3 credits
NFS 044: Survey of the Field	1 credit	CALS 002: Foundations: Information Tech	3 credits
CALS 001: Foundations: Comm. Methods	3 credits	CHEM 042: Intro Organic Chem	4 credits
Chem 023: Outline of General Chemistry	4 credits	PSYS 001: Intro to Psychological Science	3 credits
ENGS 001: Written Expression	3 credits	Electives	1-3 credits
Total Credits	14	Total Credits	13-16

Second Year

FALL		SPRING	
NFS 113: US Food Policy & Politics	3 credits	NFS 114: Human Health in the Food System	3 credits
NFS 143: Nutrition in the Life Cycle	3 credits	ANPS 020: Anat & Phys	4 credits
ANPS 019: Anat & Phys	4 credits	ANTH 21: Cultural Anthropology	3 credits
HUM: Choose Diversity Option	3 credits	MATH 9 or higher or Accounting	3 credits
STAT 111: Elements of Statistics	3 credits	Electives	1-3 credits
Total Credits	16	Total Credits	14-17

Third Year

FALL		SPRING	
NFS 053: Basic Concepts of Foods	3 credits	NFS 243: Advanced Nutrition	3 credits
NFS 183: Intro to Biochemistry	3 credits	NFS 244: Health & Disease Prevention (or NFS 254 fall)	3 credits
NFS 245: Nutrition for Global Health	3 credits	NFS 195: Sustainable Diets	3 credits
NFS 254: Global Food Safety (or NFS 244 spring)	3 credits		
NFS 262: Community Nutrition	3 credits	Electives	6 credits
Total Credits	15	Total Credits	15

Fourth Year

FALL		SPRING	
NFS 203: Food Micro	3 credits	NFS 198/296: Research or Internship	3 credits
NFS 213: Food Micro Lab	1 credit		
NFS 2XX: Food, Exchange and Culture	3 credits		
NFS 286: NFS Senior Seminar	1 credit		
Electives	4-7 credits	Electives	9 -12 credits
Total Credits	12-15	Total Credits	12-15

Prerequisite sequence:

- CHEM 23→CHEM 42→P BIO 185→NFS 243; NFS 243→NFS 260 , 263.
- Suggested sequence: take NFS 244 prior to NFS 260.
- ENG 001 or ENG 0XX first year is recommended.
- Any two Humanities/Fine Arts Courses can be taken
 - suggest choosing University Approved Diversity course for at least one Humanities option to increase the number of electives the student has available.
- The Diversity courses Anthropology 021 and SWSS 47 will fulfill the Social Science requirement.

Diversity Requirement :

- All undergraduates must successfully complete one three-credit course from [Category 1](#) (Race and Racism in the U.S.) and a second three-credit course from either [Category 1](#) or [Category 2](#) (Human and Societal Diversity).
 - These requirements will apply as well to undergraduate transfer students receiving bachelor's degrees from May 2012 onward.
- For approved courses refer to Web Page:
<http://catalogue.uvm.edu/undergraduate/courses/diversitycourses/>
- Diversity courses in Art, Classics, History, Literature, Music, Philosophy, Religion, Language, and Theater will also fulfill the humanities requirement.

Sustainability Requirement:

All undergraduate students must successfully complete a course, curriculum, or co-curricular model prior to graduation that has been approved by the Faculty Senate's Sustainability Curriculum Review Committee.

For more information and approved courses refer to this web page:
<https://www.uvm.edu/generaleducation/information-students-sustainability>

NFS 073: D2: SU: Farm to Table meets this requirement