

# NFS MINORS

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NFS Minor Advisor:

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352 MLS Carrigan Wing

# Minoring in NFS may help you:

- Prevent disease
- Promote healthy lifestyles
- Improve food environments
- Teach
- Consult
- Market
- Research
- Broaden your expertise



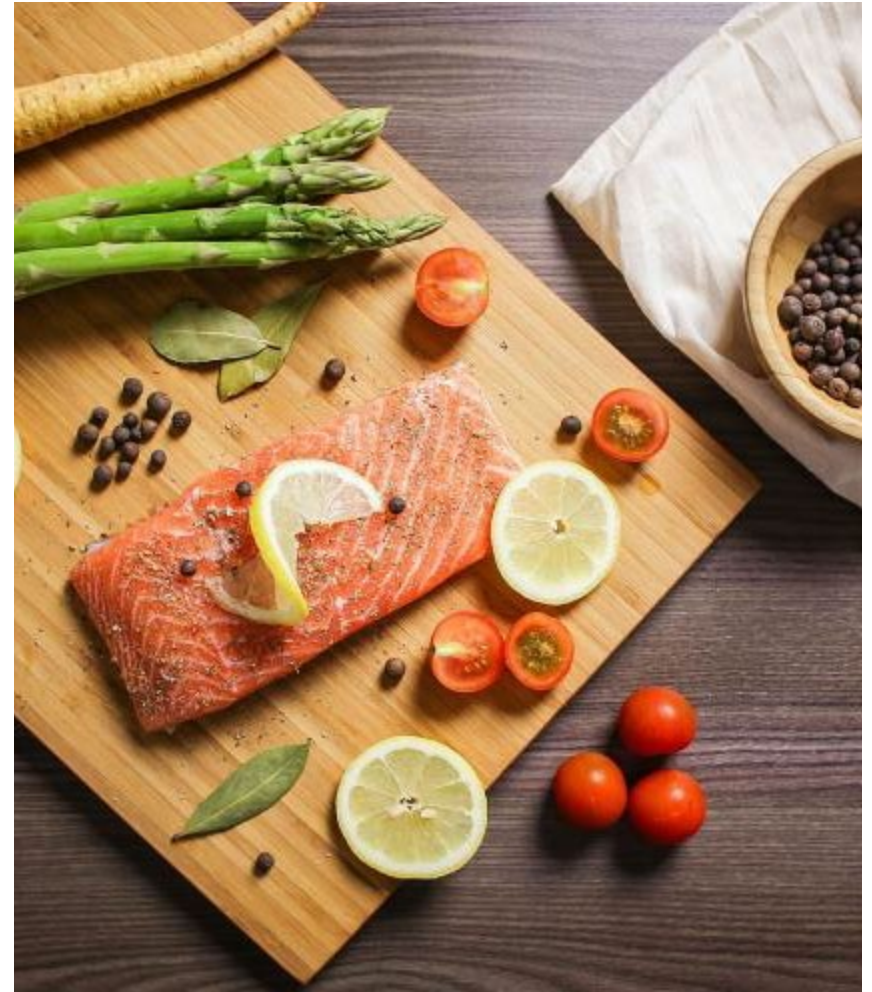
# Requirements: 15 Credit Hours



- Total of 15 credit hours in Nutrition and Food Sciences
  - 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.

# Core Courses:

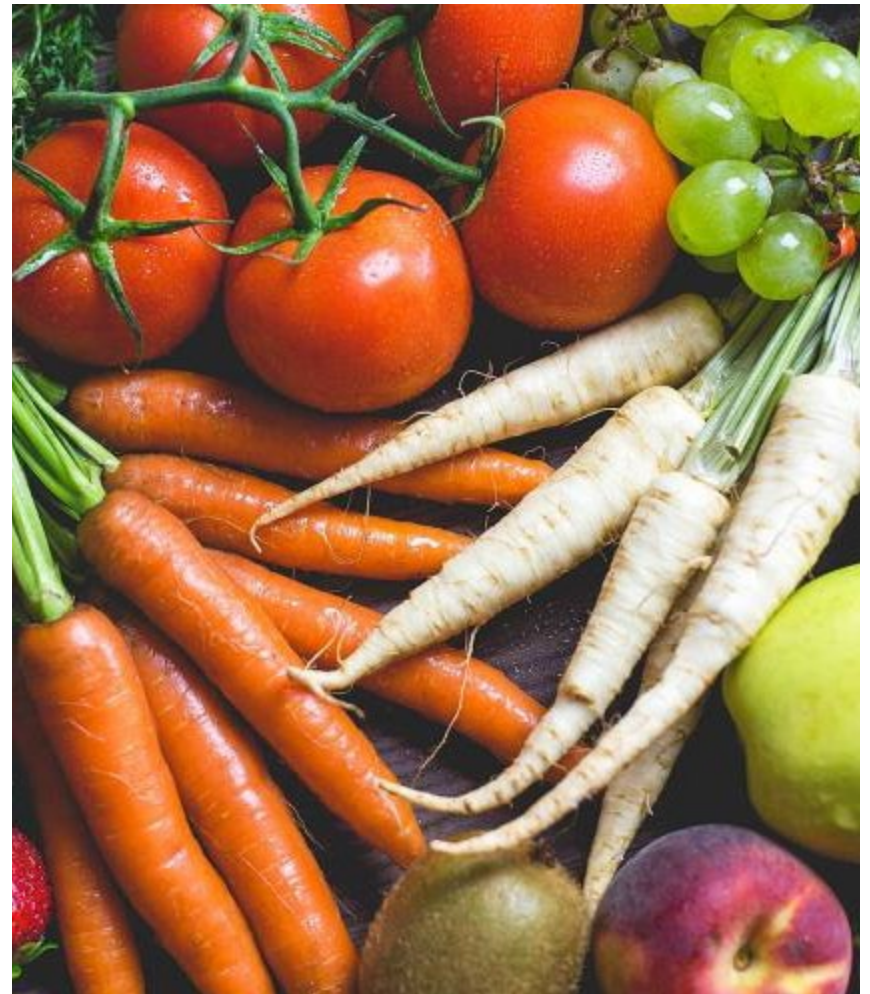
- NFS 043: Fundamentals of Nutrition
- NFS 053: Basic Concepts of Food
  - OR: NFS 072: Kitchen Science
- NFS 143: Nutrition in the Life Cycle
  - OR: NFS 153: Principles of Food Technology





## 6 credits of NFS at 100 level of Higher – some examples:

- NFS 113: US Food Policy & Politics
- NFS 114: Human Health in the Food System
- NFS 156: Deadly Food: Outbreak Investigations
- NFS 203: Food Microbiology
- NFS 245: Nutrition for Global Health



NFS 100 and Higher that have additional Prerequisites, may Require Overrides and/or Instructor Permission



- NFS 223: Nutrition Education and Counseling
- NFS 205 Functional Foods
- NFS 253: Food Safety & Regulation
- NFS 260: Clinical Nutrition 1

# Possible Areas of Interest Course Groupings, course options in addition to the core courses:

- Nutrition
  - NFS 246: Weight Inclusive Nutrition
  - NFS 262: Community Nutrition
- Global Perspective and Human Health
  - NFS 114: Human Health in the Food System
  - NFS 245: Nutrition for Global Health
- Food Science
  - NFS 203: Food Microbiology
  - NFS 205: Functional Foods: Principles & Technology
- Food Safety
  - NFS 156: Deadly Food: Outbreak Investigations
  - NFS 254: Global Food Safety





# Declaration of :Minor

Forms are available on  
the Registrar's Page:

<https://www.uvm.edu/registrar/forms-students>

Contact:

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you have any additional  
questions.

