

Nutrition - MINOR

The Nutrition minor provides students with a solid foundation of nutrition science and the complex relationship between food and health. This minor exposes students to nutrition and health promotion, nutritional epidemiology and the significance of nutrition throughout the lifecycle. Students develop a critical awareness of diversity and cultural competency as well as the application of nutrition science in a culinary nutrition lab.

Offered by the College of Health & Wellness, this minor is open to all students except Dietetics & Applied Nutrition majors and Culinary Nutrition majors.

Nutrition

Minor

DIET2070	Lifespan Nutrition	3
DIET3080	Community Nutrition	3
SCI1050	Nutrition	3
Choose one of the following: *		3
CULN2414	Cooking for Health and Wellness	
CULS2210	Food Science	
SFS2110	Culinary Science, Nutrition & Sensory Analysis	
Choose one of the following: *		3
DIET2020	Sports Nutrition	
SCI2020	Introduction to Exercise Physiology	
SFS1001	Introduction to Food Systems	
SOC3020	Culture and Food	
Total Credits		15.0

* Students are responsible for meeting prerequisites.

If a minor course is listed as a major course in a student's major program, the student must choose additional courses from an elective list to complete the minor. Please see the Minors, Specializations and Certificates page for additional information.