

# DEPARTMENT OF FOOD, NUTRITION AND HEALTH

## EIGHT-SEMESTER DEGREE COMPLETION PROGRAM

B.S.H.E.S. – Food, Nutrition and Health (FNAH)

2023-2024

FNAH Requirements: 1 hour University Perspectives; 12 hours Communications; 3 hours History; 6 hours Mathematics; 8 hours Physical and Biological Sciences; 6 hours Fine Arts/Humanities; 9 hours Social Sciences; 33 hours FNAH Core requirements; 42 hours electives.

Key: **Bold** = Course meets University Core.

### Fall Semester Year 1

- **CHEM 1103 University Chemistry I**, 3 hours **AND**
- **CHEM 1101L University Chemistry I Lab**, 1 hour **OR**
- **CHEM 1073 Fundamentals of Chemistry**, 3 hours
- **CHEM 1071L Fundamentals of Chemistry Lab**, 1 hour
- NUTR 1213 Fundamentals of Nutrition, 3 hours
- HOSP 2611 Food Service Sanitation, 1 hour
- UNIV 1001 University Perspectives, 1 hour
- **MATH 1203 College Algebra or higher level MATH**, 3 hours
- **ENGL 1013 Composition I**, 3 hours

Total Semester Hours: 15

### Spring Semester Year 1

- **ENGL 1023 Composition II**, 3 hours
- COMM 1313 Public Speaking, 3 hours
- **Fine Arts Core Elective**, 3 hours
- **Humanities Core Elective**, 3 hours
- **Science Core Elective OR**
- **CHEM 1123 University Chemistry II**, 3 hours
- **CHEM 1121L University Chemistry II Lab**, 1 hour

Total Semester Hours: 16

### Fall Semester Year 2

- **NUTR 2113 Principles of Foods**, 3 hours
- **NUTR 2111L Principles of Foods Lab**, 1 hour
- Electives, 6 hours
- **PSYC 2003 General Psychology**, 3 hours
- STAT 2303 Principles of Statistics, 3 hours

Total Semester Hours: 16

### Spring Semester Year 2

- **HDFS 2413 Family Relations**, 3 hours **OR**
- **HDFS 1403 Life Span Development**, 3 hours
- ENGL 3053 Technical & Professional Writing, 3 hours **OR**
- ACOM 3143 Communicating Agriculture to the Public, 3 hours
- Elective, 9 hours

Total Semester Hours: 15

### Fall Semester Year 3

- NUTR 3213 Nutrition Education & Counseling, 3 hours
- NUTR 3103 Culinary Nutrition, 3 hours
- NUTR 3101L Culinary Nutrition Lab, 1 hour
- **Social Science Core Elective**, 3 hours
- **US History or Government Core Elective**, 3 hours
- Electives, 3 hours

Total Semester Hours: 16

### Spring Semester Year 3

- NUTR 4243 Community Nutrition, 3 hours
- Electives, 9 hours
- NUTR 4303 Cultural Perspectives on Food, 3 hours **OR**
- NUTR 4403 Recipe Modification, 4 hours **AND**
- NUTR 4401L Recipe Modification Lab, 1 hour

Total Semester Hours: 15-16

### Fall Semester Year 4

- Electives, 12 hours
- NUTR 4223 Life Cycle Nutrition, 3 hours

Total Semester Hours: 15

### Spring Semester Year 4

- NUTR 4303 Cultural Perspectives on Food, 3 hours **OR**
- NUTR 4403 Recipe Modification, 4 hours **AND**
- NUTR 4401L Recipe Modification Lab, 1 hour
- NUTR 4001 Nutrition Seminar, 1 hour
- NUTR 4103 Research Methods in Nutrition, 3 hours
- Electives, 4 hours

Total Semester Hours: 11-12

**Total Completed Hours: 120**