



MINOR in Nutrition and Food (NUFD)

Department of Nutrition, Food & Dietetics

Catalog Year 2024-25

Advising/Work in Progress Sheet

Name: _____ Student ID: _____

Current Major: _____ Saclink email: _____

- Total Units Required for MINOR: 21
- A minimum grade of "C-" is required for all prerequisite courses within and outside the Department.
- Check the [Department website](#) for NUFD advisors' office hours.

A. Required Core Courses (15 units)		Prerequisites	Note (sub/equ/transfer)
	<u>NUFD 9</u> Food Safety and Sanitation (3)		
	<u>NUFD 10</u> Nutrition & Wellness (3) (Area E)		
	<u>NUFD 107</u> Nutrition Education, Communication and Counseling (3)	NUFD 10 and 3 NUFD units	
	<u>NUFD 113</u> Nutrition and Metabolism (3) (Area B5)	NUFD 10; BIO 10 or BIO 20; CHEM 1A or CHEM 6A	
	<u>NUFD 114</u> Cultural and Social Aspects of Food (3)	NUFD 10	
B. Electives (6 units) Select TWO from the Following			
	<u>NUFD 100</u> Research: Methods and Application in NUFD (3)	6 NUFD units	
	<u>NUFD 111</u> Grocery Procurement & Merchandising (3)	NUFD 5 or NUFD 10; NUFD 9	
	<u>NUFD 112</u> Current Topics in Nutritional Sciences (Area B5, WI)	WPJ	
	<u>NUFD 115</u> Nutrition: Pre-conception Through Childhood (3)	NUFD 113	
	<u>NUFD 119</u> Nutrition: Adolescence Through Older Adulthood (3)	NUFD 113	
	<u>NUFD 120</u> Practical Application in Sports Nutrition (3)	NUFD 113	
	<u>NUFD 121</u> Nutrition Assessment (3)	NUFD 113	
	<u>NUFD 122</u> Social Media for Nutrition Communication	NUFD 10; NUFD 100 or NUFD 113	

NUFD Faculty Advisors	
Nadine Braunstein: braunstein@csus.edu	Wendy Buchan: wbuchan@csus.edu
Urvashi Mulasi: mulasi@csus.edu	Mical Shilts: shiltsm@csus.edu
Kelly Thompson@: kelly.thompson@csus.edu	Seunghye Wie: wie@csus.edu