

**Department of Nutrition and Food Sciences**  
**Checklist of Required Courses**  
**Fall 2019 – Spring 2020**

**General and CALS Core Curriculum Requirements (44-53 credits, required)**

- 1. Communication Skills (6 credits)**
  - Oral: CALS 001, CALS 183, Speech 011 (or equivalent) 3 \_\_\_\_\_
  - Written: ENGS 001 or HCOL 0085 (1<sup>st</sup> year CALS) 3 \_\_\_\_\_
  
- 2. Humanities (6 credits)**
  - Any two humanities courses 3 \_\_\_\_\_  
3 \_\_\_\_\_
  - Diversity courses in Art, Classics, History, Literature, Music, Philosophy, Religion, Language and Theater also fulfil humanities requirement
  
- 3. Social Science (6 credits)**
  - Psychology 001 3 \_\_\_\_\_
  - Sociology 001 or ANTH 021 (D2) or HLTH 105 (D2) 3 \_\_\_\_\_
  
- 4. Basic Science Core (19 credits)**
  - General Chemistry: Chem 023 or Chem 031\* 4 \_\_\_\_\_
  - Organic Chemistry: Chem 042 or Chem 141\* 4 \_\_\_\_\_
  - Anatomy and Physiology: ANPS 019 **and** ANPS 020 8 \_\_\_\_/\_\_\_\_
  - Survey of Biochemistry: NFS 183 or P BIO 185 3 \_\_\_\_\_
  
- 5. Analytical Science Core (9-10 credits)**
  - **NFS:** Math placement test score  $\leq 6$  = Math 009,  $\geq 7$  = Math 019 3 \_\_\_\_\_
  - **DNFS:** BSAD 060, or CDAE 158, or BSAD 009 3 \_\_\_\_\_  
◦ required in place of Math
  - Elements of Statistics: STATS 111 3 \_\_\_\_\_
  - Computer Applications: CALS 002, CALS 085, or equivalent 3 \_\_\_\_\_
  
- 6. Diversity Requirement (one course Category 1 and one course Category 1 or 2)**
  - D1 3 \_\_\_\_\_
  - D2 (NFS 073 required course for all NFS majors fulfills this requirement) 3 \_\_\_\_\_
  
- 7. Sustainability Course Requirement (1 course)**
  - Required for students entering as of Fall 2015 3 \_\_\_\_\_

\*See information on page 3

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**Nutrition and Food Sciences Core (NFS and DNFS Students) (21 credits, required)**

- NFS 043: Fundamentals of Nutrition 3 \_\_\_\_\_
- NFS 044: Survey of the Field 1 \_\_\_\_\_
- NFS 053: Basic Concepts of Food 3 \_\_\_\_\_
- NFS 054: Basic Concepts of Food Lab 1 \_\_\_\_\_
- NFS 073: Farm to Table (D2) 3 \_\_\_\_\_
- NFS 143: Nutrition in the Life Cycle 3 \_\_\_\_\_
- NFS 203: Food Microbiology 3 \_\_\_\_\_
- NFS 213: Food Microbiology Lab 1 \_\_\_\_\_
- NFS 243: Advanced Nutrition 3 \_\_\_\_\_

**NFS Track Requirements (Total Credits: 120)**

- NFS 153: Principles of Food Technology 3 \_\_\_\_\_
- NFS 154: Principles of Food Technology Lab 1 \_\_\_\_\_
- NFS 187 or PBIO 187: Survey of Biochemistry Lab 1 \_\_\_\_\_
- NFS 295: NFS Senior Capstone 1 \_\_\_\_\_

In consultation with your advisor select **FOUR NFS Didactic Courses**, at least TWO of which must be at or above the 200 level:

- NFS: XXX 3 \_\_\_\_\_
- NFS: XXX 3 \_\_\_\_\_
- NFS: 2XX 3 \_\_\_\_\_
- NFS: 2XX 3 \_\_\_\_\_
- Elective Credits (30-39) \_\_\_\_\_

**DNFS Track Requirements (Total Credits: 120)**

- NFS 034: Servsafe Certification course 1 \_\_\_\_\_
- NFS 223: Nutrition Education and Counseling 3 \_\_\_\_\_
- NFS 244: Nutrition in Health and Disease Prevention 3 \_\_\_\_\_
- NFS 250: Foodservice Systems Management 4 \_\_\_\_\_
- NFS 260: Diet and Disease 3 \_\_\_\_\_
- NFS 262: Community Nutrition 3 \_\_\_\_\_
- NFS 274: Practicum 1-3 \_\_\_\_\_
- NFS 286: DNFS Senior Seminar 1 \_\_\_\_\_
- BIOC 263: Nutritional Biochemistry 3 \_\_\_\_\_
- BSAD 120: Principles Management and Organizational Behavior 3 \_\_\_\_\_
- HLTH 003: Medical Terminology 2 \_\_\_\_\_
- Elective Credits (15-26) \_\_\_\_\_

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**The NFS Courses Offered to UVM Students as Electives:**

- NFS 033: What's Brewing in Food Science
- NFS 034: ServSafe Certification Course
- NFS 050: Cheese and Culture (D2)
- NFS 063: Obesity: What, Why, What to Do (D2)
- NFS 113: Food, Policy and Politics
- NFS 114: Human Health in the Food System
- NFS 163: Sports Nutrition
- NFS 205: Functional Foods: Principles and Technology
- NFS 253: Food Safety and Regulation
- NFS 283: HACCP: Theory and Application
- NFS 313: Food Safety and Public Policy

**\*Students wishing to apply to Medical, Naturopathic, Chiropractic, Osteopathic, Dental or Graduate School should take:**

- Chem 031 and Chem 141, in place of Chem 023 and Chem 042
- Plus use electives to take:
  - Chem 032 and Chem 142
  - Biology 001 and 002
  - Physics 011 and Physics 012 (or 031 and 042), plus lab 021 and 022
  - Math 019 and 020 or Math 021 and 022 are optional depending on the school

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1. Completion of University Degree Requirements for Undergraduates  
(<http://catalogue.uvm.edu/undergraduate/academicinfo/degreerequirements/>)
  - Minimum cumulative grade-point average of 2.00
  - Thirty of the last forty-five credits in residence requirement
  - Diversity Course Requirement:
    - One D1 category course
    - One additional D1 or D2 category course
  - Foundational Writing and Information Literacy Requirement
    - One course: ENGS 001 or HCOL 085 for first year students in CALS
    - ENGS 050 for other CALS students
  - General Education Requirement in Sustainability
    - One SU category course
2. Completion of CALS Degree Requirements for Undergraduates:
  - Successful completion of 120 credits of coursework
  - Completion of CALS Core Competencies
  - Completion of CALS 001 and CALS 002 (Foundations) or equivalent courses
3. All courses as specified in individual program majors

### **CALS Core Competency**

#### **Values**

- **Citizenship and Social Responsibility:** Students develop an understanding, appreciation and empathy for the diversity of human experience and perspectives. Students are exposed to solving problems for a community and contributing to the common good. Competency met by satisfactory completion of the University Diversity Course Requirement (one D1 category course and one additional D1 or D2 category course).
- **Environmental Stewardship:** Students develop sensitivity for the interconnected relationship between human beings and the natural world and the responsibility for stewardship of the environment. Competency met by the completion of the University General Education Requirement in Sustainability (one SU category course)
- **Personal Growth:** Students develop an understanding and appreciation of a healthy lifestyle and a love for learning that will lead to a continuous growth and development throughout their lives. Students continue to improve themselves by developing and affirming the values of respect, integrity, innovation, openness, justice and responsibility. Competency met by the completion of the NFS Course Requirements.