

NUTRITION AND FOOD ADVISING SHEET

Catalog 2025-2026

Date: _____

Student: _____ Advisor: _____

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement

Nutrition and Food Major Requirements (54 units)

Required Core Courses (48 units)

Core Lower Division (23 units)	Pre-requisite*	Note
<u>BIO 10</u> Basic Biological Concepts (3) (GE 5B)		
<u>CHEM 1A</u> General Chemistry I (5) (GE 5A+ 5C) OR <u>CHEM 6A</u> Intro to Gen Chem (5) (GE 5A + 5C)	CARA or CHEM 4 AND ALEKS score 61	
<u>NUFD 9</u> Food Safety and Sanitation (3)		
<u>NUFD 10</u> Intro to Nutrition (3) (GE 5B)		
<u>NUFD 11</u> Principles of Food Preparation (3)	NUFD Majors	
<u>PSYC 2</u> Intro to Psychology (GE 4)		
<u>STAT 1</u> 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	
<u>NUFD 107</u> Nutrition Educ, Communication & Counseling (3)	NUFD 10 and 3 NUFD units	
<u>NUFD 110</u> Food Production & Sustainability (4)	NUFD 9; NUFD 10; NUFD 11	
<u>NUFD 113</u> Nutrition & Metabolism (3) (GE 5)	NUFD 10; BIO 10; CHEM 1A or CHEM 6A	
<u>NUFD 114</u> Cultural & Social Aspects of Food (3) (GE 3)	NUFD 10	
<u>NUFD 115</u> Lifecycle Nutr: Preconception to childhood (3)	NUFD 113	
<u>NUFD 119</u> Lifecycle Nutr: Adolesc to Adult (3)	NUFD 113	
<u>NUFD 168</u> Senior Seminar (3)	21 NUFD units completed	
Required Upper Division Electives (6 units) **		
NUFD 111, NUFD 116, NUFD 117, NUFD 118A, NUFD 120, NUFD 121, NUFD 122		

* Check the prerequisite for your eligibility.

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

Advising Note

Applied for Graduation		Sac State GPA	
Overall GPA		GE GPA	
GPA for Major		GPA for UD Major	

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 units)		
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 Reasoning		
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)		
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 [General Education page](#) 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
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	

Notes: