



## Nutrition, Food & Dietetics Program Sacramento State

### Minor in Nutrition and Food (NUFD)

#### MINOR IN NUTRITION & FOOD

The Nutrition, Food and Dietetics Department offers a minor in Nutrition and Food.

**For more information, please contact an advisor and visit our website:**

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The NUFD Minor can complement many campus-wide majors such as Health Science, Public Health, Kinesiology, Nursing, Child Development, Recreation, Parks & Tourism Administration, Psychology, Gerontology, and Family Studies & Human Development.

#### PROGRAM DESCRIPTION

The minor in Nutrition and Food gives students an understanding of the role food and nutrition play in health and disease prevention through coursework in food safety, cultural foods, nutrition & wellness, and metabolism and elective options in life-cycle nutrition, sports nutrition, and current nutrition controversies.

#### Program Requirements (21 units):

##### Required Courses

NUFD 9	Food Safety and Sanitation
NUFD 10	Intro to Nutrition (AREA 5-B)
NUFD 107	Nutrition Education, Communication & Counseling
NUFD 113	Nutrition and Metabolism (GE Area 5-B)
NUFD 114	Cultural and Social Aspects of Food (GE Area 3B & RE)

##### Select Two from the following:

NUFD 100	Research Methods & Application in NUFD
NUFD 112	Current Topics in Nutrition Science (GE Area 5B, WI)
NUFD 115	Nutrition: Preconception through Childhood
NUFD 119	Nutrition: Adolescence through Older Adulthood
NUFD 120	Practical Application in Sports Nutrition
NUFD 121	Nutrition Assessment, Methods and Support