

NUTRITION FOR WOMEN AND CHILDREN, MINOR

NTRN 351	Food Service Systems Management
Total Credit Hours	15

Program Overview

This minor program is designed for students interested in gaining a deeper understanding of the unique nutritional needs of women and children. It focuses on the critical role of nutrition in supporting growth, development and overall health across different life stages. Students will explore the impact of nutrition on reproductive health and aging as well as its impact on growth, development, and chronic disease prevention in children. Students will also have the opportunity to select elective courses that align with their interests in advancing their knowledge and skills in this specialized area.

Learning Outcomes

- Explain energy balance and its components, and identify key nutrition concerns relevant to each stage of the life cycle.
- Identify key components of women's unique nutritional needs and how these change across the lifespan.
- Describe key concepts and theories of growth and how they directly impact the nutritional needs of mothers and infants/children.
- Identify development-specific components of maternal and infant/child nutrition assessment, recognizing differences across demographic factors such as race, ethnicity, socioeconomic status, and maternal age.
- Understand the nutritional needs and common nutritional challenges of infants, toddlers, preschoolers, and adolescents, along with disparities in dietary intake related to demographic characteristics.

Undergraduate Policies

For undergraduate policies and procedures, please review the [Undergraduate Academics](#) section of the General Bulletin.

Program Requirements

Nutrition majors are not eligible for this minor.

Non-Nutrition majors may only take one minor offered by the Department of Nutrition.

Code	Title	Credit Hours
Required Courses:		
NTRN 201	Nutrition	3
NTRN 320	Women's Wellness: From Food and Nutrition to Reproductive Health and Aging	3
NTRN 328	Child Nutrition, Development and Health	3
Choose two of the following:		6
NTRN 310	Understanding Plant-Based Diets in Health and Disease	
NTRN 338	Dietary Supplements	
NTRN 343	Dietary Patterns	
NTRN 350	Community Nutrition	