### Department of Behavioral Health and Nutrition

### MINOR: NUTRITION

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

A minor in Nutrition provides student from other degree programs including, but not limited to, Biology, Chemistry and Nursing a fairly intensive level of understanding of nutritional science as well as acknowledgement of this knowledge. This minor is for students interested in the area of nutrition who believe that good nutrition and personal lifestyles are important for the well-being of individuals. This program is not available to students whose major program requires all of the following courses:

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

**REQUIRED COURSES (*Prerequisites*)** **Credits**

NTDT 200 Nutrition Concepts 3 credits

NTDT400 Macronutrients  *(PR CHEM101, CHEM102,* 3 credits

 *CHEM213/215 AND CHEM214/216\*)*

NTDT 401 Micronutrients *(PR NTDT400)* 3 credits

NTDT Electives 2 courses 300 level or higher 6 credits

**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)*

NTDT420 Maternal and Infant Nutrition *(PR NTDT200 and BISC106 or BISC276)*

***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