

FOOD AND NUTRITION, MINOR

Office: 403 Russell Hall

Admission into the Minor

A minor in food and nutrition is offered by the department and requires 18 hours, including NHM 101 Intro Human Nutrition and NHM 201 Nutrition In Life Cycle. The remaining hours are determined in consultation with an academic advisor. To fulfill natural science requirements, students are encouraged to take introductory chemistry and introductory organic chemistry.

Students are expected to formally declare a minor. With the assistance of an advisor in the minor department, students should complete the Major/Minor Application online under the Student tab of myBama before or during the third year of full-time enrollment.

Code and Title	Hours
Minor Courses	
NHM 101 Intro Human Nutrition	3
NHM 201 Nutrition In Life Cycle	3
Select three hours of NHM elective (200-400 level)	3
Select nine hours of NHM electives (300 or 400 level)	9
Total Hours	18

Suggested Courses

Code and Title	Hours
NHM 210 Dynamics Weight Control	3
NHM 250 Principles of Food Preparation	3
NHM 305 Vegetarian Nutrition	3
NHM 315 Nutrition For Performance	3
NHM 320 Food in Film	3
NHM 361 Nutritional Biochemistry	3
NHM 362 Nutrition At Cell Level	3
NHM 372 Intro Food Service Mgt	3
NHM 373 Purchsg Design Risk Mgt Food S	3
NHM 401 Nutrition Health Profesn	3

Grade Point Average

A 2.0 grade point average in the minor is required for completion of the degree. The minor GPA is calculated based on all courses applicable to the minor that the student has attempted at UA.

Upper-level Residency

A minimum of six hours of 300- or 400-level courses in the minor must be earned on this campus.

Ancillary Courses

This minor does not require ancillary courses.

Additional Minor Requirements

Students are responsible for ensuring that they have met all University, College, major and minor requirements. However, each student must meet with an adviser in the major department for academic planning and to be cleared for registration each semester. College advisers are also available for additional assistance with minor, College and University requirements.