

Minor in Nutrition

The minor requires at least 15 credits, including at least 6 credits taken at Iowa State University in courses numbered 300 or above. The minor must include at least 9 credits that are not used to meet any other college or university requirement. The same courses may not be applied to two different minors. All courses must be taken for a grade.

Along with the courses listed below, students must meet all of the corresponding pre-requisites*. Typical courses needed to meet pre-requisites for the Nutrition Minor can include, but are not limited to: BIOL 211, MICRO 201/L, CHEM 163/L or 177/L & 178, CHEM 231/L, BBMB 301, and/or FS HN courses. Students should carefully check the Iowa State University Catalog to ensure that they know course pre-requisites, understand the sequence of the courses, and develop a plan for completing all pre-requisites and requirements by their planned graduation dates.

2013-14, 2014-15, 2015-16, 2016-17, 2017-18, and 2018-19 Catalog requirements:

1. For students from outside the department

<u>Course</u>	<u>Credits</u>
FS HN 167	3
FS HN 265	3
FS HN 360	3
Select at least 6 credits from FS HN 361, 362, 364, 365, 366, 419 or 519, 463, 467, 492; NUTRS 501	6
Total Credits	15

2. For students majoring in Culinary Science or Food Science

<u>Course</u>	<u>Credits</u>
FS HN 265	3
FS HN 360	3
Select at least 9 credits from FS HN 361, 362, 364, 365, 366, 419 or 519, 463, 467, 492; NUTRS 501	6
Total Credits	15

* Prerequisite guide for courses included in the minor:

Course Number	Course Title	Fall or Spring Offering	Prerequisites
FS HN 167	Introduction to Human Nutrition	F, S	High school biology or 3 credits of biology
FS HN 265	Nutrition for Active and Healthy Lifestyles	S	FS HN 167, plus credit or enrollment in BBMB 301 or credit in FS HN 264
FS HN 360	Advanced Nutrition and Regulation of Metabolism	F	FS HN 265, plus 3 credits in biochemistry, 3 credits in physiology recommended
FS HN 361	Nutrition and Health Assessment	S	FS HN 265, plus 3 credits in statistics, 3 credits in physiology recommended
FS HN 362	Nutrition in Growth and Development	S	FS HN 360, plus credit or enrollment in a course in physiology
FS HN 364	Nutrition and Prevention of Chronic Disease	F	FS HN 264 or FS HN 265
FS HN 365	Obesity and Weight Management	S	BIOL 256 and 256L (or BIOL 306)
FS HN 366	Communicating Nutrition Messages	S	FS HN 264 or FS HN 265
FS HN 419	Foodborne Hazards	Alternate S, even years	MICRO 201 or MICRO 302, plus a course in biochemistry
FS HN 463	Community Nutrition	F	FS HN 265 or FS HN 360; and FS HN 366 recommended
FS HN 467	Molecular Basis of Nutrition in Disease Prevention	S	FS HN 360 or equivalent
FS HN 492	Research Concepts in Human Nutrition	F	FS HN 360, and senior classification or permission of instructor