

## Nutrition and Food Sciences Checklist of Required Courses

### Nutrition, Sustainability and Society 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.**

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

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

<b>QD</b>	<b>Quantitative &amp; Data Literacy: 3 credits</b>		
QD	STAT 1110	3 credits	
<b>WIL1</b>	<b>Writing &amp; Information Literacy 1: 3 credits</b>		
WIL1	ENGS 1001, HCOL 1000	3 credits	
<b>WIL2/OC</b>	<b>Writing &amp; Information Literacy 2 or Oral Communication: 3 credits</b>		
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)

<b>D</b>	<b>Diversity: 6 credits, including at least 3 D1 credits</b>		
D1		3 credits	
D2	ANTH 1100 or HLTH 2050	3 credits	
<b>SU</b>	<b>Sustainability: 3 credits</b>		
SU	NFS 1073: Farm to Table	3 credits	
<b>GC</b>	<b>Global Citizenship: 3 credits from GC1: Global Systems &amp; Problems</b>		
	<b>Or GC2: Developing Global Citizens</b>		
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 1053	Basic Concepts of Foods	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 2114	Human Health in the Food System	3 credits	
NFS 2143	Nutrition in the Life Cycle	3 credits	
NFS 2990	Sustainable Diets	3 credits	
NFS 2990	Sustainable Diets Lab	1 credit	
NFS 3262	Community Nutrition	3 credits	
NFS 3991	Internship	1-3 credits	

**NFS Courses available for elective credit for [Nutrition, Sustainability and Society 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 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 2163	Sports Nutrition	3 credits	
NFS 3205	Functional Foods	3 credits	
NFS 3223	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 3283	HAACP: Theory and Application	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	