

Department of Behavioral Health and Nutrition

MINOR: NUTRITION

Director: Sandra Baker, EdD

Minimum Credits in the Minor: 15, with 16 prerequisite CHEM credits

A minor in Nutrition provides students in a variety of degree programs with a fairly intensive level of understanding of nutritional science. This minor is for students interested in the field of nutrition who believe that good nutrition and healthy lifestyle choices are important for the overall well-being of individuals. The program includes three core nutrition courses, two nutrition electives and requires four semesters of chemistry and, as such, is well suited for students in Biology, Chemistry and Nursing, among others. It is not available to students in the majors of Applied Nutrition, Dietetics or Nutritional Sciences due to the extensive amount of course overlap.

A minimum of 15 credit hours with a minimum grade of C- is required.

REQUIRED COURSES (PR=Prerequisites)	Credits
NTDT 200 Nutrition Concepts	3
NTDT400 Macronutrients (PR NTDT200, CHEM101, CHEM102, CHEM213/215 AND CHEM214/216*)	3
NTDT 401 Micronutrients (PR NTDT400)	3
NTDT Electives: 2 courses 300 level or higher	6

Suggested Electives: (3 credits each)

NTDT301 Cultural Perspectives on Food & Nutrition

NTDT305 Nutrition in the Lifespan (PR NTDT200 and a biology course)

NTDT310 Nutrition and Activity (PR NTDT200 and a physiology course)

NTDT350 Nutrition and Older Adults (PR NTDT200 and BISC106 or BISC276)

NTDT410 Overweight/Obesity Prevention & Management (PR NTDT200)

NTDT345 Pediatric Nutrition (PR NTDT200)

Admission: Completion of the minor is awarded only to those who have applied and been admitted to the program. A cumulative grade point average (GPA) of 2.0 or above is required for admission to the minor. A student may apply at any time by obtaining permission from the faculty advisor for the minor. To request the minor or for advisement and curricular information, please contact Dr. Sandra Baker, bakers@udel.edu, 302-831-0856.

* C- or better required for CHEM214/216