

NUTRITION AND FOOD ADVISING SHEET

Catalog 2024-2025

Date: _____

Student: _____ Advisor _____

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement

Nutrition and Food Major Requirements (54 units)

Required Core Courses (48 units)

Core Lower Division (23 units)	Pre-requisite*	Note
<u>BIO 10</u> Basic Biological Concepts (3) (GE B2)		
<u>CHEM 1A</u> General Chemistry I (5) (GE B1+B3) OR <u>CHEM 6A</u> Intro to Gen Chem (5) (GE B1+B3)	CARA or CHEM 4 AND ALEKS score 61	
<u>NUFD 9</u> Food Safety and Sanitation (3)		
<u>NUFD 10</u> Nutrition & Wellness (3) (GE E)		
<u>NUFD 11</u> Principles of Food Preparation (3)	NUFD Majors	
<u>PSYC 2</u> Intro to Psychology (GE D)		
<u>STAT 1</u> Intro to Statistics (3) (GE B4)	ALEKS PPL Score > 51 or Math 10	
Core Upper Division (25 units)		
<u>NUFD 100</u> Research: Methods and Application in Nutrition and Food (3)	6 NUFD units	
<u>NUFD 107</u> Nutrition Educ, Communication & Counseling (3)	NUFD 10 and 3 NUFD units	
<u>NUFD 110</u> Food Production & Sustainability (4)	NUFD 9; NUFD 10; NUFD 11	
<u>NUFD 113</u> Nutrition & Metabolism (3) (GE B5)	NUFD 10; BIO 10; CHEM 1A or CHEM 6A	
<u>NUFD 114</u> Cultural & Social Aspects of Food (3)	NUFD 10	
<u>NUFD 115</u> Lifecycle Nutr: Preconception to childhood (3)	NUFD 113	
<u>NUFD 119</u> Lifecycle Nutr: Adolesc to Adult (3)	NUFD 113	
<u>NUFD 168</u> Senior Seminar (3)	21 NUFD units completed	
Required Upper Division Electives (6 units)**		
NUFD 111, NUFD 116, NUFD 117, NUFD 118A, NUFD 120, NUFD 121, NUFD 122		

* Check the prerequisite for your eligibility.

** Please check the class schedule to plan your courses. Some classes are offered on a rotating basis.

Advising Note

Applied for Graduation		Sac State GPA	
Overall GPA		GE GPA	
GPA for Major		GPA for UD Major	

Graduation Requirements:

*Items numbered 1-4 should be taken in sequence.

	Note
Minimum 120 units to graduate	
39 units of upper division (<i>courses 100-199</i>)	
American Institutions: # U.S. History	
# U.S. Constitution	
# CA State & Local Government	
1. Written Communication (GE A2) (ENGL 5 or 11) " <i>C- or better required</i> "	
2. Second Semester Composition (ENGL 20) " <i>C- or better required</i> "	
Foreign Language (FL) " <i>C- or better required</i> "	
Race & Ethnicity in American Society (RE)	
3. Writing Placement for Juniors (WPI) Portfolio	
4. Writing Intensive (WI) " <i>C- or better required</i> "	

General Education Requirements	Course	Note
A. Basic Subjects (9 units)		
A1. Oral Communication " <i>C- or better required</i> "		
A2. Written Communication " <i>C- or better required</i> "		
A3. Critical Thinking " <i>C- or better required</i> "		
B. Physical Universe & Its Life Forms (12 units) (minimum 3 units upper-division)		
B1. Physical Science	CHEM 1A OR 6A	
B2. Life Forms	BIO 10	
B3. Lab	CHEM 1A OR 6A	
B4. Math Concept " <i>C- or better required</i> "	STAT 1 OR 10A/B	
B5. Any Area B Course (Upper-division, 100-199)	NUFD 113	
C. Arts & Humanities (12 units) (minimum 3 units upper-division)		
C1. Arts		
C2. Humanities		
Any Area C Course		
Any Area C Course (Upper-division, 100-199)	NUFD 114	
D. The Individual & Society (9 units) (minimum 3 units upper-division) (minimum of two disciplines must be represented in Area D)		
U.S. History or US Constitution/CA Govt.		
Any Area D Course	PSYC 2	
Any Area D Course (Upper-division, 100-199)		
E. Understanding Personal Development (3 units)		
<i>KINS 99 may be taken CONCURRENTLY with any 1 unit KINS course for a total of 3 units</i>	NUFD 10	
F. Ethnic Studies (3 units) (Fall 21 and after)		
ETHN 11, ETHN 14, ETHN 30, ETHN 53 or ETHN 70		

Note: For more information, please visit the [General Education page](#) and the Academic Requirement Page in the Student Center.

NUTRITION AND FOOD ACADEMIC PLAN

Chart your 2 or 4 year plan below:

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5			
6		6			
Total		Total		Total	

Notes: