

Minor in Nutrition

The Nutrition Minor is designed for students interested in understanding food, where it comes from, and how it affects health. Students in the minor develop knowledge and skills that supplement their major, and that are helpful for improving overall health in individuals and communities.

Completing the Nutrition Minor improves your marketability in many professional paths, including public health, nursing, kinesiology, psychology, tourism and hospitality, business, education, health communication and journalism, marketing, health professions, and sports and recreational management. The minor also prepares students to pursue graduate training or research in dietetics and nutrition, and to enhance their personal understanding of rapidly changing messages about diet and health.

Students wishing to declare and pursue the Minor in Nutrition should contact an undergraduate academic advisor in the Department of Social and Behavioral Sciences.

Student Last Names A-K: Contact Natasha Benoit at natasha.benoit@temple.edu

Student Last Names L-Z: Contact Gale Carlin at carlin@temple.edu

Requirements

The requirements for the Nutrition Minor are:

Code	Title	Credit Hours
Required Courses		
SBS 1104	Nutrition and Health	3
SBS 1114	Cultural Nutrition	3
SBS 2104	Nutrition in the Lifecycle	3
Nutrition Minor Electives		
Select three of the following: ¹		9
SBS 1124	Cooking and Presenting Food Fundamentals	
SBS 2103	Health Psychology and Human Behavior	
SBS 2105	Nutrition and the Community	
SBS 2204	Diet and Weight Management	
KINS 4315	Applied Performance Nutrition	
CTRP 2251	Sustainable Food Systems Planning	
HORT 2334	Food Crops I	
or HORT 2353	Food Crops II	
Total Credit Hours		18

¹ Others by advisement.