# SCHOOL OF HUMAN ENVIRONMENTAL SCIENCES

## Major in Food, Nutrition, and Health

### Check Sheet for Food, Nutrition, and Health (FNAH)

### 2023-2024

Name: I.D. Number: Advisor:

**University Requirements**: 1 hour1

[ ]  UNIV 1001 University Perspectives

**Communications**: 12 hours

[ ]  ENGL 1013 Composition I

[ ]  ENGL 1023 Composition II

[ ]  COMM 1313 Public Speaking

[ ]  ACOM 3143 Communicating Ag to the Public **OR**

 [ ]  ENGL 3053 Technical and Professional Writing

**US History or Government**: 3 hours

[ ]  HIST 2003 **or** HIST 2013 **or** PLSC 2003

**Mathematics**: 6 hours

[ ]  MATH 1203 College Algebra or higher

[ ]  STAT 2303 Principles of Statistics

**Physical and Biological Sciences**: 8 hours

[ ]  CHEM 1103 University Chemistry I

 [ ]  CHEM 1101L University Chemistry I Lab **AND**

[ ]  CHEM 1123 University Chemistry II

 [ ]  CHEM 1121L University Chemistry II Lab **OR**

[ ]  CHEM 1073 Fundamentals of Chemistry

 [ ]  CHEM 1071L Fundamentals of Chemistry Lab **AND**

*Choose 4 hours Science Elective2:*

| Check for completion | Course I. D.:  | Course Name: |
| --- | --- | --- |
|[ ]   |  |

**Fine Arts/Humanities**: 6 hours

*Choose 3 hours from Fine Arts and 3 hours from Humanities2:*

| Check for completion | Course I. D.:  | Course Name: |
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**Social Sciences**: 9 hours

[ ]  PSYC 2003 General Psychology

[ ]  HDFS 2413 Family Relations **OR**

 [ ]  HDFS 1403 Life Span Development

*Choose 3 hours from Social Science Core2:*

| Check for completion | Course I. D.:  | Course Name: |
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**FNAH Major Core**: 32 hours

[ ]  NUTR 1213 Fundamentals of Nutrition

[ ]  HOSP 2611 Food Service Sanitation

[ ]  NUTR 2113 Principles of Foods

 [ ]  NUTR 2111L Principles of Foods Lab

[ ]  NUTR 3103 Culinary Nutrition

 [ ]  NUTR 3101L Culinary Nutrition Lab

[ ]  NUTR 3213 Nutrition Education & Counseling

[ ]  NUTR 4103 Research Methods in Nutrition

[ ]  NUTR 4001 Nutrition Seminar

[ ]  NUTR 4223 Life Cycle Nutrition

[ ]  NUTR 4243 Community Nutrition

[ ]  NUTR 4303 Cultural Perspectives on Foods

☐ NUTR 4403 Recipe Modification

 [ ]  NUTR 4401L Recipe Modification Lab

**Electives: 43 hours3**

*The following electives will provide an area of focused study for students. Students will discuss with advisor to select courses to complete degree requirements:*

Food Service Management:

[ ]  HOSP 2603 Purchasing & Cost Control

[ ]  NUTR 3603 Quantity Foods

[ ]  HOSP 3653 Hospitality, Dietetic Management and Human Resources

Nutrition Research:

[ ]  BIOL 1543 Principles of Biology

 [ ]  BIOL 1541L Principles of Biology Lab

[ ]  BIOL 2323 General Genetics

 [ ]  BIOL 2321L General Genetics Lab

[ ]  BIOL 2533 Cell Biology

 [ ]  BIOL 2531L Cell Biology Lab

[ ]  CHEM 2613 Organic Physiological Chemistry

 [ ]  CHEM 2611L Organic Physiological Chemistry Lab

[ ]  CHEM 3813 Elements of Biochemistry

[ ]  NUTR 4213 Advanced Nutrition I

[ ]  BIOL 4703 Mechanisms of Pathogenesis

Health & Wellness:

[ ]  NUTR 2203 Sports Nutrition

[ ]  PBHL 1103 Personal Health & Safety

[ ]  PBHL 2663 Terminology for the Health Professions

[ ]  PBHL 3202 Health Care & Public Policy

[ ]  PBHL 3643 Public Health Program Planning

[ ]  EXSC 3153 Exercise Physiology

General Electives:

| Check for completion | Course I. D.:  | Course Name: |
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**OTHER REQUIREMENTS FOR A B.S.H.E.S. DEGREE**

120 Total Hours of which:

40 hours must be 3000/4000 level courses

Minimum GPA of 2.0

1 UNIV 1001 is required for new freshmen or transfer with less than 24 hours

2 See student degree audit for approved course list

3 Students are encouraged to choose a minor in Event Management, Hospitality Management, Agricultural Communications, General Business or Journalism to fulfill required elective hours.