



NUTRITION AND FOODS

What is Nutrition and Foods?

Nutrition and Foods combines the study of food, healthy diet and nutrition education. It is a way for students to get an introduction into nutrition and food management.

Careers in Nutrition and Foods

Careers in nutrition and foods include a variety of areas such as public health programs, government agencies, school nutrition, nutrition education, wellness centers, and health promotion.

Why Here?

Murray State University's Nutrition and Foods program helps develop an expertise in nutrition and food for positions that do not require a Registered Dietitian credential. It provides students with broad education in nutrition and foods.

Through experiential learning, students are able to apply real life nutrition education and skills. Settings include the classroom, as well as service learning projects throughout the community.

Contact us for more information



Department of Applied Health Sciences
Murray State University
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Nutrition, Dietetics, and Food Management/Nutrition and Foods Track

Bachelor of Science Degree
CIP 19.0501
2016-2017

University Studies Requirements.....42-44 hrs.

(See Academic Degrees and Programs.)

University Studies selections must include:

Scientific Inquiry, Methodologies, and Quantitative Skills:

BIO 101 Biological Concepts
CHE 105 Introductory Chemistry I

Or

CHE 201 General College Chemistry
MAT 117 Mathematical Concepts (or higher math)

Social and Self-Awareness and Responsible Citizenship:

PSY 180 General Psychology

University Studies Electives:

CSC 199 Introduction to Information Technology
SOC 133 Introduction to Sociology

Core Requirements.....45-46 hrs.

BUS 140 Foundations of Business
MAT 135 Introduction to Probability and Statistics
Or
PSY 300 Principles and Methods of Statistical Analysis
FCS 462 Methods of Teaching Family and Consumer Sciences
MGT 350 Fundamentals of Management
NTN 100T Transitions
NTN 200 Introduction to the Profession
NTN 220 Food Safety and Sanitation
NTN 230 Nutrition
NTN 231 Principles of Food Science and Preparation
NTN 303 Research Concepts in Foods and Nutrition
NTN 333 Nutrition Throughout the Life Cycle
NTN 371 Quantity Food Production Practicum
NTN 372 Quantity Food Production and Purchasing
NTN 373 Management of Food Service Personnel and Facilities
NTN 412 Community Nutrition and Health
NTN 422 Meal Management
NTN 432 Experimental Foods
NTN 499 Senior Seminar

Nutrition and Foods Courses.....19-20 hrs.

BIO 227 Human Anatomy *and*
BIO 228 Human Anatomy Laboratory
Or
EXS 250 Anatomical Concepts in Wellness
BIO 229 Human Physiology
BIO 230 Human Physiology Laboratory
CHE 210 Brief Organic Chemistry
HEA 191 Personal Health
HEA 415 Communication Techniques for Health Care Providers

Electives.....10-14 hrs.

Total Curriculum Requirements.....120 hrs.