# SCHOOL OF HUMAN ENVIRONMENTAL SCIENCES

## Major in Food, Nutrition, and Health

### Check Sheet for Food, Nutrition, and Health (FNAH)

### 2023-2024

Name: I.D. Number: Advisor:

**University Requirements**: 1 hour1

UNIV 1001 University Perspectives

**Communications**: 12 hours

ENGL 1013 Composition I

ENGL 1023 Composition II

COMM 1313 Public Speaking

ACOM 3143 Communicating Ag to the Public **OR**

ENGL 3053 Technical and Professional Writing

**US History or Government**: 3 hours

HIST 2003 **or** HIST 2013 **or** PLSC 2003

**Mathematics**: 6 hours

MATH 1203 College Algebra or higher

STAT 2303 Principles of Statistics

**Physical and Biological Sciences**: 8 hours

CHEM 1103 University Chemistry I

CHEM 1101L University Chemistry I Lab **AND**

CHEM 1123 University Chemistry II

CHEM 1121L University Chemistry II Lab **OR**

CHEM 1073 Fundamentals of Chemistry

CHEM 1071L Fundamentals of Chemistry Lab **AND**

*Choose 4 hours Science Elective2:*

| Check for completion | Course I. D.: | Course Name: |
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**Fine Arts/Humanities**: 6 hours

*Choose 3 hours from Fine Arts and 3 hours from Humanities2:*

| Check for completion | Course I. D.: | Course Name: |
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**Social Sciences**: 9 hours

PSYC 2003 General Psychology

HDFS 2413 Family Relations **OR**

HDFS 1403 Life Span Development

*Choose 3 hours from Social Science Core2:*

| Check for completion | Course I. D.: | Course Name: |
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**FNAH Major Core**: 32 hours

NUTR 1213 Fundamentals of Nutrition

HOSP 2611 Food Service Sanitation

NUTR 2113 Principles of Foods

NUTR 2111L Principles of Foods Lab

NUTR 3103 Culinary Nutrition

NUTR 3101L Culinary Nutrition Lab

NUTR 3213 Nutrition Education & Counseling

NUTR 4103 Research Methods in Nutrition

NUTR 4001 Nutrition Seminar

NUTR 4223 Life Cycle Nutrition

NUTR 4243 Community Nutrition

NUTR 4303 Cultural Perspectives on Foods

☐ NUTR 4403 Recipe Modification

NUTR 4401L Recipe Modification Lab

**Electives: 43 hours3**

*The following electives will provide an area of focused study for students. Students will discuss with advisor to select courses to complete degree requirements:*

Food Service Management:

HOSP 2603 Purchasing & Cost Control

NUTR 3603 Quantity Foods

HOSP 3653 Hospitality, Dietetic Management and Human Resources

Nutrition Research:

BIOL 1543 Principles of Biology

BIOL 1541L Principles of Biology Lab

BIOL 2323 General Genetics

BIOL 2321L General Genetics Lab

BIOL 2533 Cell Biology

BIOL 2531L Cell Biology Lab

CHEM 2613 Organic Physiological Chemistry

CHEM 2611L Organic Physiological Chemistry Lab

CHEM 3813 Elements of Biochemistry

NUTR 4213 Advanced Nutrition I

BIOL 4703 Mechanisms of Pathogenesis

Health & Wellness:

NUTR 2203 Sports Nutrition

PBHL 1103 Personal Health & Safety

PBHL 2663 Terminology for the Health Professions

PBHL 3202 Health Care & Public Policy

PBHL 3643 Public Health Program Planning

EXSC 3153 Exercise Physiology

General Electives:

| Check for completion | Course I. D.: | Course Name: |
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**OTHER REQUIREMENTS FOR A B.S.H.E.S. DEGREE**

120 Total Hours of which:

40 hours must be 3000/4000 level courses

Minimum GPA of 2.0

1 UNIV 1001 is required for new freshmen or transfer with less than 24 hours

2 See student degree audit for approved course list

3 Students are encouraged to choose a minor in Event Management, Hospitality Management, Agricultural Communications, General Business or Journalism to fulfill required elective hours.