Nutrition & Food Science (NFS)

Courses

NFS 1000. Breadmaking. 1 Hour.
Open to all students interested in working with yeast and non-yeast breads. Techniques of basic bread making are taught through practical application. Some lecture, but the primary focus is on actual preparation and evaluation of bread dough products. Successful students should be able to trouble shoot problems and prepare a variety of breads. Course fee required. FA, SP.

NFS 1020. Sci Foundations of Nutrition. 3 Hours.
Fulfills General Education Life Science requirement. Open to all students who have an interest in human nutrition and how it relates to individual dietary requirements. May be of particular interest to students with an emphasis in Health Sciences, Education, or related fields. Various periods during the life cycle-infancy, childhood, adolescence, pregnancy, and the later years--and their specific nutrient needs will be analyzed as well as the basic nutrients and how they are absorbed and used by the body. Other areas of focus will include nutrition for athletes, eating disorders, weight control, and food safety. Includes lecture, multi-media, applied nutrition group activities, guest lecturers, and computer analysis of personal diet. Students will record and analyze their own diet. FA, SP.

NFS 1030. Lifespan Fitness and Nutrition. 2 Hours.
Open to all students with an interest in learning appropriate fitness and nutrition practices over the lifespan. Of special interest to athletes, and students studying nutrition or physical fitness. Basic nutrition and fitness concepts will be taught. Weight control, nutrition for the athlete, low fat and healthy cooking, and stress management will be emphasized. Includes lecture, Fitness Center activities, group work, dietary analysis, and food labs. Students will develop an individualized fitness and nutrition plan. FA, SP.

NFS 1100. Basic Food Prep Techniques. 3 Hours.
Open to all students with an interest in food preparation techniques and healthful nutrition practices for the lifespan, and recommended for students with an emphasis in Foods, Nutrition, or Family Consumer Science. Covers the principles and practices of food preparation, healthful food choices, consumer and health information and the management of meals, food, time, and economic resources. Includes preparation of food, lectures, group projects, and field trips. Successful completers should be able to use and apply a variety of food preparation and meal management techniques and nutrition concepts. Combined lecture / lab. Course fee required. FA, SP.

NFS 1240. Culinary Arts. 3 Hours.
This course is for students interested in learning fundamentals in the culinary arts. Intermediate skills will be taught as well as learning the production of international foods. This class is a combination of lecture, demonstration and preparing foods. Course fee required. FA, SP.

NFS 2020. Nutrition and Food Science. 3 Hours.
For students interested in nutrition or health sciences. Includes the application of nutrition principles to the human life cycle, nutrient function, needs sources and alterations during pregnancy, lactation, growth development, maturation and aging. Different types of nutritional assessment are taught using lecture, labs, activities, guest lecturers and student projects. Prerequisite: NFS 1020. Offered based on sufficient student need.

NFS 2120. Infant and Child Nutrition. 3 Hours.
For students interested in nutrition. Includes strategies for meeting the nutrient needs of infants, toddlers, preschool, and school-age children. Covers menu planning for children in day care and preschool settings and methods for teaching nutrition to children. Uses guest speakers, student presentations, lecture, observations, and group work. Prerequisite: NFS 1020. SP.

NFS 2990. Seminar Nutrition Food Wellness. 0.5-3 Hours.
For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other nontraditional instruction methods. Note that this course in an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor.