

# 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.

Before deciding to add or change a minor, be sure to meet with your advisor to ensure that any changes align with your academic and career goals. Students may declare up to two minors in Webcat.

For specifics, please review how to declare, change and drop the minor at <https://www.unh.edu/registrar/academic-records/majors-minors>.

## Requirements

- [Academic policies related to Minors](#).
- The minor consists of completing five courses (20 credits).

Code	Title	Credits
<b>Required Courses</b>		
NUTR 400	Nutrition in Health and Well Being	4
NUTR 403	Culinary Arts Skills Development	4
<b>Electives</b>		
<i>Food Studies</i>		
Select two courses from the following:		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	
NUTR 730	From Seed to Sea: Examining Sustainable Food Systems	
AGFS 415	Introduction to Brewing Art and Science	
AGFS 620	Food Systems & Community Resilience	
HMG 570	International Food and Culture	
HMG 771	International Wine and Beverage	
<b>Practicum</b>		
NUTR 628	Culinary Nutrition Practicum	4