

Nutrition and Food Sciences Checklist of Required Courses

Food Science Concentration

Catamount Core Curriculum Requirement: 42 credits

Students may take courses that fulfill more than one category, but they must still take at least 40 unique credits of courses that have been approved to fulfill CCC requirements.

Liberal Arts: 21 credits (AH1, AH2, AH3, S1, N1, N2, MA)

check if completed.

AH	Arts & Humanities: 6 credits from any: AH1, AH2, AH3		
AH		3 credits	
AH		3 credits	
S1	Social Sciences: 6 credits		
S1	PSYS 1400	3 credits	
S1	SOC 1500	3 credits	
N	Natural Sciences: 6 credits from any: N1/no lab or N2/with lab		
N2	CHEM 1100, or CHEM 1400 and CHEM 1450	4 credits	
N2	CHEM 1580	4 credits	
MA	Mathematics, 3 credits		
MA	MATH 1077	3 credits	

Core Skills: 9 credits (QD, WIL1, WIL2/OC)

QD	Quantitative & Data Literacy: 3 credits		
QD	STAT 1110	3 credits	
WIL1	Writing & Information Literacy 1: 3 credits		
WIL1	ENGS 1001, HCOL 1000	3 credits	
WIL2/OC	Writing & Information Literacy 2 or Oral Communication: 3 credits		
OC	CALS 1020	3 credits	
OC	CALS 1010, CALS 2830, Speech 1400 or equivalent	3 credits	

Common Ground Values: 12 credits (D1, D2, SU, GC1, GC2)

D	Diversity: 6 credits, including at least 3 D1 credits		
D1		3 credits	
D2	ANTH 1100 or HLTH 2050	3 credits	
SU	Sustainability: 3 credits		
SU	NFS 1073: Farm to Table	3 credits	
GC	Global Citizenship: 3 credits from GC1: Global Systems & Problems		
	Or GC2: Developing Global Citizens		
GC		3 credits	

Breadth of Knowledge Courses: 29 credits

NFS 1043	Fundamentals of Nutrition	3 credits	
NFS 1044	Survey of the Field	1 credit	
NFS 1072	Kitchen Science	3 credits	
NFS 1073	Farm to Table	3 credits	
NFS 2183	Intro to Biochemistry	3 credits	
NFS 3203	Food Microbiology	3 credits	
NFS 3204	Food Microbiology Lab	1 credit	
NFS 3243	Advanced Nutrition	3 credits	
NFS 4286	Senior Seminar (seniors only)	1 credit	
ANPS 1190	Anatomy and Physiology I	4 credits	
ANPS 1200	Anatomy and Physiology II	4 credits	
	Elective Credits	23-25 credits	

Depth of Knowledge Courses: 17-19 credits

NFS 2113	US Food Policy and Politics	3 credits	
NFS 2153	Principles of Food Technology	3 credits	
NFS 2154	Principles of Food Technology Lab	1 credit	
NFS 2156	Deadly Food: Outbreak Investigations	3 credits	
NFS 3205	Functional Foods	3 credits	
NFS 3283	HAACP: Theory and Application	3 credits	
NFS 3991	Internship	1-3 credits	

NFS Courses available for elective credit for [Food Science Concentration](#):

NFS 1033	What's Brewing in Food Science	3 credits	
NFS 1034	Servsafe Certification course	1 credit	
NFS 1990	Wide World of Fermentation	3 credits	
NFS 1990	Delve into Dairy Foods	3 credits	
NFS 2114	Human Health in the Food System	3 credits	
NFS 2143	Nutrition in the Life Cycle	3 credits	
NFS 2990	Sustainable Diets and Lab	4 credits	
NFS 2163	Sports Nutrition	3 credits	
NFS 2223	Nutrition Education and Counseling	3 credits	
NFS 3250	Foodservice Systems Management	3 credits	
NFS 3254	Global Food Safety	3 credits	
NFS 3260	Clinical Nutrition 1	3 credits	
NFS 3261	Clinical Nutrition 2	3 credits	
NFS 3262	Community Nutrition	3 Credits	

NFS Elective Courses available at beginning Graduate Level and available to Seniors:

NFS 5245	Nutrition for Global Health	3 credits	
NFS 5253	Food Regulation	3 credits	
NFS 5254	Global Food Safety	3 credits	