

SCHOOL OF HUMAN ENVIRONMENTAL SCIENCES

Major in Food, Nutrition, and Health

Check Sheet for Food, Nutrition, and Health (FNAH)

2025-2026

Name:

I.D. Number:

Advisor:

University Requirements: 1 hour¹

- ☐ UNIV 10051 University Perspectives

Communications: 12 hours

- ☐ ENGL 10103 Composition I
☐ ENGL 10203 Composition II
☐ SPCH 10003 Public Speaking
☐ ACOM 31403 Communicating Ag to the Public **OR**
ENGL 30503 Technical and Professional Writing

US History or Government: 3 hours

- ☐ HIST 20003 **or** HIST 20103 **or** PLSC 20003

Mathematics: 6 hours

- ☐ MATH 11003 College Algebra or higher
☐ MATH 21003 Principles of Statistics

Physical and Biological Sciences: 8 hours

- ☐ CHEM 12103 Fundamentals of Chemistry **AND**
☐ CHEM 12101 Fundamentals of Chemistry Lab **AND**

Choose 4 hours from Physical and Biological Sciences Core:^{2, 3}

Check for completion	Course I. D.:	Course Name:
☐		

Fine Arts/Humanities: 6 hours

Choose 3 hours from Fine Arts and 3 hours from Humanities:²

Check for completion	Course I. D.:	Course Name:
☐		
☐		

Social Sciences: 9 hours

- ☐ PSYC 20003 General Psychology
☐ HDFS 24103 Family Relations **OR**
HDFS 14003 Life Span Development

Choose 3 hours from Social Science Core:²

Check for completion	Course I. D.:	Course Name:
☐		

FNAH Major Core: 32 hours

- ☐ NUTR 12103 Fundamentals of Nutrition
☐ HOSP 26101 Food Service Sanitation
☐ NUTR 21103 Principles of Foods **AND**
☐ NUTR 21101 Principles of Foods Lab
☐ NUTR 31043 Culinary Nutrition **AND**
☐ NUTR 31041 Culinary Nutrition Lab
☐ NUTR 40001 Nutrition Seminar
☐ NUTR 41003 Research Methods in Nutrition
☐ NUTR 42403 Community Nutrition
☐ NUTR 42503 Nutrition Through the Lifespan
☐ NUTR 43003 Cultural Perspectives on Foods
☐ NUTR 44033 Recipe Modification **AND**
☐ NUTR 44031 Recipe Modification Lab
☐ NUTR 45003 Communicating Nutrition

Electives: 43 hours³

Students are encouraged to select a minor in an area of study that most interests them to fulfill required elective hours. Examples include Event Management, Hospitality Management, Agricultural Communications, General Business or Journalism. Students may also choose courses that support their future endeavors after graduation such as Medical School and other health professions. Students should select courses that align with their professional goals to complete degree requirements:

General Electives:

Check for completion	Course I. D.:	Course Name:
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OTHER REQUIREMENTS FOR A B.S.A. DEGREE

120 Total Hours of which:

40 hours must be 30000/40000 level courses

Minimum GPA of 2.0

¹ UNIV 10051 is required for new freshmen or transfer with less than 24 hours

² See student degree audit for approved course list

³ CHEM 14103 + 14101 **AND** CHEM 14203 + CHEM 14201 can take place of CHEM 12103 + CHEM 12101 **AND** additional Science Elective