

NUTRITION AND FOOD SCIENCES

<http://www.uvm.edu/nfs/>

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 (<http://catalogue.uvm.edu/graduate/nutrition/nutritionandfoodsciencesamp/>)
- Nutrition and Food Sciences M.S. (<http://catalogue.uvm.edu/graduate/nutrition/nutritionandfoodsciencesms/>)

FACULTY

Belarmino Morgan, Emily; Assistant Professor, Department of Nutrition and Food Sciences; PHD, London School of Hygiene and Tropical Medicine

Berlin, Linda; Extension Associate Professor, Department of Ext—Programming and Faculty Support; PHD, Tufts University

Etter, Andrea J.; Assistant Professor, Department of Nutrition and Food Sciences; PHD, Purdue University

Guo, Ming Ruo; 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

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

Oyazabal, Omar A.; Extension Associate Professor, Department of Ext—Programming and Faculty Support; PHD, Auburn University

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

Trubek, Amy B.; 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 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, ANPS 019, NFS 183 or PBIO 185; minimum Junior standing. Spring.

NFS 244. Nutr 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: NFS 053, NFS 143; minimum Junior standing.

NFS 245. Nutrition for Global Health. 3 Credits.

Exposes students to global nutrition issues, with an emphasis on maternal and child nutrition in low- and middle-income countries. Focus on the interplay between demographic, nutritional, and epidemiologic transitions. Examines nutrition issues and investigates efforts to control and prevent malnutrition. Prerequisites: NFS 043; and NFS 113 or NFS 114 or FS 103 or ANTH 173 or HLTH 103 or Instructor permission. Co-requisites: Minimum Junior undergraduate or Graduate student 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 253. Food Regulation. 3 Credits.

Comprehensive examination of U.S. food laws and regulations and their relationships to the safety of the U.S. food supply. Focus on how food-related laws and regulations are enacted and enforced, through detailed examination of selected food regulation topics. Prerequisite: NFS 153 or equivalent course/training with Instructor permission.

NFS 254. Global Food Safety. 3 Credits.

An overview of food safety issues, policies, and opportunities around the globe, with a focus on bacterial, viral, and parasite-based food safety challenges. Prerequisites: NFS 113 or NFS 114; NFS 153 or MMG 002 or MMG 101.

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 285. Food, Exchange and Culture. 3 Credits.

Examines practices and principles that cannot be fully understood within market based, industrially manufactured and/or globally sourced food and drink. These practices and principles shape food systems at the level of individual behavior and social institutions, including reciprocity, subsistence, charity, mutual aid and more. Prerequisites: NFS 053 or ANTH 085; and NFS 113 or ANTH 179.

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. 2 Credits.

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.

NFS 350. Nutrition&Food Science Seminar. 1 Credit.**NFS 390. Master's Project Research. 1-6 Credits.**

Final project under the direction of a graduate faculty mentor. Prerequisite: Nutrition and Food Sciences non-thesis Graduate Student, Instructor permission.

NFS 391. Master's Thesis Research. 1-15 Credits.

Final research thesis under the direction of a graduate faculty mentor. Prerequisite: Nutrition and Food Science graduate students only.

NFS 392. Evidence-based Practice Prjct. 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: Successful completion of the first year of the Master in Dietetics program.

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.****NFS 397. Teaching Assistantship. 1-3 Credits.**

Student service as a teaching assistant, usually in an introductory-level course in the discipline, for which credit is awarded. Offered at department discretion.