

Stephen F. Austin State University
Food, Nutrition and Dietetics Program
Food and Nutrition Minor – 18 hours

The Food and Nutrition minor provides you with a foundational understanding of nutrition and food science, food safety and management principles.

Why Choose this Minor?

The food and nutrition minor equips you with the tools to make informed decisions about your health and well-being. Beyond individual health improvements, the versatility of the minor makes it a perfect complement to many major fields, enhancing your employability and broadening your career opportunities in areas such as health coaching, community wellness programs, food service management, and more. You will get relevant nutrition content taught by registered dietitians with real-world experience to help you navigate current trends and challenges in the field.

Curriculum

The Food and Nutrition minor requires 3 hours from NUTR 2339 Introduction to Nutrition

Choose 15 hours from the following courses:

CHEF 1101 Principles of Food Science Lecture (1 credit) + CHEF 1201 Principles of Food Science Lab (2 credits) – Fall, Spring, Summer (lecture online; Summer is variable and fully online, when offered)

CHEF 1205 Public Health and Safety Management (2 credits)

NUTR 1138 (1 credit) Diet and Fitness – Fall, Spring (online)

NUTR 3349 Nutrition Throughout the Lifecycle (3 credits) – Spring only, Pre-requisite NUTR 2339 (online)

NUTR 4303 Cultural Aspects of Foods (3 credits) – Fall only (F2F/Zoom livestream)

NUTR 4309 Community Nutrition (3 credits) – Fall only, Pre-requisite NUTR 2339 (F2F/Zoom livestream)

NUTR 4329 Nutrition for Sports (3 credits) – Spring only, Pre-requisite NUTR 2339 (online)