

# FOOD AND NUTRITION, BACHELOR OF SCIENCE (B.S.)

The Food and Nutrition program leads to a Bachelor of Science degree in Food and Nutrition. The Food and Nutrition program includes two concentrations: Dietetics and Culinary Nutrition and Food Management.

The Dietetics concentration is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), an agency of the Academy of Nutrition and Dietetics, as a Didactic Program in Nutrition and Dietetics (DPD). The concentration's mission, goals, and objectives can be found on the Department of Applied Human Sciences website. Also available on the website is information about costs related to the program.

Students completing the DPD earn a Verification Statement, which provides eligibility to complete an accredited dietetic supervised practice. Acceptance to a dietetic supervised practice requires application and program matching through a competitive process. A strong academic record, work experience, and service/leadership in extracurricular activities are essential for obtaining a dietetic supervised practice. Dietetic supervised practices are 6 to 12 months long and include experience in various areas of the dietetics profession. After completion of the supervised practice and a master's degree (which may be completed concurrently with the supervised practice), the student is eligible to take the national registration exam to become a Registered Dietitian Nutritionist (RDN). In most states, including Kentucky, RDN status is sufficient to obtain a state license to practice as a dietitian.

Registered Dietitian Nutritionists (RDN) work with individuals and groups of all ages to improve health and wellness. Dietitians find employment in a variety of professional settings, including hospitals, long-term care facilities, outpatient clinics, health departments, food companies, wellness programs, public health and regulatory agencies, cooperative extension, food service (including hospital, long-term care, school, college/university, and prisons), private practice, sales, and research. In these settings, RDNs provide medical nutrition therapy; menu planning; recipe and product development; individual counseling related to nutrition and diet; nutrition education to groups and individuals; community nutrition program development, implementation, and evaluation; and research.

Graduates who do not complete a dietetic supervised practice find employment opportunities in public health, food service, cooperative extension, sales, and research. With the DPD verification statement, graduates are eligible to take the national Dietetic Technician registration exam, and earn the credential Dietetic Technician Registered (DTR).

The Culinary Nutrition and Food Management concentration prepares students for employment in a variety of job positions and settings within the food industry. Some of these positions include food service manager, nutrition coordinator, and food program planner. Employment settings include restaurants, schools, hospitals, long-term care, agritourism, sustainability and local foods programs, food banks and feeding programs, hotels/resorts, cruises, amusement parks, and catered events such as weddings, banquets, and corporate marketing.

## Admission and Progression Requirements

All students who are accepted by EKU's Admissions Office and declare their major as food and nutrition are considered for admission to the

University as pre-food and nutrition majors. To be admitted to the food and nutrition program the following criteria must be met:

1. complete a minimum of 45 semester hours;
2. attain a minimum institutional GPA of 2.5 on a 4.0 scale; and
3. earn a minimum cumulative GPA of 3.0 in

| Code    | Title                                            | Hours |
|---------|--------------------------------------------------|-------|
| NFA 121 | Introduction to Food Composition and Preparation | 3     |
| NFA 201 | Essentials of Nutrition                          | 3     |
| NFA 203 | Introduction to Food and Nutrition Careers       | 1     |
| NFA 317 | Nutrition in the Life Cycle                      | 3     |
| CDF 360 | Consumer and Career Finance                      | 3     |

or their equivalents if taken at another school, with a grade of C or better in each course.

In addition, a program application form, available through the Academic Advisor, must be submitted.

After admission to the Food and Nutrition program the student must meet the following criteria to receive a B.S. Degree:

1. attain a minimum institutional GPA of 2.5 on a 4.0 scale;
2. earn a "C" or better in all major core and concentration courses.

## Program Requirements

CIP Code: 19.0501

### Major

| Code                                                                                                                                                                                                                                          | Title                                            | Hours |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-------|
| <b>University Graduation Requirements</b>                                                                                                                                                                                                     |                                                  |       |
| Essential Education ( <a href="https://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/">https://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/</a> ) |                                                  | 30    |
| <i>Foundations of Learning</i>                                                                                                                                                                                                                |                                                  |       |
| GSD 101                                                                                                                                                                                                                                       | Foundations of Learning                          | 3     |
| Upper division courses (hours are distributed throughout Major/Supporting/Essential Ed/Free Electives categories)                                                                                                                             |                                                  | 39    |
| <b>Major Requirements</b>                                                                                                                                                                                                                     |                                                  |       |
| <i>Core Courses</i>                                                                                                                                                                                                                           |                                                  |       |
| NFA 121                                                                                                                                                                                                                                       | Introduction to Food Composition and Preparation | 3     |
| NFA 201                                                                                                                                                                                                                                       | Essentials of Nutrition                          | 3     |
| NFA 203                                                                                                                                                                                                                                       | Introduction to Food and Nutrition Careers       | 1     |
| NFA 317                                                                                                                                                                                                                                       | Nutrition in the Life Cycle                      | 3     |
| NFA 323                                                                                                                                                                                                                                       | Experimental Foods                               | 3     |
| NFA 325                                                                                                                                                                                                                                       | Quantity Food Production                         | 3     |
| NFA 326                                                                                                                                                                                                                                       | Field Experiences in Quantity Food Production    | 3     |
| NFA 344                                                                                                                                                                                                                                       | Food Purchasing                                  | 3     |
| NFA 411                                                                                                                                                                                                                                       | Community Nutrition                              | 3     |
| NFA 445                                                                                                                                                                                                                                       | Food Service Organization and Management         | 3     |
| NFA 447                                                                                                                                                                                                                                       | Food Culture and Systems                         | 3     |
| CDF 132                                                                                                                                                                                                                                       | Introduction to the Family                       | 3     |
| CDF 360                                                                                                                                                                                                                                       | Consumer and Career Finance                      | 3     |
| or ACC 200                                                                                                                                                                                                                                    | Survey of Accounting                             |       |
| EHS 380                                                                                                                                                                                                                                       | Food Security and Sanitation                     | 3     |

|                                                           |                                              |            |
|-----------------------------------------------------------|----------------------------------------------|------------|
| HCA 200                                                   | Medical Terminology                          | 3          |
| INF 104                                                   | Computer Literacy with Software Applications | 3          |
| <b>Concentrations</b>                                     |                                              |            |
| Students must select one of the following Concentrations: |                                              | 33-34      |
| Dietetics                                                 |                                              |            |
| Culinary Nutrition and Food Management                    |                                              |            |
| <i>Free Electives</i>                                     |                                              |            |
| Choose from 7 to 8 hours of Free Electives                |                                              | 7-8        |
| <b>Total Hours</b>                                        |                                              | <b>120</b> |

## Culinary Nutrition and Food Management Concentration

| Code                                  | Title                                                     | Hours     |
|---------------------------------------|-----------------------------------------------------------|-----------|
| <b>Concentration Courses</b>          |                                                           |           |
| GHT 450                               | Global Hospitality Law                                    | 3         |
| NFA 328                               | Food Preparation and Culinary Arts                        | 3         |
| NFA 420                               | Food in Health and Wellness                               | 3         |
| NFA 499                               | Culinary Nutrition and Food Management Practicum          | 3         |
| MGT 320                               | Human Resource Management                                 | 3         |
| MGT 330                               | Small Business Management Innovation and Entrepreneurship | 3         |
| REC 480                               | Resort Recreation Management                              | 3         |
| SHO 475                               | Promoting Hospitable Experiences                          | 3         |
| <b>Supporting Course Requirements</b> |                                                           |           |
| MGT 301                               | Principles of Management (NB)                             | 3         |
| MKT 301                               | Principles of Marketing (NB)                              | 3         |
| REC 280                               | Programming Special Events                                | 3         |
| <b>Total Hours</b>                    |                                                           | <b>33</b> |

## Dietetics Concentration

| Code                                  | Title                                                    | Hours |
|---------------------------------------|----------------------------------------------------------|-------|
| <b>Concentration Courses</b>          |                                                          |       |
| NFA 301                               | Bio Nutrition                                            | 3     |
| NFA 303                               | Nutrition Education and Counseling                       | 3     |
| NFA 310                               | Junior Seminar in Dietetics                              | 3     |
| NFA 401                               | Human Nutrition                                          | 3     |
| NFA 402                               | Medical Nutrition Therapy                                | 3     |
| NFA 403                               | Medical Nutrition Therapy II                             | 3     |
| NFA 404                               | Human Nutrition II                                       | 3     |
| NFA 412                               | Research Applications in Nutrition                       | 3     |
| <b>Supporting Course Requirements</b> |                                                          |       |
| BIO 208                               | Human Anatomy and Physiology I (Element 2B) <sup>E</sup> |       |
| BIO 208L                              | Human Anatomy & Physiology I Lab                         | 1     |
| BIO 308                               | Human Anatomy and Physiology II                          | 3     |
| BIO 308L                              | Human Anatomy and Physiology II Lab                      | 1     |
| CHE 101                               | Introductory Chemistry (Element 2B) <sup>E</sup>         |       |
| CHE 101L                              | Introductory Chemistry Lab                               | 1     |
| CHE 102                               | Introductory Chemistry II                                | 3     |
| CHE 102L                              | Introductory Chemistry Lab II                            | 1     |
| PSY 200                               | Introduction to Psychology (Element 4B) <sup>E</sup>     |       |

|                    |                                                                 |           |
|--------------------|-----------------------------------------------------------------|-----------|
| STA 215            | Introduction to Statistical Reasoning (Element 2A) <sup>E</sup> |           |
| <b>Total Hours</b> |                                                                 | <b>34</b> |

<sup>E</sup> Course also satisfies an Essential Education element. Hours are included within the Essential Education requirement above.

### Key:

<sup>E</sup> Course satisfies an Essential Education (<https://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/>) element.

\* Course must be taken in semester indicated.

Upper division courses: All students are required to have a minimum of 39 hrs. upper division (300-level or above) courses distributed throughout Major/Supporting/Essential Ed/Free Electives categories.

## Food and Nutrition B.S. - Dietetics Concentration

| Course                                                    | Title                                                     | Hours     |
|-----------------------------------------------------------|-----------------------------------------------------------|-----------|
| <b>First Year</b>                                         |                                                           |           |
| <b>First Semester</b>                                     |                                                           |           |
| GSD 101E                                                  | Foundations of Learning                                   | 3         |
| CHE 101                                                   | Introductory Chemistry (E-2B) <sup>E</sup>                | 3         |
| CHE 101L                                                  | Introductory Chemistry Lab                                | 1         |
| NFA 201                                                   | Essentials of Nutrition                                   | 3         |
| ELEMENT 1A <sup>E</sup>                                   |                                                           | 3         |
| ELEMENT 3A <sup>E</sup>                                   |                                                           | 3         |
| <b>Hours</b>                                              |                                                           | <b>16</b> |
| <b>Second Semester</b>                                    |                                                           |           |
| CHE 102                                                   | Introductory Chemistry II                                 | 3         |
| CHE 102L                                                  | Introductory Chemistry Lab II                             | 1         |
| NFA 121                                                   | Introduction to Food Composition and Preparation          | 3         |
| NFA 203                                                   | Introduction to Food and Nutrition Careers                | 1         |
| ELEMENT 1B <sup>E</sup>                                   |                                                           | 3         |
| ELEMENT 1C <sup>E</sup>                                   |                                                           | 3         |
| <b>Hours</b>                                              |                                                           | <b>14</b> |
| <b>Second Year</b>                                        |                                                           |           |
| <b>First Semester</b>                                     |                                                           |           |
| CDF 360<br>or ACC 200                                     | Consumer and Career Finance<br>or Survey of Accounting    | 3         |
| INF 104                                                   | Computer Literacy with Software Applications              | 3         |
| NFA 317                                                   | Nutrition in the Life Cycle                               | 3         |
| STA 215                                                   | Introduction to Statistical Reasoning (E-2A) <sup>E</sup> | 3         |
| ELEMENT 3B (Foreign Language, if needed) <sup>E</sup>     |                                                           | 3         |
| <b>Hours</b>                                              |                                                           | <b>15</b> |
| <b>Second Semester</b>                                    |                                                           |           |
| CDF 132                                                   | Introduction to the Family                                | 3         |
| PSY 200                                                   | Introduction to Psychology (E-4B) <sup>E</sup>            | 3         |
| ELEMENT 4A <sup>E</sup>                                   |                                                           | 3         |
| ELEMENT FLEX <sup>E</sup>                                 |                                                           | 3         |
| Free Electives (Foreign Language, if needed) <sup>E</sup> |                                                           | 3         |
| <b>Hours</b>                                              |                                                           | <b>15</b> |
| <b>Third Year</b>                                         |                                                           |           |
| <b>First Semester</b>                                     |                                                           |           |
| BIO 208                                                   | Human Anatomy and Physiology I                            | 3         |
| BIO 208L                                                  | Human Anatomy & Physiology I Lab                          | 1         |
| NFA 310                                                   | Junior Seminar in Dietetics                               | 3         |
| NFA 325                                                   | Quantity Food Production                                  | 3         |

|                        |                                               |            |
|------------------------|-----------------------------------------------|------------|
| NFA 326                | Field Experiences in Quantity Food Production | 3          |
| NFA 411                | Community Nutrition                           | 3          |
| <b>Hours</b>           |                                               | <b>16</b>  |
| <b>Second Semester</b> |                                               |            |
| BIO 308                | Human Anatomy and Physiology II               | 3          |
| BIO 308L               | Human Anatomy and Physiology II Lab           | 1          |
| HCA 200                | Medical Terminology                           | 3          |
| NFA 301                | Bio Nutrition                                 | 3          |
| NFA 303                | Nutrition Education and Counseling            | 3          |
| NFA 344                | Food Purchasing                               | 3          |
| <b>Hours</b>           |                                               | <b>16</b>  |
| <b>Fourth Year</b>     |                                               |            |
| <b>First Semester</b>  |                                               |            |
| EHS 380                | Food Security and Sanitation                  | 3          |
| NFA 323                | Experimental Foods                            | 3          |
| NFA 401                | Human Nutrition                               | 3          |
| NFA 402                | Medical Nutrition Therapy                     | 3          |
| NFA 412                | Research Applications in Nutrition            | 3          |
| <b>Hours</b>           |                                               | <b>15</b>  |
| <b>Second Semester</b> |                                               |            |
| NFA 403                | Medical Nutrition Therapy II                  | 3          |
| NFA 404                | Human Nutrition II                            | 3          |
| NFA 445                | Food Service Organization and Management      | 3          |
| NFA 447                | Food Culture and Systems                      | 3          |
| Free Electives         |                                               | 1          |
| <b>Hours</b>           |                                               | <b>13</b>  |
| <b>Total Hours</b>     |                                               | <b>120</b> |

## Food and Nutrition B.S. - Culinary Nutrition and Food Management Concentration

| Course                                                    | Title                                                  | Hours     |
|-----------------------------------------------------------|--------------------------------------------------------|-----------|
| <b>First Year</b>                                         |                                                        |           |
| <b>First Semester</b>                                     |                                                        |           |
| GSD 101E                                                  | Foundations of Learning                                | 3         |
| NFA 201                                                   | Essentials of Nutrition                                | 3         |
| ELEMENT 1A <sup>E</sup>                                   |                                                        | 3         |
| ELEMENT 1C <sup>E</sup>                                   |                                                        | 3         |
| ELEMENT 3A <sup>E</sup>                                   |                                                        | 3         |
| <b>Hours</b>                                              |                                                        | <b>15</b> |
| <b>Second Semester</b>                                    |                                                        |           |
| INF 104                                                   | Computer Literacy with Software Applications           | 3         |
| NFA 121                                                   | Introduction to Food Composition and Preparation       | 3         |
| NFA 203                                                   | Introduction to Food and Nutrition Careers             | 1         |
| ELEMENT 1B <sup>E</sup>                                   |                                                        | 3         |
| ELEMENT 2A <sup>E</sup>                                   |                                                        | 3         |
| ELEMENT 3B <sup>E</sup>                                   |                                                        | 3         |
| <b>Hours</b>                                              |                                                        | <b>16</b> |
| <b>Second Year</b>                                        |                                                        |           |
| <b>First Semester</b>                                     |                                                        |           |
| CDF 132                                                   | Introduction to the Family                             | 3         |
| CDF 360<br>or ACC 200                                     | Consumer and Career Finance<br>or Survey of Accounting | 3         |
| NFA 317                                                   | Nutrition in the Life Cycle                            | 3         |
| ELEMENT 2B <sup>E</sup>                                   |                                                        | 3         |
| Free Electives (Foreign Language, if needed) <sup>E</sup> |                                                        | 3         |
| <b>Hours</b>                                              |                                                        | <b>15</b> |
| <b>Second Semester</b>                                    |                                                        |           |
| REC 280                                                   | Programming Special Events                             | 3         |
| ELEMENT 4A <sup>E</sup>                                   |                                                        | 3         |

|                           |                                                           |            |
|---------------------------|-----------------------------------------------------------|------------|
| ELEMENT 4B <sup>E</sup>   |                                                           | 3          |
| ELEMENT FLEX <sup>E</sup> |                                                           | 3          |
| Free Electives            |                                                           | 3          |
| <b>Hours</b>              |                                                           | <b>15</b>  |
| <b>Third Year</b>         |                                                           |            |
| <b>First Semester</b>     |                                                           |            |
| GHT 450                   | Global Hospitality Law                                    | 3          |
| NFA 325                   | Quantity Food Production                                  | 3          |
| NFA 326                   | Field Experiences in Quantity Food Production             | 3          |
| NFA 411                   | Community Nutrition                                       | 3          |
| MGT 301                   | Principles of Management (NB)                             | 3          |
| <b>Hours</b>              |                                                           | <b>15</b>  |
| <b>Second Semester</b>    |                                                           |            |
| MGT 320                   | Human Resource Management                                 | 3          |
| MKT 301                   | Principles of Marketing (NB)                              | 3          |
| NFA 328                   | Food Preparation and Culinary Arts                        | 3          |
| NFA 344                   | Food Purchasing                                           | 3          |
| SHO 475                   | Promoting Hospitable Experiences                          | 3          |
| <b>Hours</b>              |                                                           | <b>15</b>  |
| <b>Fourth Year</b>        |                                                           |            |
| <b>First Semester</b>     |                                                           |            |
| EHS 380                   | Food Security and Sanitation                              | 3          |
| HCA 200                   | Medical Terminology                                       | 3          |
| MGT 330                   | Small Business Management Innovation and Entrepreneurship | 3          |
| NFA 323                   | Experimental Foods                                        | 3          |
| NFA 420                   | Food in Health and Wellness                               | 3          |
| <b>Hours</b>              |                                                           | <b>15</b>  |
| <b>Second Semester</b>    |                                                           |            |
| NFA 445                   | Food Service Organization and Management                  | 3          |
| NFA 447                   | Food Culture and Systems                                  | 3          |
| NFA 499                   | Culinary Nutrition and Food Management Practicum          | 3          |
| REC 480                   | Resort Recreation Management                              | 3          |
| Free Electives            |                                                           | 2          |
| <b>Hours</b>              |                                                           | <b>14</b>  |
| <b>Total Hours</b>        |                                                           | <b>120</b> |