

MINOR IN NUTRITION AND HEALTH

This minor is intended for non-dietetics majors to gain insight into their personal nutrition and health outcomes by providing an orientation to food, nutrition, and health. Any interested student may select the minor however, this minor would be most appropriate for students majoring in life science or allied health disciplines. The courses in the Nutrition minor require a science foundation (human anatomy and chemistry) so course prerequisites must be examined before selecting the minor. This minor does not prepare students for prescribing diets for others which is a violation of dietetics licensure law.

COURSE	TITLE	S.H.
FNUT 1551	Normal Nutrition	3
FNUT 1553	Food Science and Management Principles	3
FNUT 1553L	Food Science and Management Principles Laboratory	1
FNUT 2652L	Nutrition Assessment Laboratory	1
FNUT 3735	Nutritional Biochemistry (or Class approved as Substitute)	2
Select one of the following course options		2-3
FNUT 2641	Diet Prescriptions and Intervention Planning	
FNUT 3761	Science of Nutrition in Exercise	
FNUT 5862	Food and Culture	
Total Semester Hours		12-13