NUTRITION AND FOOD SCIENCES (NFS)

Courses

NFS 020. Vtrim for Undergrads. 1 Credit.
This course is designed to teach healthy eating, exercise and weight management behaviors to college students.

NFS 021. Vtrim for Undergrads Part II. 1 Credit.
This course is designed to teach healthy eating, exercise and weight management behaviors to college students. Prerequisite: NFS 020.

NFS 033. What’s Brewing in Food Science. 3 Credits.
This course will explore food science via the production of beer and other fermented beverages. Students will also identify mechanisms to modify their drinking habits.

NFS 034. Servsafe Certification Course. 1 Credit.
This course will prepare students for the ServSafe Certification Exam. The topics include food safety and proper food handling in a restaurant setting.

NFS 043. Fundamentals of Nutrition. 3 Credits.
The study of standard guidelines to select foods that maximize human health and the functions of the essential nutrients needed to sustain human life. Prerequisites: High school chemistry and biology.

NFS 044. Survey of the Field. 1 Credit.
Nutrition and Food Sciences Introduction to the professional field and career opportunities in dietetics, nutrition and food science. Required of all First-Year and transfer students. Fall.

NFS 050. D2:Cheese and Culture. 3 Credits.
The history of cheesemaking is used as a lens through which to view current conflicts in European and American attitudes towards foods.

NFS 053. Basic Concepts of Foods. 3 Credits.
Study of the scientific aspects of food with emphasis on reasons for procedures used and phenomena occurring in food preparation. Spring.

NFS 054. Basic Concepts of Foods Lab. 1 Credit.
Developing comprehension of scientific principles of food preparation through modification of standard recipes, manipulation of ingredients and techniques, and evaluation using sensory and objective methods. Prerequisite: NFS 053 or concurrent registration in NFS 053 or permission. Spring; Department majors only.

NFS 063. Obesity,Weight Control&Fitness. 3 Credits.
Introduction to the causes, consequences, and treatment of obesity. Fall.

NFS 073. D2:Farm to Table:Our Food Sys. 3 Credits.
This course provides an introduction to the contemporary food system, focusing on the interdependence of all components, from farm to table.

NFS 095. Special Topics. 1-18 Credits.
Introductory level special topics courses.

NFS 143. Nutrition in the Life Cycle. 3 Credits.
Nutritional needs of people throughout the life cycle. Physiological and environmental factors which affect nutritional status. Designed for Nutrition majors. Prerequisite: NFS 043. Fall.

NFS 153. Principles of Food Technology. 3 Credits.
Food processing technologies and underlining principles of changes in microbiological quality and safety, chemical composition and nutritional value, and interaction of functional additives and ingredients. Prerequisite: NFS 043, NFS 053; organic chemistry. Spring.

NFS 154. Principles Food Technology Lab. 1 Credit.
Experiential learning of principles of major modern food processing and preservation technologies, essential skills of food quality and safety assurance, and new product development. Prerequisite: NFS 054, NFS 153, or concurrent enrollment in NFS 153, organic chemistry; Department majors only.

NFS 163. Sports Nutrition. 3 Credits.
Timing and composition of meals for training and pre- and post-competition. Prerequisite: Instructor permission. Fall/Spring.

NFS 185. D2:Food and Culture. 3 Credits.
This course examines how the cultivation, preparation and consumption of food are rich symbolic processes through which humans interact with our natural and social environments. Prerequisite: ANTH 021. Cross-listed with: ANTH 185.

NFS 195. Intermediate Special Topics. 1-12 Credits.
Lectures, laboratories, readings, or projects relating to contemporary areas of study. Credits negotiable. Enrollment may be more than once, maximum of 12 hours in NFS 195 and NFS 295 combined. Prerequisite: Department permission.

NFS 196. Field Experience. 1-15 Credits.
Professionally-oriented field experience under joint supervision by faculty and business or community representative. Credits negotiable, maximum of 15 hours in NFS 196 and NFS 296 combined. Prerequisite: Department permission.

NFS 197. Undergraduate Research. 1-3 Credits.
Individual laboratory or community research in food or nutritional sciences under the guidance of a faculty member. Arrangement with faculty member and permission of Department Chair.

NFS 198. Undergraduate Research. 1-15 Credits.
Individual laboratory or community research in food or nutritional sciences under the guidance of a faculty member. Arrangement with faculty member and Department Chair permission.

NFS 203. Food Microbiology. 0 or 4 Credits.
Desirable and undesirable activities of bacteria in foods. Mechanisms of food-borne infection and intoxication. Laboratory methods to enumerate and identify microorganisms associated with food. Prerequisite: A course in Biochemistry. Fall.
NFS 205. Functional Foods: Principles & Technology. 3 Credits.
Examines the constituents that make food products functional and provides laboratory techniques needed to create a functional food. Pre/co-requisites: NFS 153, NFS 154, or Instructor permission.

NFS 208. Sensory Evaluation of Foods. 3 Credits.
Practical study of the methods and protocols used to evaluate the sensory quality of food in the industry and research world. Prerequisite: NFS 053.

NFS 223. Nutrition Education & Counseling. 3 Credits.
Use of appropriate education theory, techniques, and media in nutrition education and counseling theories and negotiation, interviewing and counseling skills in individual and group counseling. Pre/co-requisites: NFS 043, NFS 053, NFS 054, NFS 143.

NFS 243. Advanced Nutrition. 3 Credits.
Study of nutrients and their specific functions in metabolic process integrating cellular physiology, biochemistry, and nutrition. Prerequisites: NFS 043; PBIO 201 or equivalent; ANPS 019 or equivalent; Junior standing. Spring.

NFS 244. Nutrition in Health & Disease Prevention. 3 Credits.
Examination of dietary planning, nutrition assessment, genetics, drug-nutrient interactions, CAM therapies and nutrition related to health and prevention of disease. Pre/co-requisites: CHEM 042, ANPS 020, NFS 053, NFS 054, NFS 143.

NFS 250. Foodservice Systems. 4 Credits.
Emphasis on the foodservice system model for understanding quality control; food procurement, production, and marketing; management and evaluation of foodservice facilities, human and financial resources. Prerequisites: BSAD 065 and BSAD 120.

NFS 253. Food Safety & Regulation. 3 Credits.
Comprehensive study of the relationships between food processing and preservation, food toxicology, and the scope, applicability, and limitations of U.S. food laws. Prerequisite: AGBI 201 or equivalent. Spring.

NFS 260. Diet and Disease. 3 Credits.
Examination of the physiologic, biochemical, and psychosocial basis of several disease states and the application of medical nutrition therapy in treatment. Prerequisite: NFS 053, NFS 143, NFS 243, NFS 244.

NFS 262. Community Nutrition. 3 Credits.
Study of U.S. public health nutrition policies, programs and practices. Emphasis on community nutrition program planning including needs assessment, intervention development and evaluation. Prerequisite: NFS 260; Senior standing. Spring.

NFS 263. Nutritional Biochemistry. 3 Credits.
Comprehensive study of metabolism of carbohydrates, lipids, and proteins, emphasizing diet induced, hormone mediated alterations in metabolism (e.g. starvation and obesity). Prerequisite: NFS 243 or Instructor permission. Spring.