



Margaret Ritchie School of
Family and Consumer Sciences

NUTRITION MINOR

The nutrition minor will help you build a foundation of knowledge in nutrition science and is a great supplement for any major. This 18-credit minor covers general nutrition, community nutrition, global nutrition and more.

With this minor, you will learn how to differentiate nutrition fact from fiction and apply those skills to your main area of study while also becoming a more informed consumer.

After completing this minor, you will be able to:

- Understand how the body processes nutrients and the role nutrition plays in health and disease.
- Determine which foods to include in a normal daily diet and identify sources and recommended amounts of essential nutrients.
- Understand and apply key principles of nutrition and the changes of nutritional needs across the lifespan.
- Develop knowledge and skills to supplement your major.

For More Information:

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Curriculum

Required Courses (12 credits)

- FN 205–Concepts in Human Nutrition
- FN 305–Nutrition in the Life Cycle
- FN 491–Community Nutrition
- FN 450–Global Nutrition

Select 6 credits from the following:

- FN 270–Scientific Principles of Food Preparation
- FS 220–Food Safety and Quality
- AGED 263–History of U.S. and World Agriculture
- AGED 407–Global Agricultural and Life Sciences Systems
- ANTH 350–Food, Culture and Society
- FN 415–Advanced Nutrition
- FN 492–Nutrition Education
- FN 376–Food Preservation
- FCS 499–Directed Study

18 Credits Total

