

## Nutrition and Food Sciences Checklist of Required Courses Nutrition, Sustainability and Society Concentration

### General and CALS Core Curriculum Requirements: 44-53 credits required

#### Communication Skills: 6 credits

Check if Completed

Oral	CALS 001, CALS 183, Speech 011, or equivalent	3 credits	
Written	ENGS 001, HCOL 085, 1 <sup>st</sup> year CALS	3 credits	

#### Humanities: 6 credits

Any Humanities Course		3 credits	
Any Humanities Course		3 credits	

Diversity courses in Art, Classics, History, Literature, Music, Philosophy, Religion, Language and Theater count

#### Social Science: 6 credits

Psychology 001		3 credits	
Sociology 001, ANTH 021 (D2) or HLTH 105 (D2)		3 credits	

#### Basic Science Core: 19 credits

General Chemistry	Chem 023 or Chem 031	4 credits	
Organic Chemistry	Chem 042 or Chem 141	4 credits	
Anatomy and Physiology	ANPS 019	4 credits	
Anatomy and Physiology	ANPS 020	4 credits	
Intro to Biochemistry	NFS 183	3 credits	

#### Analytical Science Core: 9-10 credits

Required in place of Math	BSAD 060, CDAE 158 or BSAD 009	3 credits	
Elements of Statistics	STATS 111	3 credits	
Computer Applications	CALS 002, CALS 085 or equivalent	3 credits	

#### Diversity Requirement: 6 credits

D1 diversity course		3 credits	
D2 diversity course	NFS 073 fulfills this requirement	3 credits	

#### Sustainability Requirement: 3 credits

SU sustainability course	NFS 073 fulfills this requirement	3 credits	
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**\*Students wishing to apply to Medical, Naturopathic, Chiropractic, Osteopathic, Dental or Graduate School should take:**

Chem 031	Instead of Chem 023		
Chem 141	Instead of Chem 042		
Chem 032			
Chem 142			
Physics 011 & Lab 021			
Physics 012 & Lab 022			
Math 019 & 020	OR Math 021 & 022, school depending		

**Breadth of Knowledge Courses: Required: Nutrition, Sustainability and Society Concentration: 18 credits**

NFS 043	Fundamentals of Nutrition	3 credits	
NFS 044	Survey of the Field	1 credit	
NFS 053	Basic Concepts of Food	3 credits	
NFS 073	Farm to Table (D2)	3 credits	
NFS 203	Food Microbiology	3 credits	
NFS 213	Food Microbiology Lab	1 credit	
NFS 243	Advanced Nutrition	3 credits	
NFS 286	NFS Senior Seminar	1 credit	
	Elective Credits		

**Depth of Knowledge Courses: Required: Nutrition, Sustainability and Society Concentration: 24 credits**

NFS 113	US Food Policy and Politics	3 credits	
NFS 114	Human Health in the Food System	3 credits	
NFS 143	Nutrition in the Life Cycle	3 credit3	
NFS 245	Nutrition for Global Health	3 credits	
NFS 262	Community Nutrition	3 credits	
NFS 285	Food, Exchange and Culture	3 credits	

**Choose one of the following:**

NFS 198	Undergraduate Research	3 credits	
NFS 296	Internship	3 credits	

**Choose one of the following:**

NFS 244	Nutrition in Health and Disease Prevention	3 credits	
NFS 254	Global Food Safety	3 credits	

**NFS Elective Courses: Available for Nutrition, Sustainability and Society Concentration**

NFS 033	What's Brewing in Food Science	3 credits	
NFS 034	Servsafe Certification Course	1 credit	
NFS 050	Cheese and Culture	3 credits	
NFS 063	Obesity, What, Why, What to Do	3 credits	
NFS 153	Principles of Food Technology	3 credits	
NFS 154	Principles of Food Technology Lab	1 credit	
NFS 163	Sports Nutrition	3 credits	
NFS 205	Functional Foods: Principles and Technology	3 credits	
NFS 223	Nutrition Education and Counseling	3 credits	
NFS 244	Nutrition in Health and Disease Prevention	3 credits	
NFS 250	Foodservice Systems management	4 credits	
NFS 253	Food Safety and Regulation	3 credits	
NFS 254	Global Food Safety	3 credits	
NFS 260	Diet and Disease	3 credits	
NFS 283	HAACP: Theory and Application	3 credits	