

FOOD & NUTRITION

2023/2024 Four-Year Plan

This document is for planning purposes only. For official degree information, refer to Degree Audit and speak with your advisor.

YEAR 1 • FALL	MATH 143 or 170 Math Core (<i>Test Scores, MATH 108</i>)	3	YEAR 1 • SPRING	CHEM 275 Carbon Compounds (<i>CHEM 101 or 111</i>)	3
	CHEM 101 Intro to Chemistry	4		FN 270 Scientific Principles of Food Prep	3
	FN 205 Concepts in Human Nutrition	3		ENGL 102 College Writing & Rhetoric (<i>ENGL 101 or Equivalent</i>)	3
	ELECTIVE Humanities	3		ELECTIVE	2
	ENGL 101 College Writing I	3		BIOL 102 Biology & Society	4
	TOTAL CREDITS	16		TOTAL CREDITS	15
YEAR 2 • FALL	HDFS 105 (F) Individual & Family Development	3	YEAR 2 • SPRING	EPPN 154/155 Microbiology & the World Around Us/Lab	4
	COMM 101 Fundamentals of Oral Communication	2		BIOL 228 (S) Anatomy & Physiology II (<i>BIOL 227</i>)	4
	BIOL 227 (F) Anatomy & Physiology I	4		FN 271 Experimental Foods (<i>FN 270</i>)	2
	ELECTIVE Humanities	3		ELECTIVE Focus Area	3
	SOC 101 Intro to Sociology	3		PSYC 101 Intro to Psychology	3
	TOTAL CREDITS	15		TOTAL CREDITS	16
YEAR 3 • FALL	BIOL 300 (F) Survey of Biochemistry (<i>CHEM 275</i>)	3	YEAR 3 • SPRING	ELECTIVE Focus Area	6
	FN 370 Meal Management (<i>FN 271</i>)	3		FN 415 Advanced Nutrition (<i>FN 205, BIOL 300, BIOL 227 & 228</i>)	3
	STAT 251 Statistical Methods (<i>MATH 108, 143, 160 or 170</i>)	3		FCS 346 Personal and Family Finance	3
	FN 305 Nutrition in the Life Cycle (<i>FN 205</i>)	3		ELECTIVE Focus Area	3
	ELECTIVE Focus Area	3		FN 450 Global Nutrition (<i>FN 205</i>)	3
	TOTAL CREDITS	15		TOTAL CREDITS	15
YEAR 4 • FALL	FN 470/471 Quantity Food Production/Lab (<i>FN 370</i>)	5	YEAR 4 • SPRING	FN 465 Clinical Dietetics (<i>FN 415</i>)	3
	ELECTIVE	3		FN 492 (S) Nutrition Education (<i>FN 205</i>)	3
	FCS 464 Nutrition Counseling	2		ELECTIVE Focus Area	6
	FN 491 Community Nutrition (<i>FN 205</i>)	3		ELECTIVE	3
	TOTAL CREDITS	13		TOTAL CREDITS	15

COURSE # Course Name (*Prerequisites, Co-Requisites*)

F = FALL, S = SPRING



FOOD & NUTRITION

Gain knowledge in anatomy, physiology and biochemistry to understand how the body utilizes food. Explore how to prepare food and develop recipes to be appealing and nutrient dense. Plan menus and prepare meals to meet the needs of individuals and groups.

Career Options

- Food Service Manager
- Medical and Health Services Manager
- Health Educator
- Community Health Worker
- Dietitian
- Nutritionist
- Dietetic Technician
- Nutrition Instructor
- Nutrition Services Manager



Fast Facts

- Experiment with ingredients and recipe modifications.
- Learn to operate food service equipment in the Carmelita Spencer Foods Lab.
- Participate in an undergraduate research project to expand your knowledge.
- Apply for the M.S. Dietetics as part of the 3+2 program.
- Join the Food and Nutrition Club, Phi Upsilon Omicron and Collegiate FCCLA to participate in workshops, field trips and network with potential employers.