HUMAN NUTRITION AND FOODS

Department of Food Science and Human Nutrition
College of Agriculture and Natural Resources

150  Introduction to Human Nutrition
Fall, Spring, Summer. 3(3-0)
Nutrition needs in life stages from a human ecological perspective. Domestic and international factors affecting the availability of a safe, nutritious food supply. Relationships of food choices to health and disease.

260  Principles of Human Nutrition
Fall, Spring, 3(3-0) P: BS 161 or BS 181H or LB 145 or BMB 200 or PSL 250 SA: HNF 311
Identification, function and food sources of nutrients required by humans. Normal metabolism. Effects of deficiencies or excesses of specific nutrients and food components on metabolism and health.

300  Experimental Approaches to Foods
Fall, Spring. 4(2-4) P: Completion of Tier I writing requirement. RB: (CEM 143) R: Open to only to juniors or seniors in the Department of Food Science and Human Nutrition.
Effects of preparation methods and ingredient substitutions on chemical and physical properties of food constituents. Effects of changes in chemical and physical properties on functional and sensory attributes of foods.

320  Basic Skills in Dietetic Practice
Spring. 3(4-0) P: HNF 150 or HNF 260 R: Open to sophomores or juniors or seniors in the Dietetics major. SA: HNF 220
Scope of the profession of dietetics. Foundation knowledge and skills for dietetics. Food patterns for health and disease management.

375  Community Nutrition
Fall, Summer. 2(2-0) P: HNF 150 or HNF 311 R: Open to sophomores or juniors or seniors.
Guidelines for dietary and anthropometric components of nutritional status, including health surveys. Agencies and programs that address food and nutritional needs of target populations throughout the life cycle.

377  Applied Community Nutrition
Fall. 4(3-2) P: HNF 320 R: Open to juniors or seniors in the Dietetics major.

400  Art and Science of Food Preparation
Spring. 2(3-2) P: HNF 300 R: Open to seniors in the Dietetics major.
Art and science of food preparation in relation to cost, health, dietary modification, and historical, regional, ethnic, and religious customs. Product evaluation using sensory techniques. Offered half of semester.

406  Sociocultural Aspects of Food
Spring. 3(3-0) P: (HNF 150 or concurrently) or (HNF 260 or concurrently) RB: ISS course or concurrently. R: Open to juniors or seniors.

440  Foodservice Operations
Fall. 3(3-0) P: (HNF 150 or HNF 260) and (FSC 342 or concurrently) R: Open to juniors or seniors in the Dietetics major.
Principles, processes and control strategies in foodservice operations. Menu planning, procurement, and on-premise storage and issuance. Purchasing, ethics, production, safety and sanitation.

444  Food and Nutrition Services Management
Fall, Spring. 3(2-2) P: HNF 440 or concurrently RB: CSE 101 R: Open to juniors or seniors in the Dietetics major.
Human resources, budget and financial resources. Technology and marketing in food and nutrition services management. Utilizing prototype computer software for procurement, receiving, inventory management, recipe adjustment, nutrition analysis, budgets and accounting.

445  Foodservice Management Experience
Fall, Spring. 4(3-0) P: (HNF 440 or concurrently) RB: CSE 205 R: Open to juniors or seniors in the Dietetics major.
Principles and methods used in nutrient analyses and nutritional assessment.

453  Nutrition and Human Development
Spring. 3(3-0) P: (HNF 375 or HNF 377) and (FSC 260 or concurrently) or PSL 310 or PSL 431) R: Open to juniors or seniors in the Dietetics major.
Role of nutrients in anatomical, physiological, and biochemical processes as related to human growth and development. Nutrition throughout the life cycle. Nutritional assessment integrating the nutrition care process and age specific programs.

456  Eating Disorders
Summer. 3(3-0) P: HNF 150 or HNF 260
Treatment and prevention of anorexia nervosa, bulimia nervosa, and other eating disorders.

457  Sports and Cardiovascular Nutrition
Spring. 3(3-0) P: (HNF 150 or HNF 260) and (FSC 342 or concurrently) or (PSL 250 or PSL 310) or (FSC 430 R: Open to juniors or seniors in the Dietetics major.
Nutrition for optimizing sport training, recovery, and endurance sports. Overall health with an emphasis on cardiovascular health.

461  Advanced Human Nutrition:
Carbohydrates, Lipids and Proteins
Fall. 3(3-0) P: (BMB 200 or BMB 401 or BMB 461) and (PSL 250 or PSL 310 or PSL 432) SA: HNF 460
Energetics and metabolism of carbohydrates, lipids, and proteins as related to dietary requirements and disease processes in humans. Recommended dietary allowances. Food sources of nutrients.

462  Advanced Human Nutrition:
Vitamins and Minerals
Fall. 3(3-0) P: HNF 461 or concurrently SA: HNF 460

463  Nutritional Sciences Laboratory
Fall. 3(1-4) P: (CEM 255 and (HNF 461 or concurrently) and (HNF 462 or concurrently)) and completion of Tier I writing requirement.
Principles and methods used in nutrient analyses and nutritional assessment.

464  Nutrition in the Prevention and Treatment of Disease
Spring. 4(4-0) P: (HNF 461 and HNF 462) and (BMB 401 or BMB 461) and Completion of Tier I Writing Requirement.
Nutrition and relationship to health and disease using a basic research approach.

471  Medical Nutrition Therapy I
Fall. 4(3-2) P: ((HNF 461 or concurrently) and (HNF 462 or concurrently)) and completion of Tier I writing requirement) and (PSL 250 or PSL 310 or PSL 431) and (PSL 432 or ANTR 350) R: Open to juniors or seniors. SA: HNF 470
Anatomical, physiological and biochemical changes associated with diabetes, gastrointestinal, cardiovascular and bariatric conditions. Nutrition assessment, nutrition diagnoses, interventions, monitoring and evaluation, documentation and quality improvement as guided by American Dietetic Association's Nutrition Care Process. Interactions of diet therapies with other therapies including pharmacologic and complementary and alternative medicine.

472  Medical Nutrition Therapy II
Spring. 4(3-2) P: HNF 471 R: Open to juniors or seniors. SA: HNF 470

475  Community Nutrition Applications
Spring. 1(0-4) P: HNF 375 R: Open to juniors or seniors.
Practice and evaluation of dietary and anthropometric nutritional assessment. Apply communication, advocacy and problem solving skills by identifying and addressing the nutrition needs and wants of a target population.

HNF—Human Nutrition and Foods
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830 International Nutrition
Spring, 1(1-0) P: HNF 461 and HNF 462 and HNF 463) and completion of Tier I writing requirement
Major issues in international nutrition that influence health, survival, and development capacity of people living in developed and developing societies. Approaches to improving nutritional well-being of populations.

840 Human Nutrition and Chronic Diseases
Fall of odd years. 3(3-0)
Dietary intervention and treatment of chronic diseases: obesity, cardiovascular disease, diabetes, gastrointestinal disorders and cancer.

843 Community Nutritional Assessment
Spring of odd years. 3(2-2)
Nutritional assessment of population groups in community settings. Interpretation of national and international health data.

850 Advanced Clinical Nutrition and Professional Issues in Dietetic Practice
Fall, Spring, Summer. 1 to 3 credits. R: Approval of department.
Practice of dietetics and nutrition in foodservice, community and clinical settings. Integration of the American Dietetic Association’s codes of ethics and standards of professional practice.

890 Supervised Individual Study
Fall, Spring, Summer. 1 to 3 credits. A student may earn a maximum of 6 credits in all enrollments for this course. A student may earn a maximum of 10 credits Students are limited to a combined total of 10 credits in HNF 890 and HNF 894. R: Open only to graduate students in the Department of Food Science and Human Nutrition. Faculty supervised study of nutrition areas of individual interest.

891 Topics in Human Nutrition
Fall, Spring, Summer. 1 to 3 credits. A student may earn a maximum of 12 credits in all enrollments for this course. R: Open only to graduate students.
Current topics in applied and basic human nutrition.

892 Nutrition Seminar
Fall, Spring. 1(1-0) A student may earn a maximum of 6 credits in all enrollments for this course. Presentations by students on current topics in nutrition.

894 Human Nutrition Practicum
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. A student may earn a maximum of 10 credits Students are limited to a combined total of 10 credits in HNF 890 and HNF 894. Approval of department. R: Open only to graduate students in the Department of Food Science and Human Nutrition. Experience in agencies or offices related to Human Nutrition. Field experience required.

898 Master’s Project
Fall, Spring, Summer. 1 to 5 credits. A student may earn a maximum of 5 credits in all enrollments for this course. R: Open to masters students in the Human Nutrition major. Directed scholarly participation in support of Plan B master’s degree requirements in human nutrition.