

FOOD, NUTRITION, AND WELLNESS UNDERGRADUATE ACADEMIC CERTIFICATE

The Food, Nutrition, and Wellness Certificate includes courses related to human nutrition, food preparation, and meal management. Students will learn to integrate food, nutrition, and culinary sciences in meal planning, food preparation, and promotion of nourishing food and dietary patterns toward overall wellness. This certificate is designed to provide foundations in food and nutrition for professionals in other non-nutrition related fields, or for personal application to improve health and quality of life for individuals, families, and groups. Additionally, it can be used as a stepping stone to future certificates or degrees in food and nutrition, nutritional sciences, or dietetics.

All required coursework must be completed with a grade of C or better (O-10-a (<https://catalog.uidaho.edu/general-requirements-academic-procedures/o-miscellaneous/>)).

Code	Title	Hours
FN 2050	Concepts in Human Nutrition	3
FN 2700	Scientific Principles of Food Preparation	3
FN 2710	Scientific Principles of Food Preparation Lab	2
FN 3700	Meal Management	3
FN 3760	Food Preservation	1-3
or FN 3050	Nutrition in the Life Cycle	
Total Hours		12-14

Courses to total 12 credits for this certificate.

1) Applies foundational sciences to food and nutrition knowledge to meet the needs of individuals, families, and groups. (Learn and Integrate)

2) Integrates culinary, food and nutrition science foundations to the preparation and service of food. (Think and Create)

3) Promotes the contributions of nourishing food and dietary patterns toward overall wellness. (Communication)