

# NUTRITION MINOR

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

## Description

The nutrition minor is particularly suited to students interested in pursuing professional careers related to human health and wellness.

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 a minimum of 20 credits.
- No more than 8 credits can also be used to fulfill major requirements.
- A minimum C average (2.00) is required in courses that the minor department approves; a grade of C- minus or better is required in all courses to be counted toward the minor.
- Courses taken on a Pass/Fail basis may not be used for a minor.

Code	Title	Credits
<b>Required Course</b>		
NUTR 400	Nutrition in Health and Well Being	4
<b>Electives</b> <sup>1</sup>		
Select a minimum of 16-credits from the following courses: (At least 4-credits must be at the 600- or 700-level)		
NUTR 403	Culinary Arts Skills Development	4
NUTR 405	Food and Society	4
NUTR 476	Nutritional Assessment	4
NUTR 506	Nutrition and Wellness	4
NUTR 525	Food and Culture in Italy	4
NUTR 530	Critical Analysis in Food Studies	4
NUTR 535	History of Food in Italy	4
NUTR 546	Nutrition in Exercise and Sports	4
NUTR 550	Food Science: Principle and Practice	4
NUTR 560	Introduction to Research in Nutrition	2
NUTR 595	Mediterranean Diet and Culture	4
NUTR 610	Nutrition Education and Counseling	4
NUTR 625	From Farm to the Italian Table	4
NUTR 628	Culinary Nutrition Practicum	4
NUTR 650	Life Cycle Nutrition	4
NUTR 699	Independent Study	1-4
NUTR 704	Managerial Skills in Dietetics	4
NUTR 709	Nutritional Epidemiology	4
NUTR 710	Advanced Diabetes Care	2
NUTR 715	Advanced Sports Nutrition	4
NUTR 720	Community Nutrition	4
NUTR 730	From Seed to Sea: Examining Sustainable Food Systems	4
NUTR 740	Nutrition for Children with Special Needs	4
NUTR 750	Nutritional Biochemistry	4
NUTR 751	Nutritional Biochemistry of Micronutrients	4
NUTR 755	Concepts and Controversies in Weight Management	3
NUTR 758	Practicum in Nutrition and Wellness	2
NUTR 773	Clinical Nutrition	4
NUTR 790	Undergraduate Teaching Experience	1-2
NUTR 795	Investigations	1-4

<sup>1</sup> Students can customize the Nutrition minor to align with their personal interests or professional goals. Please note that many courses have prerequisites and/or require special permission.