

CULINARY NUTRITION AND FOOD STUDIES MINOR

<https://colsa.unh.edu/agriculture-nutrition-food-systems/program/minor/culinary-nutrition-food-studies>

Description

The Culinary Nutrition & Food Studies Minor provides students the ability to explore the foundation of nutritional sciences and gain a practical appreciation of the culinary arts while building an understanding of our food environment & culture as it applies to human health. The Minor offers students hands-on learning experiences in culinary arts and the flexibility to incorporate study abroad coursework via the UNH in Italy program.

The Minor may be of interest to students preparing for future careers in allied health or health promotion and who recognize the growing need for training in culinary nutrition. Dietitians, physicians, wellness coaches, nurses, and other health care providers with strong culinary skills will likely be better equipped to empower clients to choose and prepare healthier food choices.

Requirements

Requirements for the Culinary Nutrition & Food Studies Minor (20 credits).

Code	Title	Credits
Required Core Courses		8
NUTR 400	Nutrition in Health and Well Being	
NUTR 403	Culinary Arts Skills Development	
Food Studies Electives - Select two courses:		8
NUTR 405	Food and Society	
NUTR 525	Food and Culture in Italy	
NUTR 530	Critical Analysis in Food Studies	
NUTR 550	Food Science: Principle and Practice	
HMG 570	International Food and Culture	
HMG 771	International Wine and Beverage	
NUTR 730	From Seed to Sea: Examining Sustainable Food Systems	
SAFS 415	Introduction to Brewing Art and Science	
SAFS 620	Food Systems & Community Resilience	
Culinary Nutrition Practicum		4
NUTR 628	Culinary Nutrition Practicum	