NFS MINORS

NFS Minor Advisor: Amy Nickerson, MS, RDN
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Declaring an NFS Minor

Students interested in Minoring in NFS are welcome to complete and submit the Declaration of Minor form found on the Registrar's page:

https://www.uvm.edu/~rgweb/?Page=forms/changemjr.html

If you have questions or need additional support contact:

Amy Nickerson at Amy.Nickerson@uvm.edu
Requirements: 15 Credit Hours

• A total of 15 credit hours in Nutrition and Food Sciences Courses*
  • 9 credit hours of Core Courses
  • 6 credit hours of NFS courses numbered at/or above the 100 level
    • Exception: Independent study, field experience, and undergraduate research.

• *Food Systems Majors, the 15 credits for an NFS Minor must be beyond your major degree requirements
  • (no “double-dipping”)

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Core Courses (3 courses total for 9 credits):

- NFS 043: Fundamentals of Nutrition
  - Summer, Fall and Spring

  **AND**

- NFS 053: Basic Concepts of Food
  - Fall and Spring

  *Sophomore, Junior or Senior NFS Minors only

  **OR**

- NFS 072: Kitchen Science
  - Spring

  **AND**

- NFS 143: Nutrition in the Life Cycle
  - Summer and Fall

  **OR**

- NFS 153: Principles of Food Technology
  - Spring
For successful completion of the NFS minor, you must take the required core courses (for a total of 9 credits). You also need to take an additional 6 credits in NFS courses at the 100 level or above. There are a number of options. Below are available 100 level courses that will not require any further pre-requisites.

- NFS 114: Human Health in the Food System
- NFS 163: Sports Nutrition
- NFS 195: Principles of Cheesemaking
Below are other NFS courses that are available. However, they will require additional pre-requisites, may require overrides as well as Instructor Permission.

- NFS 243: Advanced Nutrition
- NFS 244: Nutrition in Health & Disease Prevention
- NFS 250: Food service Systems
- NFS 262: Community Nutrition
NFS Summer Courses for Minors

- NFS 043: Fundamentals of Nutrition
- NFS 143: Nutrition in the Life Cycle
- NFS 203: Food Microbiology
- NFS 243: Advanced Nutrition
- NFS 253: Food Regulation
Welcome to the Nutrition and Food Sciences Department!