



THE UNIVERSITY OF ALABAMA

THE UNIVERSITY OF ALABAMA  
College of Human Environmental Sciences

**Department of Human Nutrition and  
Hospitality Management**

Minor Form

Name \_\_\_\_\_ Student CWID \_\_\_\_\_

Major \_\_\_\_\_ Concentration \_\_\_\_\_

**Minor in Food and Nutrition 2021-2022 Catalog  
(18 Credit Hours Required)**

Students at The University of Alabama may apply one of several approved minors in the College of Human Environmental Sciences toward requirements in a degree program, subject to graduation provisions of that division. The approved Food and Nutrition minor and the course requirements are listed below.

\_\_\_\_\_ (3) NHM 101 F, Sp, S, or 102 (F only) Intro Human Nutrition

\_\_\_\_\_ (3) NHM 201 Nutrition in the Life Cycle F, Sp, S (Preq: NHM 101)

**At least 12 additional hours must be selected in consultation with an academic advisor. 9 hours must be 300-400 level courses.**

\_\_\_\_\_ (3) NHM Elective \_\_\_\_\_

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**NOTE:** Students are encouraged to take inorganic or organic chemistry to fulfill natural science requirements.

Interim courses are on campus, summer courses are offered online.

**Suggested Courses:**

NHM 210 – Dynamics Weight Control F, Sp

NHM 362 – Nutrition at the Cell Level Sp

NHM 250 – Principles of Food Preparation F, Sp, S

NHM 305 – Veg Nutrition (online only), Sp, S

NHM 315 – Nutrition for Performance F, Sp

NHM 361 – Nutritional Biochemistry F

NHM 372 – Intro Food Service Mgt F

NHM 373 – Purchasing Design, Risk Mgt Sp

NHM 401 – Nutrition for Health Professional Sp

NHM 320 – Food, Nutrition, and Film – Interim

*\*Preqs for each course are listed in the catalog*

\_\_\_\_\_  
Advisor's Signature

\_\_\_\_\_  
Date