

NUTRITION MINOR

Nutrition and food are integral to life. Relevant dimensions in contemporary society include those related to health, the environment, the economy and culture. Strategies to optimize nutrition include not only individual choice but also policy, systems and environmental initiatives with an interprofessional approach. Several undergraduate majors may be enhanced by foundational nutritional knowledge to foster this interprofessional approach, such as public health, exercise science, pre-health, education (early childhood, elementary, special education), environmental sciences, health systems management, business and marketing.

Related Programs

Major

- Exercise Science (BS) (<https://catalog.luc.edu/undergraduate/health-sciences-public-health/exercise-science-bs/>)
- Public Health (BS) (<https://catalog.luc.edu/undergraduate/health-sciences-public-health/public-health-bs/>)

Combined

- Public Health (BS/MPH) (<https://catalog.luc.edu/undergraduate/accelerated-bachelors-masters-program/public-health-bsmph/>)

Curriculum

The minor requires 15 credit hours for completion.

Code	Title	Hours
Required Courses		
FONU 215	Fundamentals of Nutrition	3
FONU 320	Nutrition Through the Life Cycle	3
FONU 110	Culinary Explorations	3
Elective Courses (p.)		
Students select two of the following		6
EXCM 342	Physical Growth, Development and Nutrition	
FONU 225	Food as Culture	
HSM 230	Fundamentals of Health Equity	
PUBH 304	Health Behavior and Health Promotion	
Total Hours		15

Learning Outcomes

- Describe role, rich sources, and needs of essential nutrients
- Summarize food-based strategies to meet nutrition needs to support health
- Compare key nutrient needs through the life cycle
- Demonstrate competence in basic food preparation
- Incorporate food-based recommendations into meal plans
- Propose solutions to nutrition and food-related inequities