NUTRITION & DIETETICS (NUTR-UE)

NUTR-UE 21 Computers in Nutrition Food Service (2 Credits)
Typically offered not typically offered
Application and evaluation of basic computer tools and techniques for nutritional analysis and food service management.
Grading: Ugrd Steinhardt Pass/Fail
Repeatable for additional credit: No

NUTR-UE 85 Intro to Foods and Food Science (3 Credits)
Typically offered Fall, Spring, and Summer terms
Introduction to the foods of various world regions and the techniques used to prepare them through hand-on food preparation, demonstrations, lectures and field trips.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 91 Food Management Theory (3 Credits)
Typically offered Fall, Spring, and Summer terms
Organization and management of commercial and institutional food service facilities in hotels, restaurants, and educational and community program sites.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 119 Nutrition and Health (3 Credits)
Typically offered Fall, Spring, and Summer terms
Introduction to nutrition science and its role in health and society: nutrient characteristics, requirements, and food sources, energy balance, weight control, dietary guides and food planning, and social and economic factors that affect food production and consumption. Liberal Arts CORE equivalent – satisfies the requirement for Natural Sciences for non-majors on an individual department basis-students should confirm with their Academic Advisor
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 120 Theories & Techniques of Nutrition Ed Counseling (2 Credits)
Typically offered Fall and Spring
Theory and practice of nutritional education and dietary behavior change; methods of nutrition counseling in a variety of settings.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1000 Independent Study (1-6 Credits)
Typically offered Spring and Summer
It should be noted that independent study requires a minimum of 45 hours of work per unit. Independent study cannot be applied to the established professional education sequence in teaching curricula. Each departmental program has established its own maximum credit allowance for independent study. This information may be obtained from a student's department. Prior to registering for independent study, each student should obtain an Independent Study Approval Form from the Adviser.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: Yes

NUTR-UE 1023 Food Microbiology & Sanitation (3 Credits)
Typically offered Fall, Spring, and Summer terms
Food safety, processing, and regulatory issues related to the role of microorganisms in food processing and preservation. The use of Hazard Analysis Critical Control Points (HACCP) to prevent contamination of food, equipment, and personnel.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1052 Food Production and Management (3 Credits)
Typically offered Fall and Spring
Institutional and commercial food preparation and service, menu planning and pricing, recipe standardization integrated with techniques, methods, principles, standards of food purchasing, receiving, merchandising, and staff supervision.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: Yes

NUTR-UE 1064 Nutritional Biochemistry (3 Credits)
Typically offered Fall and Spring
Study of the role of nutrients in the human body at the cellular level and in metabolism
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1068 Introduction to Human Physiology (4 Credits)
Typically offered Fall and Spring
Introduction to Human Physiology is a one-semester course for students with an interest in health care. Little exposure to biology is assumed for this course. This course is heavily concerned with the basic concepts of structural and functional organization of the human body, the terminology involved in the areas of physiology and anatomy, and the understanding of the different anatomo-physiological systems. Liberal Arts CORE Equivalent - satisfies the requirement for Natural Sciences for non-majors
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1117 Current Research in Nutrition (2 Credits)
Typically offered Fall and Spring
Critical evaluation of recent research through seminars and class discussions.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1184 Food Science & Tech (3 Credits)
Typically offered Fall, Spring, and Summer terms
Scientific and sensory principles of food evaluation; professional methods, quality assurance, and objective experiments in advanced food preparation.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1185 Clinical Nutrition Assessment Intervention (3 Credits)
Typically offered Fall and Spring
Advanced study of the effects of disease on nutrient and energy requirements and metabolism, assessment and treatment of disease-induced malnutrition, nutritional support methods applied to case management. Emphasizes assessment of anthropometric and biochemical indicators, clinical symptoms, and development of individual nutritional care plans. For advanced undergraduates students requiring preparation for clinical course.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1187 Introduction to Global Issues in Nutrition (4 Credits)
Typically offered Fall
This course introduces the current issues related to global nutrition. It integrates basic information about food intake and nutrition into discussions of major nutrition-related problems around the world. The course will present and discuss international, national and community-level policies and programs designed to improve the nutritional status of populations and to overcome barriers to their implementation. This course will also discuss nutritional status as a "continuum" whereby populations can simultaneously have members with severe under-nutrition, good nutritional status, and over-nutrition. The course will focus on the burden of under-nutrition but will also discuss several "emerging" or special topics including the nutrition transition, weaning and complementary feeding, and women and health. This class satisfies Steinhardt student's Societies and Social Sciences CORE requirement.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1198 Fieldwork (4 Credits)
Typically offered Fall, Spring, and Summer terms
Participation and experience in the professional field of major interest.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1208 Int'L Studies in Foods and Nutrition (3 Credits)
Through study and travel, this course explores how agriculture, food cuisine, nutrition, and health affect and are affected by the unique culture, history, climate, geography, and economic and political systems of selected countries. The course draws on local academic and professional experts, food producers, and food service providers to investigate these interrelationships through field trips, site visits, interviews, lectures, seminars, and demonstrations, with an emphasis on cross-cultural perspectives.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1209 Community Nutrition (3 Credits)
Typically offered Fall and Spring
Rationale for development of community nutrition programs and their design, implementation, and evaluation. Lectures and individual and group projects.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 1260 Diet Assessment and Planning (3 Credits)
Typically offered Fall and Spring
Assessment of the food intake and needs of individuals of diverse ages and backgrounds. Taking into consideration the genetic, cultural, social, and economic factors that affect dietary choices, students will develop dietary plans that meet current recommendations for a variety of health conditions using exchange systems, food composition data, menus, recipes, and product labels.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No
Prerequisites: NUTR-UE 0119 AND NUTR-UE 1068.

NUTR-UE 1269 Nutrition and Life Cycle (3 Credits)
Typically offered Fall, Spring, and Summer terms
Analysis and application of the physiological, biological, and biochemical basis for differences in nutritional requirements throughout the principle stages of the life cycle - pregnancy, infancy, childhood, adolescence, adulthood, older adulthood - and the ways in which social and environmental factors influence nutritional status at each stage.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 9187 Introduction to Global Issues in Nutrition (4 Credits)
The course is designed to enhance students' awareness of the multifaceted nature of nutrition problems across the globe and the need for holistic approaches of methods to address them including research. The nutrients, nutrient cycle challenges, maternal and child nutrition - the first 1000 days, will be discussed. The course will review the UNICEF malnutrition structure within the context of livelihood frameworks to demonstrate the linkages between health, nutrition and agriculture. Food security issues and impacts on nutrition and developmental issues will be discussed. The new concept of Econutrition within the framework of preventing malnutrition in Africa will be considered. Assess the strategies and policies in Africa towards addressing food and nutrition issues. Globalization, food habits and nutritional implications will be reviewed. Aging and nutrition within the African contextual factors will be discussed. A review of organisations impacting nutrition in developing countries will be examined.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No

NUTR-UE 9269 Nutrition and the Life Cycle (3 Credits)
Analysis & application of the physiological, biological, & biochemical basis for differences in nutritional requirements throughout the principle stages of the life cycle - pregnancy, infancy, childhood, adolescence, adulthood, older adulthood - & the ways in which social & environmental factors influence nutritional status at each stage.
Grading: Ugrd Steinhardt Graded
Repeatable for additional credit: No