

ENVIRONMENTAL NUTRITION, FOOD SYSTEMS SUSTAINABILITY, AND HEALTH, MINOR

Program Overview

Environmental change impacts humans worldwide, with an influence lasting many generations into the future. An in depth understanding of the interplay between food systems – global food production, distribution, and selection – and environment and sustainability issues, as related to human nutrition, health, and well-being has never been more important. By completing this minor program, students will be better prepared to initiate, participate, and lead efforts aimed at resolving issues related to the environment, human health, and food systems sustainability.

The Environmental Nutrition, Food Systems Sustainability, and Health Minor will allow students to develop, examine, and apply knowledge in the related areas of food quality, feasible long-term global food systems, food science and chemistry, human nutrient requirements, and ethnic/cultural aspects of food production, selection, and preparation. A key concept will involve how environmental and sustainability issues directly affect the nutritive qualities of foods, thereby directly effecting human nutrition, health, and well-being.

Undergraduate Policies

For undergraduate policies and procedures, please review the Office of Undergraduate Studies section of the General Bulletin.

Program Requirements

Nutrition majors are not eligible for this minor.

Non Nutrition majors may only take one minor: either Minor in Nutrition, Minor in Sports Nutrition, or Minor in Environmental Nutrition.

Code	Title	Hours
Required courses:		
ESTD 101	Introduction to Environmental Thinking	3
NTRN 200H	Case Cooks: Healthy Lifestyles	1
NTRN 201	Nutrition	3
NTRN 342	Food Science	3
NTRN 340	Global Food Systems: Environmental Issues, Sustainability, and Health	3
One elective selected from:		3
NTRN 300	Healthy Lifestyles as Preventive Medicine	
NTRN 328	Child Nutrition, Development and Health	
NTRN 337	Nutrition Communication, Counseling and Behavior Change Strategies	
NTRN 341	Food as Medicine: How what we eat influences how we feel, think, and our health status	
NTRN 343	Dietary Patterns	
Total Hours		16