Minor in Food and Nutrition 2016-2017 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.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Offered</th>
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<tbody>
<tr>
<td>NHM 101</td>
<td>Intro Human Nutrition</td>
<td>F, Sp, S</td>
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<tr>
<td>NHM 201</td>
<td>Nutrition in the Life Cycle</td>
<td>F, Sp, S</td>
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<td></td>
<td>(Preq: NHM 101)</td>
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At least 12 additional hours must be selected in consultation with an academic advisor. 9 hours must be 300-400 level courses.

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<tr>
<td>NHM Elective</td>
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**Suggested Courses:**

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<th>Course Code</th>
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<tr>
<td>NHM 210</td>
<td>Dynamics Weight Control F, Sp</td>
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<tr>
<td>NHM 250</td>
<td>Principles of Food Preparation F, Sp, S</td>
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<tr>
<td>NHM 305</td>
<td>Veg Nutrition (online only), Sp, S</td>
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<td>NHM 315</td>
<td>Nutrition for Performance F, Sp</td>
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<td>NHM 320</td>
<td>Food, Nutrition, and Film - Interim</td>
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<tr>
<td>NHM 361</td>
<td>Nutritional Biochemistry F</td>
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*Preqs for each course are listed in the catalog*

Students are encouraged to take inorganic or organic chemistry to fulfill natural science requirements. Interim courses are on campus, summer courses are offered online.

Advisor’s Signature __________________________ Date __________________________