

## MINOR in Nutrition and Food (NUFD)

### Department of Family and Consumer Sciences

#### Advising/Work in Progress Sheet

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Current Major: \_\_\_\_\_ SacLink email: \_\_\_\_\_

- Total Units Required for MINOR: 21
- A minimum grade of "C-" is required for all prerequisite courses within and outside the Department.
- Check the program website at [www.csus.edu/nufd](http://www.csus.edu/nufd) for NUFD advisors' office hours.

A. Required Core Courses (15 units)		Prerequisites	Note (sub/equ/transfer)
	<u>NUFD 9</u> Food Safety and Sanitation (3)		
	<u>NUFD 10</u> Nutrition & Wellness (3) (Area E)		
	<u>NUFD 107</u> Nutrition Education, Communication and Counseling (3)	NUFD 10 and 3 NUFD units	
	<u>NUFD 113</u> Nutrition and Metabolism (3) (Area B5)	NUFD 10; BIO 2 or BIO 10 or BIO 20; CHEM 1A or CHEM 6A	
	<u>NUFD 114</u> Cultural and Social Aspects of Food (3) (Area C2)	NUFD 10	
B. Electives (6 units) Select <i>TWO</i> from the Following			
	<u>NUFD 100</u> Research: Methods and Application in NUFD (3)	6 NUFD units	
	<u>NUFD 112</u> Current Topics in Nutritional Sciences (Area B5, WI)	WPJ	
	<u>NUFD 115</u> Nutrition: Pre-conception Through Childhood (3)	NUFD 113	
	<u>NUFD 119</u> Nutrition: Adolescence Through Older Adulthood (3)	NUFD 113	
	<u>NUFD 120</u> Practical Application in Sports Nutrition (3)	NUFD 113	
	<u>NUFD 121</u> Nutrition Assessment (3)	NUFD 113	

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