Bachelor of Science Degree in

Food Science and Human Nutrition

Human Nutrition and Dietetics Concentration

The study of human nutrition and dietetics emphasizes the effect of nutrients on people’s health, and the role of diet in prevention or treatment of chronic diseases. Nutrition is a diverse, rewarding, and growing field that requires a strong background in science.

The University of Maine’s Didactic Program in Nutrition and Dietetics (DP) is accredited by ACEND - the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, (800) 877-1600, ext. 5400. www.eatright.org/ACEND This program provides a pathway for becoming a Registered Dietitian Nutritionist.

Human Nutrition and Dietetics majors may choose to take electives in exercise science, business administration, psychology, sustainable agriculture, or other areas in preparation for future careers. Students may be involved in research or teaching by taking credits for special projects, or through work-study and/or work-merit positions. The Nutrition Club sponsors guest speakers and community nutrition education projects. Outstanding students are eligible for the Kappa Omicron Nu and Phi Tau Sigma honor societies.

Competitive scholarships are available within the School of Agriculture, the College of Life Sciences, Forestry and Agriculture, and through the Academy of Nutrition and Dietetics, Maine Academy of Nutrition and Dietetics, and the Maine Nutrition Council.

The Human Nutrition and Dietetics concentration of the Food Science and Human Nutrition degree provides undergraduate preparation for those who wish to become:

- Clinical Dietitians
- Nutrition Educators
- Public Health Nutritionists
- Foodservice Administrators
- Nutrition Consultants
- Sports Dietitians
Employment opportunities exist in wellness and community programs; hospital dietetics; private practice; home health care; government; foodservice; food industry; health-oriented organizations such as the American Heart Association and the American average around $42,000, depending upon geographic location. The future outlook for employment in nutrition is promising, since more people are realizing the role of nutrition in health.

**Human Nutrition and Dietetics Suggested Plan of Study**

**First Year**
- BIO 100 Basic Biology
- CMJ 103 Fundamentals of Public Communication
- BIO 208 Anatomy and Physiology
- ENG 101 College Composition
- FSN 101 Introduction to Food and Nutrition
- FSN 103 Science of Food Preparation
- MAT 116 Introduction to Calculus or MAT 126 Calculus I
- NFA 117 Issues and Opportunities
- PSY 100 General Psychology

**Second Year**
- BMB 207, 209 Fundamentals of Chemistry and Lab or CHY 121,123 Introduction to Chemistry and Lab
- BMB 208 Elementary Physiological Chemistry or CHY 122 Molecular Basis of Chemical Change
- ECO 120 Principles of Microeconomics
- ECO 254 Small Business Economics and Management
- FSN 202 Foodservice Management
- FSN 230 Nutritional and Medical Terminology
- FSN 238 Applied Food Microbiology and Sanitation
- FSN 265 Functional Concepts in Nutrition

**Third Year**
- BMB 221, 222 Organic Chemistry and Lab or CHY 251, 253 Organic Chemistry I and Lab
- BMB 322 Biochemistry
- FSN 301 Life Cycle Nutrition
- FSN 305 Foods Lab
- FSN 330 Introduction to Food Science
- FSN 430 Counseling and Diet Therapy
- NUR 303 Pathophysiology
- STS 232 Principles of Statistical Inference

**Fourth Year**
- ENG 317 Business and Technical Writing
- FSN 270 World Food and Nutrition
- FSN 401 Community Nutrition
FSN 410 Human Nutrition and Metabolism
FSN 412 Medical Nutrition Therapy I
FSN 420 Medical Nutrition Therapy II

The capstone experience for the Human Nutrition and Dietetics curriculum is FSN 401 Community Nutrition. The goal of a capstone is to pull together many aspects of the undergraduate training in nutrition into an experience typical of a practicing professional. FSN 401 meets this goal by providing students with experience in community nutrition through planning, implementing and evaluating a nutrition education program. The role of the dietitian is also investigated by including multiple guest speakers from the community and then having students write a reflective response on how the profession’s Standards for Performance are exemplified by the speakers.

The course requirements for the Human Nutrition and Dietetics concentration can be combined with the courses within the Minor in Pre-Medical Studies to meet the entrance requirements of professional schools and colleges offering post-baccalaureate programs in the health professions.

**Admission Requirements**

Scholastic Aptitude Test

*High School Courses:*
- English 4 units
- Algebra 2 units
- Geometry 1 unit
- Other Mathematics 1 unit
- Chemistry 1 unit
- Biology 1 unit
- History/Social Science 2 units
- Academic Electives 5 units

TOTAL 17 units

(1 unit = 1 full year course)

Transfers from other programs at the University of Maine or other colleges and universities are expected to meet these minimum requirements. Additionally, students who wish to transfer into the undergraduate program in Food Science and Human Nutrition from other programs or institutions must have a 2.0 grade point average or above. Those wishing to transfer into the concentration in Human Nutrition and Dietetics must have a grade point average of 2.5 or above. Transfer students should consult the Undergraduate Coordinator (below) for more information prior to applying.
Inquiries:

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