NUTRITION AND FOOD ADVISING SHEET

Catalog 2025-2026

	P	lease use this advising sheet in conjunction with professional advising
Date:		Advisors can help identify your correct catalog rights, courses that
Student:	Advisor	complete multiple requirements (overlap) & provide requiremen

Nutrition and Food Major Requirements (54 units)

(54 unit	s)	
Required Core Courses (48 units)		
Core Lower Division (23 units)	Pre-requisite*	Note
BIO 10 Basic Biological Concepts (3) (GE 5B)		
CHEM 1A General Chemistry I (5) (GE 5A+ 5C) OR	CARA or CHEM 4 AND ALEKS score 61	
CHEM 6A Intro to Gen Chem (5) (GE 5A + 5C)		
NUFD 9 Food Safety and Sanitation (3)		
NUFD 10 Intro to Nutrition (3) (GE 5B)		
NUFD 11 Principles of Food Preparation (3)	NUFD Majors	
PSYC 2 Intro to Psychology (GE 4)		
STAT 1 Intro to Statistics (3) (GE 2)	ALEKS PPL Score > 51 or Math 10	
Core Upper Division (25 units)		
<u>NUFD 100</u> Research: Methods and Application in Nutrition and Food (3)	6 NUFD units	
NUFD 107 Nutrition Educ, Communication & Counseling (3)	NUFD 10 and 3 NUFD units	
NUFD 110 Food Production & Sustainability (4)	NOFD II	
NUFD 113 Nutrition & Metabolism (3) (GE 5)	NUFD 10; BIO 10; CHEM 1A or CHEM 6A	
NUFD 114 Cultural & Social Aspects of Food (3) (GE 3)	NUFD 10	
NUFD 115 Lifecycle Nutr: Preconception to childhood (3)	NUFD 113	
NUFD 119 Lifecycle Nutr: Adolesc to Adult (3)	NUFD 113	
NUFD 168 Senior Seminar (3)	21 NUFD units completed	
Required Upper Division Electives (6 unit	s) **	

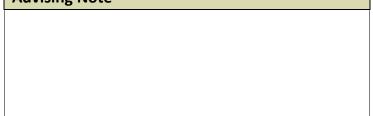
* Check the prerequisite for your eligibility.

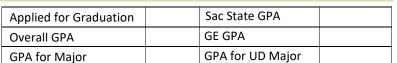
NUFD 118A, NUFD 120, NUFD 121, NUFD 122

** Please check the class schedule to plan your courses. Some classes are offered on a rotating basis.

Advising Note

NUFD 111, NUFD 116, NUFD 117,





Graduation Requirements: *Items numbered 1-4 should be taken in sequence.	Note
Minimum 120 units to graduate	
39 units of upper division (courses 100-199)	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. English Composition (GE 1A) (ENGL 5 or 11) "C- or better required"	
2. Second Semester Composition (ENGL 20) "C- or better required"	
Foreign Language (FL) "C- or better required"	
Race & Ethnicity in American Society (RE)	
3. Writing Placement for Juniors (WPJ) Portfolio	
4. Writing Intensive (WI) "C- or better required"	

General Education Requirements	Course	Note
LOWER-DIVISION (34 unit	:s)	
Area 1 English Communication		
1A. English Composition (3 units)		
1B. Critical Thinking (3 units)		
1C. Oral Communication (3 units)		
Area 2 Mathematical Concepts and Quantitative R	easoning	
One course (3 units)	STAT 1	
Area 3 Arts and Humanities		
3A. Arts (3 units)		
3B. Humanities (3 units)		
Area 4 Social and Behavioral Sciences		
Any (3 units)	PSYCH 2	
Any (3 units)		
Area 5 Physical and Biological Sciences		
5A. Physical Science (3 units)	Chem 1A or 6A	
5B. Biological Science (3 units)	BIO 10/NUFD 10	
5C. Laboratory (1 unit)		
Area 6 Ethnic Studies		
One course (3 units)		
UPPER-DIVISION (9 units	s)	
Area 2 or 5 (3 units) – Met by Major	NUFD 113	
Area 3 (3 units) – Met by Major	NUFD 114	
Area 4 (3 units)		
Note: For more information, please visit the Genera	l Education page an	d tha

Note: For more information, please visit the <u>General Education page</u> and the Academic Requirement Page in the Student Center.



NUTRITION AND FOOD ACADEMIC PLAN

Chart your 2 or 4 year plan below:

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
Total		Total		Total	
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
	UNITS		UNITS		UNITS
1	UNITS	1	UNITS	1	UNITS
2	UNITS	2	UNITS	2	UNITS
1 2 3	UNITS	1 2 3	UNITS	1 2 3	UNITS
1 2 3 4	UNITS	1 2 3 4	UNITS	1 2 3 4	UNITS
1 2 3 4 5	UNITS	1 2 3 4	UNITS	1 2 3 4 5	UNITS
1 2 3 4 5 6 Total	UNITS	1 2 3 4 5 6 Total	UNITS	1 2 3 4 5	UNITS
1 2 3 4 5 6 Total		1 2 3 4 5 6 Total		1 2 3 4 5 6 Total	
1 2 3 4 5 6 Total FALL:		1 2 3 4 5 6 Total SPRING:		1 2 3 4 5 6 Total SUMMER:	
1 2 3 4 5 6 Total FALL:		1 2 3 4 5 6 Total SPRING:		1 2 3 4 5 6 Total SUMMER: 1	
1 2 3 4 5 6 Total FALL: 1 2		1 2 3 4 5 6 Total SPRING: 1		1 2 3 4 5 6 Total SUMMER: 1 2	
1 2 3 4 5 6 Total FALL: 1 2 3		1 2 3 4 5 6 Total SPRING: 1 2 3		1 2 3 4 5 6 Total SUMMER: 1 2 3	
1 2 3 4 5 6 Total FALL: 1 2 3 4		1 2 3 4 5 6 Total SPRING: 1 2 3 4		1 2 3 4 5 6 Total SUMMER: 1 2 3 4	

Notes: