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 aspects of human nutrition, food science, food safety and food systems.

DEGREES
- Nutrition and Food Sciences AMP
- Nutrition and Food Sciences M.S.

FACULTY
Berlin, Linda; Extension Associate 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 Ruo; Professor, Department of Nutrition and Food Sciences; PHD, University of Pittsburgh
Harvey, Jean Ruth; Professor, Department of Nutrition and Food Sciences; PHD, University of Pittsburgh
Kindstedt, Paul Stephen; Professor, Department of Nutrition and Food Sciences; PHD, Cornell University
Niles, Meredith; Assistant Professor, Department of Nutrition and Food Sciences; PHD, University of California-Davis
Oyarzabal, Omar A.; Associate Professor, Extension, Department of Nutrition and Food Sciences; PHD, Auburn University
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. 3 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: NFS 153 or Instructor permission. Co-requisite: NFS 213.

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. Prerequisites: NFS 153, NFS 154, or Instructor permission.

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 Prerequisites: 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. Nut in Hlth & Disease Prevnt. 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: NFS 053, NFS 054, NFS 143; minimum Junior standing.

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 060 or CDAE 158; BSAD 120; minimum Junior standing; Dietetics or Nutrition and Food Sciences, and Dietetics, Nutrition and Food Sciences majors only.

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; Senior standing.

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: Minimum Junior or Graduate 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. 1-18 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. Internship. 1-18 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion. Prerequisite: Departmental permission.

NFS 310. MSD Journal Club. 1 Credit.
Critical review of current scientific, peer-reviewed literature, student-led facilitated discussions, abstract writing on topics related to nutrition, sustainable food systems, hunger and food insecurity, health promotion, chronic disease prevention and management. Prerequisite: Master of Science in Dietetics students only.
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: Master of Science in Dietetics 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: Master of Science in Dietetics student.

NFS 313. Food Safety and Public Policy. 3 Credits.
An exploration of issues that impact the development of microbiological food safety policy through analysis of how science and risk assessment are used in establishing policy. Prerequisites: NFS 203 or NFS 253 or Instructor permission. Cross-listed with: ANFS 313.

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.
Prerequisite: Master of Science in Dietetics student.

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 393. Independent Study. 1-18 Credits.
A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/laboratory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

NFS 395. Special Topics. 1-18 Credits.

NFS 396. Advanced Special Topics. 1-18 Credits.