

NUTRITION STUDIES, MINOR

Requirements for a minor may be completed at any campus location offering the specified courses for the minor. Students may not change from a campus that offers their major to a campus that does not offer their major for the purpose of completing a minor.

Program Description

The Nutrition Studies minor is a flexible minor designed to help students understand the role of nutrition and foods on health promotion and chronic disease prevention and its application and implementation in the social and behavioral sciences, food systems, community nutrition and policy, and many other related areas. Students will explore various areas of nutrition as it relates to nutrition and food policy at local community, national, and global levels, food access and insecurity, understanding nutrition's role and impact on individuals' health and well-being at various life stages, the application of nutrition principles to target audiences, community health promotion, and delivering nutrition messages to improve the well-being and health of individuals, families, and communities.

You Might Like This Program if...

- You are majoring in a health professions or health-related discipline such as Nursing, Biobehavioral Health, Human Development and Family Sciences, Recreation Parks and Tourism Management, and other majors connected to health promotion and wellness.
You are majoring in Psychology, Education, Agricultural Education, Hospitality Management, and other majors connected to education, sustainable systems, social and behavioral sciences, and/or food systems.
You want to learn more about nutrition and apply it to your own life.