

# Food, Nutrition and Health B.S.H.E.S.

## Food, Nutrition and Health B.S.H.E.S., Eight-Semester Degree Program

Students wishing to follow the degree plan in Food, Nutrition and Health major should go to the Eight-Semester Degree Policy (<http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy/>) in the Academic Regulations chapter for university requirements of the program.

First Year	Units	
	Fall	Spring
Satisfies General Education Outcome 3.4:		
CHEM 14103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 14101 University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab)	4	
NUTR 12103 Fundamentals of Nutrition	3	
HOSP 26101 Foodservice Sanitation	1	
UNIV 10051 University Perspectives	1	
MATH 11003 College Algebra (ACTS Equivalency = MATH 1103) (or higher level math) (Satisfies General Education Outcome 2.1)	3	
ENGL 10103 Composition I (ACTS Equivalency = ENGL 1013) (unless exempt) (Satisfies General Education Outcome 1.1)	3	
ENGL 10203 Composition II (ACTS Equivalency = ENGL 1023) (unless exempt) (Satisfies General Education Outcome 1.1)		3
SPCH 10003 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)		3
Fine Arts State Minimum Core Elective (Satisfies General Education Outcome 3.1) <sup>1</sup>		3
Humanities State Minimum Core Elective (Satisfies General Education Outcome 3.2) <sup>2</sup>		3
Choose 4 Hours from the following: (Satisfies General Education Outcome 3.4)		4
CHEM 14203 University Chemistry II (ACTS Equivalency = CHEM 1424 Lecture) & CHEM 14201 University Chemistry II Laboratory (ACTS Equivalency = CHEM 1424 Lab)		
Science State Minimum Core Elective		
Year Total:	15	16

Second Year	Units	
	Fall	Spring
NUTR 21103 Principles of Foods & NUTR 21101 Principles of Foods Laboratory	4	
Electives <sup>3</sup>	6	
PSYC 20003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)	3	

MATH 21003 Principles of Statistics (ACTS Equivalency = MATH 2103)	3	
Satisfies General Education Outcomes 3.3, 4.1, and 4.2:		
HDFS 24103 Family Relations or HDFS 14003 Life Span Development		3
ENGL 30503 Technical and Professional Writing (ACTS Equivalency = ENGL 2023) or ACOM 31403 Communicating Agriculture to the Public		3
Electives <sup>3</sup>		9
Year Total:	16	15

Third Year	Units	
	Fall	Spring
NUTR 32103 Nutrition Education and Counseling	3	
NUTR 31043 Culinary Nutrition & NUTR 31041 Culinary Nutrition Lab	4	
Social Science State Minimum Core Elective (Satisfies General Education Outcome 3.3)	3	
US History or Government State Minimum Core Elective	3	
Electives <sup>3</sup>	3	
NUTR 42403 Community Nutrition		3
Electives <sup>3</sup>		12
Year Total:	16	15

Fourth Year	Units	
	Fall	Spring
NUTR 42203 Life Cycle Nutrition	3	
NUTR 43003 Cultural Perspectives on Foods	3	
Electives <sup>3</sup>	9	
NUTR 44033 Recipe Modification & NUTR 44031 Recipe Modification Lab or NUTR 43003 Cultural Perspectives on Foods		4
NUTR 40001 Nutrition Seminar (Satisfies General Education Outcome 6.1)		1
NUTR 41003 Research Methods in Nutrition		3
Electives <sup>3</sup>		4
Year Total:	15	12

**Total Units in Sequence: 120**

<sup>1</sup> The Fine Arts Elective courses that satisfy General Education Outcome 3.1 include: ARCH 10003, ARHS 10003, COMM 10003, DANC 10003, LARC 10003, MATH 10003, or THTR 101H3.

<sup>2</sup> The Humanities Elective courses which satisfy General Education Outcome 3.2 include: AAST 20203, ANTH 10303, ARCH 10103, CLST 10003, CLST 100H3, CLST 100H4, or Intermediate-level world language (usually 2003-level).

<sup>3</sup> Students must complete 40 hours of upper division courses (3000-4000 level). It is recommended that students consult with their academic adviser when making course selections.