

Brescia University College
SCHOOL OF FOOD AND NUTRITIONAL SCIENCES

Honors Specialization in Foods and Nutrition[‡]

SCHOOL OF FOOD AND NUTRITIONAL SCIENCES RECOMMENDATIONS FOR STUDENTS INTERESTED IN:

Community & Population Nutrition

- Students are responsible for monitoring course pre-requisites and progression requirements
- 2.0 essay courses are required, of which one must be 2000-level or higher
- At least 1.0 course is required from each of the three breadth requirement categories (A, B, and C)
- **Module admission requirements:** Completion of first year requirements with a minimum average of 70% and a minimum mark of 60% in each required course.
- **Module progression requirements:** Students must earn a minimum cumulative modular average of 70%, a minimum mark of 60% in each course of the module and a passing grade in any other courses.

Year 1 Admission Requirements for Hon Spec in Foods and Nutrition

- 0.5 **Chem 1301A/B** *Discovering Chemical Structure*
- 0.5 **Chem 1302A/B** *Discovering Chemical Energetics*
- 0.5 **Biology 1290B** *Biology and Microorganisms*
- 1.0 **Physiol 1021** *Introduction to Human Physiology*
- 0.5 **FN 1070A/B** *Introductory Human Nutrition*
- 0.5 **FN 1241A/B** *Lifecycle Nutrition*
- 0.5 **IDS 1200A/B** *Brescia Bold: Living, Learning, Leading (for Brescia-registered students)*

- 1.0 courses in any subject numbered 1000-1999

Suggestions for 1st year

- Students may want to take an essay course (E,F, or G designation) in 1st year (See below)
- Look at upper elective course requirements to determine appropriate first year courses
- **Course suggestions:** Writing 1020F/G Introduction to University Essay Writing; Political Sci 1021F/G People, Power and the State; Family Studies 1010A/B Introduction to Families in Canada; MOS 1025A/B Non-profit Organizations and Their Environment; Sociology 1020 Introduction to Sociology, or 1050A/B An Intro to Community, Service and Active Citizenship; Health Sciences 1001A/B Personal Determinants of Health, Health Sciences 1002A/B Social Determinants of Health.

Hon Spec Module in Foods and Nutrition: 9.0 courses

Year 2

4.0 required courses normally taken in 2nd year:

- 0.5 **Chem 2003A/B** *Organic and Biological Chemistry for Food Science* (recommended) **OR** **Chem 2213A/B** *Organic Chemistry for Life Sciences*
- 0.5 **Biochem 2288A/B** *Biochemistry & Molecular Biology for Foods & Nutrition* (recommended) **OR** **Biochem 2280A** *Biochemistry and Molecular Biology*
- 0.5 **FN 2230A/B** *Integrated Human Nutrition*
- 1.0 **FN 2232** *Principles of Food Science*
- 0.5 **FN 2266F/G** *Nutrition Education & Communications*
- 0.5 **FN 2449A/B** *Management for Food and Nutrition*
- 0.5 **HE 2222A/B** *Professional Perspectives*
- 1.0 Electives for second year:

Suggestions for 1st and 2nd year

- Fulfil Category B (Arts and Humanities) requirement (e.g., English 1027F The Storyteller's Art I, 1028G The Storyteller's Art II; Philosophy 1130F/G Big Ideas, 1230A/B Reasoning & Critical Thinking; Religious Studies 1035F/G Contemporary Religious Quests: Religion, Culture, Violence, Identity; Digital Humanities 1011A/B Programming My Digital Life; Intercultural Communications 2200F/G Not "Lost in Translation": The Practice and Theory of Intercultural Communication).
- **Course suggestions:** Political Sci 2130 Canadian Government Politics, 2230E Canadian Government and Politics, 2279F/G Family Policy in Canada; Family Studies 2220A/B Immigrant and Refugee Families; Sociology 2140 Social Problems, 2142A/B Food and Society, 2215A/B Bridging Classroom & Community: An Introduction to Community Development Through Service-Learning (requires special permission).

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Years 3 & 4

5.0 required courses taken during 3rd and 4th year:

1.0 FN **3390W/X** *Research Methods and Statistics for Food and Nutrition*

2.0 courses from the following:

*Recommended for students interested in a career in **Community & Population Nutrition**

* 0.5 FN **3361F/G** *Fundamentals of Community Nutrition*

* 0.5 FN **3380A/B** *Policy Development and Advocacy*

* 0.5 FN **3400A/B** *Culture and Food*

* 0.5 FN **4410A/B** *Global Policies in Food Safety*

0.5 FN **3342A/B** *Advanced Food Science*

0.5 FN **3348A/B** *Food Production Management I*

2.0 courses from any Foods and Nutrition or Human Ecology courses at the 3000 or 4000-level

Suggestions for students interested in a career in **Community & Population Nutrition**

0.5 FN **3355A/B** *Agriculture & Food Systems: Critical Conversations*

0.5 FN **3373A/B** *Nutrition & Physical Activity*

0.5 FN **4462A/B** *Community Nutrition II*

0.5 FN **4411F/G** *Senior Research Project*

0.5 FN **3364A/B** *Nutrition, Aging and Health*

0.5 FN **3450F/G** *Food for Thought*

0.5 HE **3338A/B** *Issues in Housing*

0.5 HE **3343A/B** *Consumer Economics & Resource Management*

5.0 Electives during third and fourth years (please consider options in Political Science, Sociology, Family Studies, or MOS that would complement a career in Community and Population Nutrition):

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_____	_____
_____	_____
_____	_____
_____	_____

[‡] Please note that this module is not accredited by the Partnership for Dietetic Education & Practice and is not a pathway to becoming a Registered Dietitian. This module and combination of courses may qualify graduates for the Professional Home Economist (P.H.Ec.) designation from the Ontario Home Economics Association (OHEA).

Examples of Careers in Community & Population Nutrition

- Policy Analyst, Government Ministry
- Program Coordinator, Meals on Wheels

- Health Promoter or Community Nutrition Educator, Public Health
- Community Kitchen Coordinator

- Food and Consumer Relations Specialist, food marketing board
- Social Media Manager