NUTRITION AND FOOD STUDIES (NUTR)

200 Level Courses

NUTR 295: Introduction to Nutrition. 3 credits.
Introduces students to nutrition as a scientific discipline, providing a working knowledge of basic nutrition including the sources and functions of the nutrients, the components of a healthy diet, and the relationship between diet and overall health. Students will learn about the processes of digestion, absorption, and metabolism of nutrients, and several ‘hot topics’ in the field of nutrition. Offered by Nutrition and Food Studies. Limited to three attempts.

Mason Core: Natural Science Overview

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

300 Level Courses

NUTR 312: Experimental Foods. 3 credits.
Introduces the composition and structure of food through exploration of chemical, physical, nutritional, sensory and safety aspects, with emphasis on how these aspects relate to food preparation methods. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Corequisite: NUTR 313.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 313: Experimental Foods Lab. 1 credit.
Explores the chemical, physical, nutritional, sensory, and safety aspects of food through hands-on food preparation labs. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Corequisite: NUTR 312.

Schedule Type: Laboratory

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 315: Fundamentals of Cooking. 3 credits.
Exposes students to the fundamental concepts of food and its preparation. Students will learn and experience culinary basics, including knife skills, mother sauces, basic cooking techniques, function of ingredients, food safety, and chemical and physical transformation of food during cooking and storage. Offered by Nutrition and Food Studies. Limited to three attempts.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

400 Level Courses

NUTR 408: Food Security. 3 credits.
Examines the human health aspects of food security at the local, regional, and global levels. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Prerequisite: NUTR 295.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.
**NUTR 410: Introduction to Food Safety and Defense.** 3 credits.
Examines the critical roles that food safety and food defense have on the food supply in the US and globally. Students will explore common foodborne illnesses, their causes and their means of control from both a scientific and policy perspective. Students also will gain an understanding of basic food safety practices in both commercial food production and in home food preparation. Offered by Nutrition and Food Studies. Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 414: Food, Culture, Nutrition and the Mediterranean Diet.** 6 credits.
Combines an understanding of foodways, culture, and sustainability with the Mediterranean diet pattern and its role in public health through classroom and experimental learning. History, traditions and contemporary issues will be explored to understand the place of Mediterranean foodways. Excursions to several cities in a Mediterranean region will explore distinctive regional specialties including tours of a wineries, farms, food factories and producers as well as cooking classes with local gourmet chefs and visits to food markets. Offered by Nutrition and Food Studies. Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 420: Strategies for Nutrition Education.** 3 credits.
Examines methods and techniques for educating individuals about nutrition. Addresses nutrition education issues from variety of populations with respect to culture, age, religion, and specific disease states. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 421: Community Nutrition.** 3 credits.
Focuses on nutrition and health problems of specific community settings, and examines practices of nutrition services in various communities. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 422: Nutrition throughout the Life Cycle.** 3 credits.
Focuses on nutrient needs and food habits throughout life cycle. Emphasizes nutrient needs prior, during, and after pregnancy, and nutritional requirements of infants, children, adolescents, adults, and elderly. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 423: Nutrition and Chronic Illnesses.** 3 credits.
Examines nutrient needs related to specific chronic illnesses, including cardiovascular disease, cancer, obesity, and diabetes. Focuses on principles of nutritional therapy and prevention. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 430: Introduction to Wine and Beer.** 3 credits.
Takes a multidisciplinary approach to understanding alcohol across time and space. Students will learn about alcohol production as well as the social and cultural dimensions of alcohol in a variety of cultures. Topics that might be covered in class include prohibition and neoprohibition, the health effects of alcohol, craft versus industrial production, among others. Students must be 21 to enroll. Notes: Fees apply. Offered by Nutrition and Food Studies. Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 435: Urban Agriculture.** 3 credits.
Introduces students to the opportunities, limits, and barriers of growing food in cities. Utilizing case studies from the area and around the globe, students will study the social, historical, political, environmental, and practical aspects urban agriculture. Offered by Nutrition and Food Studies. Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 440: Nutrition Policy.** 3 credits.
Explores US and international food and nutrition policies and programs. It is intended for undergraduate students who are interested in an in-depth analysis of policy related approaches to improving nutritional status within populations in the US and around the world. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

**NUTR 442: Advanced Nutrition I.** 3 credits.
Explores the biological roles of the macronutrients through application of advanced nutritional concepts relating to digestion, absorption and metabolism of carbohydrates, proteins and lipids. Practical implications in the diet are emphasized. Offered by Nutrition and Food Studies. Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 and a biochemistry class

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

NUTR 444: Advanced Nutrition II. 3 credits.
Examines the biological roles of the micronutrients through application of advanced nutritional concepts relating to digestion, absorption, transport and metabolism of vitamins and minerals. Practical implications in the diet are emphasized. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Prerequisite: NUTR 442

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 451: Nutrition Assessment. 3 credits.
Introduces students to methods and tools used in assessing individuals’ nutritional status. Methods of interpretation of nutrition-related information will be examined. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Prerequisite: NUTR 295 or equivalent course.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 466: Nutrition and Weight Management: Obesity, Anorexia, and Bulimia. 3 credits.
Focuses on the physiological, emotional, genetic, and societal and cultural factors that influence the relationship between eating and weight regulation. Offered by Nutrition and Food Studies. Limited to three attempts.

Recommended Prerequisite: NUTR 295, GCH 332 or permission of instructor.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 494: Special Topics in Nutrition and Food Studies. 3 credits.
In-depth study of contemporary areas of nutrition and food studies. Topics vary each semester. Students may take to apply up to 6 credits of NUTR 494 to their degree program. Offered by Nutrition and Food Studies. May be repeated within the degree for a maximum 6 credits.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 495: Nutrition and Food Studies Capstone. 3 credits.
Students will integrate and apply skills and knowledge learned across the curriculum to conduct research on current food and nutrition-related issues, in order to develop new food and nutrition knowledge. Offered by Nutrition and Food Studies. Limited to three attempts.

Registration Restrictions:
C Requires minimum grade of C.

Schedule Type: Seminar

Grading:
This course is graded on the Undergraduate Regular scale.

NUTR 499: Independent Study in Nutrition and Food Studies. 1-6 credits.
Readings or research on a pertinent topic in nutrition and food studies. Must be arranged with instructor before registering. Offered by Nutrition and Food Studies. May be repeated within the degree for a maximum 6 credits.

Schedule Type: Independent Study

Grading:
This course is graded on the Undergraduate Regular scale.

500 Level Courses

NUTR 515: Fundamentals of Cooking. 3 credits.
Introduces students to the fundamental concepts of food and its preparation. The biological components, the chemical transformation, and sensorial properties of food are explored throughout the course. Offered by Nutrition and Food Studies. May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading:
This course is graded on the Graduate Regular scale.

NUTR 522: Nutrition Across the Lifespan. 3 credits.
Explores the nutrient needs and food habits across the lifespan. Focuses on nutrition policies, programs, and interventions across the lifespan. Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: NUTR 295.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading:
This course is graded on the Graduate Regular scale.

NUTR 530: Introduction to Wine and Beer. 3 credits.
Takes a multidisciplinary approach to understanding alcohol across time and space. Students will learn about alcohol production as well as the social and cultural dimensions of alcohol in a variety of cultures. Topics that might be covered in class include prohibition and neoprohibition, the health effects of alcohol, craft versus industrial production, among others. Students must be 21 to enroll. Notes: Fees apply. Offered by Nutrition and Food Studies. May not be repeated for credit.
Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading:
This course is graded on the Graduate Regular scale.

NUTR 535: Urban Agriculture. 3 credits.
Introduces students to the opportunities, limits, and barriers of growing food in cities. Utilizing case studies from the area and around the globe, students will study the social, historical, political, environmental, and practical aspects urban agriculture. Offered by Nutrition and Food Studies. May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Graduate, Non-Degree, Senior Plus or Senior.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading:
This course is graded on the Graduate Regular scale.

NUTR 566: Nutrition and Weight Management. 3 credits.
Focuses on the physiological, emotional, genetic, and societal/cultural factors that influence the relationship between eating and weight regulation. Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: GCH 295 or other introductory nutrition course.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Seminar

Grading:
This course is graded on the Graduate Regular scale.

NUTR 594: Special Topics in Nutrition and Food Studies. 3 credits.
In-depth study of contemporary areas of nutrition and food studies. Topics vary each semester. Students may take up to 6 credits of NUTR 594 within their degree program. Offered by Nutrition and Food Studies. May be repeated within the degree for a maximum 6 credits.

Recommended Prerequisite: Graduate level course.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading:
This course is graded on the Graduate Regular scale.

NUTR 608: Perspectives on Food Security. 3 credits.
Overview of the major concepts and perspectives of food security. Explores and applies the definitions, means of measurement, and policy implications of food security from a multidisciplinary approach. Offered by Nutrition and Food Studies. May not be repeated for credit.

Registration Restrictions:
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 610: Food Safety and Defense.** 3 credits.
Focuses on the possible sources of unintentional and intentional contamination of the food supply and on the roles and guiding policies of the various levels of government and the food industry, as well as individual responsibility in managing risk to ensure a safe food supply. Notes: Fees may apply. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 611: Food and Nutrition Security Policy.** 3 credits.
In-depth analysis of food security and nutrition policies and programs aimed at reducing hunger and malnutrition among individuals and populations. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 620: Nutrition Education.** 3 credits.
An overview of current nutrition education research, theories, programs, and policies. Explores how nutrition education can influence dietary behavior and food choice. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 626: Food Systems.** 3 credits.
Survey of issues surrounding food production from a processing perspective. Students will gain an understanding of various forms of food processing and the issues that surround industrial food systems. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 630: Global Nutrition.** 3 credits.
Directed at students from a variety of disciplines, this course examines what malnutrition is and how it occurs by looking at several situations from around the world. It looks at the impact of nutrition on a society and community and examines the benefits of a well-nourished population. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Seminar

**Grading:**
This course is graded on the Graduate Regular scale.

**NUTR 642: Macronutrients.** 3 credits.
Expands understanding of the biological roles of the macronutrients through application of advanced nutritional concepts relating to digestion, absorption and metabolism of carbohydrates, proteins, and lipids. Practical implications in the diet are emphasized, and particular attention is placed on the etiology and prevention of macronutrient-related diseases, including atherosclerosis, diabetes, and metabolic syndrome. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295 and undergraduate biochemistry course.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading: This course is graded on the Graduate Regular scale.

NUTR 644: Micronutrients. 3 credits. Expands understanding of the biological roles of the micronutrients through application of advanced nutritional concepts relating to digestion, absorption, transport, and metabolism of vitamins and minerals. Practical implications in the diet are emphasized, with particular attention on the etiology and prevention of micronutrient-related diseases, including nutritional anemia and osteoporosis. Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: NUTR 295 and Undergraduate biochemistry equivalent.

Registration Restrictions: Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading: This course is graded on the Graduate Regular scale.

NUTR 651: Nutrition Assessment, Monitoring and Surveillance. 3 credits. Introduces students to methods and tools used in assessing nutritional status and, the practice and application of these to monitoring among individuals and population groups. Methods of interpretation of nutrition-related information will be examined. Will include off campus practice. Notes: Will include off campus practice Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: NUTR 630 or an introductory nutrition course.

Registration Restrictions: Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Seminar

Grading: This course is graded on the Graduate Regular scale.

NUTR 670: Nutrition Research Methods. 3 credits. Introduction to the fundamentals of research design and data collection methods. Students will learn about quantitative, qualitative, mixed method, participatory approaches, and ethical issues in nutrition-related research and evaluation. Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: GCH 601 or GCH 712, NUTR 651 OR equivalent courses.

Registration Restrictions: Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading: This course is graded on the Graduate Regular scale.

NUTR 675: Nutrition Program Development, Interventions and Assessments. 3 credits. Provides students with the knowledge and skills for planning, developing and evaluation of community nutrition programs and interventions. Offered by Nutrition and Food Studies. May not be repeated for credit.

Recommended Prerequisite: NUTR 670, GCH 601 and NUTR 651 OR equivalent courses.

Registration Restrictions: Required Prerequisite: NUTR 620 B-. B- Requires minimum grade of B-.

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Lecture

Grading: This course is graded on the Graduate Regular scale.

NUTR 690: Independent Study in Nutrition and Food Studies. 1-6 credits. Readings or research on a pertinent topic in nutrition and food studies. Must be arranged with instructor before registering. Offered by Nutrition and Food Studies. May be repeated within the degree for a maximum 6 credits.

Registration Restrictions: Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

Schedule Type: Independent Study

Grading: This course is graded on the Graduate Regular scale.
**700 Level Courses**

**NUTR 788: Pre-Practicum Seminar.** 0 credits. Provides guidance and preparation for engaging in the capstone practicum. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Registration Restrictions:**
Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**
This course is graded on the Satisfactory/No Credit scale.

**NUTR 790: Nutrition Practicum.** 3 credits. An in-depth supervised experience in an approved nutrition-related organization. Includes a project related to a nutrition issue within the organization. Offered by Nutrition and Food Studies. May not be repeated for credit.

**Recommended Prerequisite:** NUTR 788.

**Registration Restrictions:**
Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Internship

**Grading:**
This course is graded on the Graduate Special scale.

**NUTR 799: Thesis Research.** 1-6 credits. Thesis research and writing. Offered by Nutrition and Food Studies. May be repeated within the degree.

**Recommended Prerequisite:** Core courses in MS program.

**Registration Restrictions:**
Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Thesis

**Grading:**
This course is graded on the Satisfactory/No Credit scale.