THE UNIVERSITY OF VERMONT

2015-2016 Catalogue

NUTRITION AND FOOD SCIENCES

OVERVIEW

The department mission is to study the relationship between nutrition, food science, health and fitness (preventive nutrition), and between diet and disease (therapeutic nutrition). Faculty research encompasses both basic and applied or community aspects of human nutrition and food science and technology. Research is being conducted on: the impact of attitudes and behaviors toward eating and exercise on body weight and composition; web-based interactive multimedia tools for use in teaching and research; behavior modification programs to improve individual eating behaviors; testing the effectiveness of Internet support on the long term management of obesity; factors affecting the nutritional status of children; milk chemistry and cheese technology (i.e., structure, function, and properties of mozzarella and goat's milk cheese); chemistry and processing of infant formula; and food microbiology.

For more information, contact the Department of Nutrition and Food Sciences, 256 Carrigan Wing, (802) 656-3374.

DEGREES

• Nutrition and Food Sciences M.S.

FACULTY

Berlin, Linda; Extension Assistant Professor, Department of Nutrition and Food Sciences; PHD, Tufts University

Donnelly, Catherine Wright; Professor, Department of Nutrition and Food Sciences; PHD, North Carolina State University Raleigh

Guo, Ming Ru; Professor, Department of Nutrition and Food Sciences; PHD, University College Cork

Harvey, Jean Ruth; Professor, Department of Nutrition and Food Sciences; PHD, University of Pittsburgh

Johnson, Rachel K; Professor, Department of Nutrition and Food Sciences; PHD, Pennsylvania State University

Kindstedt, Paul Stephen; Professor, Department of Nutrition and Food Sciences; PHD, Cornell University

Pintauro, Stephen Joseph; Associate Professor, Department of Nutrition and Food Sciences; PHD, University of Rhode Island

Pope, Lizzy; Assistant Professor, Department of Nutrition and Food Sciences; PHD, University of Vermont

Trubek, Amy B.; Associate Professor, Department of Nutrition and Food Sciences; PHD, University of Pennsylvania

Courses

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: Prncpl & Tech. 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 Educ & 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 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 185; ANPS 019; Junior standing. Spring.

NFS 244. Nutl in Hlth & Disease Prevntn. 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 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: Junior or Senior standing. Spring.

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

NFS 295. Advanced Special Topics. 1-15 Credits.
Lectures, laboratories, readings, or projects relating to contemporary areas of study. Credits negotiable. Enrollment may be more than once, maximum of twelve hours in NFS 195 and NFS 295 combined. Prerequisite: Department permission.

NFS 296. Field Experience. 1-15 Credits.
Professionally-oriented field experience under joint supervision of faculty and business or community representative. Credit negotiable. Maximum of fifteen hours in NFS 196 and NFS 296 combined. Prerequisite: Departmental permission.
NFS 311. Supervised Practice I. 4 Credits.
Through lecture, discussion, presentations, and practical experience, students develop competencies in clinical dietetics, community nutrition, and food service management. Prerequisite: MS D student.

NFS 312. Supervised Practice II. 4 Credits.
Through lecture, discussion, presentations, and practical experience, students develop competencies in clinical dietetics, community nutrition, and food service management. Prerequisite: MS D student.

NFS 350. Nutrition & Food Science Seminar. 1 Credit.

NFS 360. Rsch Meth Nutr & Food Sciences. 3 Credits.
Advanced research methods, including grant preparation, IRB requirements, data analysis and presentation, and selected topics in advanced nutritional and food sciences. Pre/co-requisite: Instructor permission.

NFS 391. Master’s Thesis Research. 1-18 Credits.

NFS 392. Evidence-based Practice Prjct. 1-2 Credits.
On site identification, review of literature for background and possible solutions, data collection and analysis, and writing and presenting the results and conclusions of a research problem. Pre/co-requisites: NFS 360, Pre/co-requisites: NFS 360, MS D student.

NFS 395. Special Topics. 1-18 Credits.

NFS 396. Special Topics. 1-18 Credits.