NUTRITION AND FOOD STUDIES (BS)

NYSED: 20203 **HEGIS:** 1306.00 **CIP:** 30.1901

Program Description

This Bachelor of Science program in Nutrition and Food Studies combines interests in food and nutrition with an interest in health, culture, or business. It includes a strong foundation of study in the liberal arts and sciences; core lecture and laboratory courses that explore and integrate food studies, nutrition, and management; a concentration in one of two areas of professional study: nutrition and dietetics or food studies; and extensive opportunities for elective courses and internships designed to help students apply their knowledge to meet their own interests and career goals.

Students choose the Nutrition and Dietetics concentration or the Food Studies concentration. All students take courses in nutrition, food and identity, food science, and food production and management, as an introduction to the full spectrum of ways in which food and nutrition intersect with society. They learn about the nutrient value of food, eating behaviors, cultural determinants of food intake, food marketing, and personnel management. They also learn the basics of food preparation and management in the department's foods laboratory facility.

Faculty work with students to locate challenging internships selected from New York City's extensive professional resources: hospitals and health centers, restaurants, hotels, newspapers, magazines, consulting firms, food companies, and community agencies. Internships help students develop their professional skills and often lead to future employment.

Concentrations

Nutrition and Dietetics

This concentration focuses on the role of food, nutrition, and health in society. Integrating knowledge and research into course work, the curriculum provides students with an understanding of basic sciences and theoretical and applied aspects of nutrition and dietetics.

The curriculum for this concentration meets the foundation knowledge and learning outcomes in the Eligibility Requirements and Accreditation standards established by the Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency for the Academy of Nutrition and Dietetics. These standards are known collectively as the Didactic Programs in Dietetics (DPD) and they are met by taking the full set of courses required for the Bachelor of Science degree. Learn more about the NYU Steinhardt DPD (https://steinhardt.nyu.edu/programs/nutrition-and-dietetics/becoming-registered-dietitian-nutritionist/).

Food Studies

This concentration explores the cultural, historical, and sociological aspects of food, production, and consumption. Employing approaches from the humanities and social sciences, the degree prepares students to analyze the current American food system, its global connections, and local alternatives. Core courses focus on critical thinking and writing about food.

Career Opportunities

The study of nutrition and food provides a solid academic education and practical training for a variety of career opportunities. These fields also encompass some of the most critically important—and hotly debated—issues affecting modern society, among them world hunger and problems related to safety, bioengineering, and the globalization of food. Through positions in health care, business, government service, private practice, the food and food service industries, and educational and community programs, nutrition and food professionals help individuals and the public make better-informed choices about food and nutritional health.

Accreditation and Credentialing

The Accreditation Council for Education in Nutrition and Dietetics has updated its requirements for becoming a Registered Dietitian Nutritionist. Starting in 2024, those wishing to become a Registered Dietitian Nutritionist must hold a master's degree in order to take the Commission on Dietetic Registration credentialing exam to become a Registered Dietitian Nutritionist. To enable undergraduates to progress smoothly toward Registered Dietitian Nutritionist credentials, students may pursue a 5-year combined BS/MS degree (https://steinhardt.nyu.edu/degree/nutrition-and-food-studies-nutrition-and-dietetics/).

The NYU Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics (https://www.eatrightpro.org/acend/) (ACEND) 120 South Riverside Plaza, Suite 2290, Chicago, IL 60606-6995 1-800-877-1600, ext. 5400, until June 30, 2030.

Admissions

New York University's Office of Undergraduate Admissions supports the application process for all undergraduate programs at NYU. For additional information about undergraduate admissions, including application requirements, see How to Apply (https://www.nyu.edu/admissions/undergraduate-admissions/how-to-apply.html).

Program Requirements Nutrition and Dietetics

This concentration meets the foundational knowledge and learning outcomes established by the Academy of Nutrition and Dietetics, which qualify graduates of the concentration to enter accredited dietetic internship programs to become registered dietitian nutritionists.

Students learn basic, community, clinical, and administrative aspects of dietetics, as well as food service management, food science, and nutrition science. Courses in nutrition assessment, diet modification, nutrition program planning, and research develop analytical and decision-making skills critical to dietetic practice. Practicing dietitians from outstanding medical centers teach clinical nutrition courses and provide guest lectures on the most interesting and current topics in the field. During senior year, students do fieldwork in hospital dietetics under the close supervision of registered dietitians, helping patients and clients meet their special nutritional needs.

Most students in this area of concentration continue their studies to obtain credentials as a registered dietitian nutritionist (RDN). To enable undergraduates to progress smoothly toward Registered Dietitian Nutritionist credentials, students may pursue a 5-year combined BS/MS degree (https://steinhardt.nyu.edu/degree/nutrition-and-food-studies-nutrition-and-dietetics/).

Course	Title	Credits
Liberal Arts Requirements		
Foreign Language		*8*
Expository Writing		
EXPOS-UA 1	Writing as Inquiry	4
ACE-UE 110	Advanced Writing and Research	4
Foundations of Contemporary Culture		
Texts and Ideas		4
Cultures and Contexts		4
Expressive Culture		4
Societies and the Social Sciences:		
PSYCH-UA 1	Intro to Psychology	4
or APSY-UE 2	Introduction to Psychology and Its Principles	
Foundations of Scientific Inquiry		
APSTA-UE 1085	Basic Statistics I (or other Statistics by advisement)	4
NUTR-UE 1068	Introduction to Human Physiology	4
Other Liberal Arts Requirements		
CHEM-UA 120	Introduction to Modern Chemistry	5
CHEM-UA 210	Principles of Organic and Biological Chemistry and Laboratory	5
NUTR-UE 1064	Nutritional Biochemistry: Energy and Macronutrients	3
Liberal Arts Electives		7
Additional Requirements		
SAHS-UE 1	New Student Seminar	0
Writing Proficiency Examination		
Specialization Requirements		
Core Content		
FOOD-UE 1051	Food and Identity	4
NUTR-UE 85	Intro to Foods and Food Science	3
NUTR-UE 91	Food Management Theory	3
NUTR-UE 119	Nutrition and Health	3
NUTR-UE 1052	Food Production and Management	3
Nutrition and Dietetics Coursework		
NUTR-UE 120	Theories & Techniques of Nutrition Ed Counseling	2
NUTR-UE 1023	Food Microbiology & Sanitation	3
NUTR-UE 1065	Nutritional Biochemistry: Micronutrients	3
NUTR-UE 1117	Current Research in Nutrition (seniors)	2
NUTR-UE 1184	Food Science & Tech	3
NUTR-UE 1185	Clinical Nutrition Assessment Intervention	3
NUTR-UE 1198	Fieldwork	4
NUTR-UE 1209	Community Nutrition	3
NUTR-UE 1260	Diet Assessment and Planning	3
NUTR-UE 1269	Nutrition and Life Cycle	3
Restricted Electives		
Select seven credits of electives by advisement		7
Unrestricted Electives		
Select 16 credits of Unrestricted Electives		16
Total Credits		**128**

Food Studies

This concentration focuses on the scholarly study of food, particularly its cultural and social dimensions. Concentration courses cover food issues of contemporary societies, essentials of cuisine, beverage management systems, food in the arts, and communications.

Students may choose from a wide variety of theoretical and hands-on elective courses, such as food science, international nutrition, food demonstrations, international foods, and food photography. Courses are taught by NYU faculty, as well as by highly qualified professionals who share their knowledge and experience, provide career advice, and supervise internships. Internships are available in every imaginable aspect of the food field and are developed through consultation with faculty.

Course	Title	Credits
Liberal Arts Requirements		
Foreign Language		*8*
Expository Writing		
EXPOS-UA 1	Writing as Inquiry	4
ACE-UE 110	Advanced Writing and Research	4
Foundations of Contemporary Culture		
Texts and Ideas		4
Cultures and Contexts		4
Expressive Culture		4
Societies and the Social Sciences:		8
Choose one Social Science subject area (Anthropology, Economics, Politics, Psychology, Sociology) and complete two classes, one introductory and one advanced, in the same discipline		
Foundations of Scientific Inquiry		
Quantitative Reasoning		4
Life/Physical Sciences		8
Liberal Arts Electives		
Select 12 credits of Liberal Arts Electives		12
Additional Requirements		
SAHS-UE 1	New Student Seminar	0
Writing Proficiency Examination		
Specialization Requirements		
Content Core		
FOOD-UE 1051	Food and Identity	4
NUTR-UE 85	Intro to Foods and Food Science	3
NUTR-UE 91	Food Management Theory	3
NUTR-UE 119	Nutrition and Health	3
NUTR-UE 1052	Food Production and Management	3
Food Studies Specialization		
FOOD-UE 71	Fd Issues of Cont Societ	4
FOOD-UE 1033	Food Systems: Food and Agriculture	4
FOOD-UE 1056	Internship in Food Stud & Food Mgmt	3
FOOD-UE 1118	Research in Food Studies	2
FOOD-UE 1130	Commun Workshop in Foods & Nutrition	2
FOOD-UE 1135	Essentials of Cuisine:	3
FOOD-UE 1180	Food and Nutrition Global Society	4
FOOD-UE 1183	Techin/Regional Cuisine	2
FOOD-UE 1204	Food in The Arts:	2

FOOD-UE 1210	Introduction to Food History	4
FOOD-UE 1217	Advanced Foods:	3
Restricted Electives		
Select seven credits of electives by advisement		7
Unrestricted Electives		
Select 12 credits of Unrestricted Electives		12
Total Credits		**128**

Sample Plan of Study Nutrition and Dietetics

Course	Title	Credits
1st Semester/Term		
SAHS-UE 1	New Student Seminar	0
NUTR-UE 85	Intro to Foods and Food Science	3
NUTR-UE 119	Nutrition and Health	3
CHEM-UA 120	Introduction to Modern Chemistry	5
EXPOS-UA 1	Writing as Inquiry	4
	Credits	**15**
2nd Semester/Term		
PSYCH-UA 1	Intro to Psychology	4
ACE-UE 110	Advanced Writing and Research	4
FOOD-UE 1051	Food and Identity	4
CHEM-UA 210	Principles of Organic and Biological Chemistry and Laboratory	5
	Credits	**17**
3rd Semester/Term		
NUTR-UE 120	Theories & Techniques of Nutrition Ed Counseling	2
NUTR-UE 91	Food Management Theory	3
NUTR-UE 1023	Food Microbiology & Sanitation	3
NUTR-UE 1068	Introduction to Human Physiology	4
Liberal Arts Electives		4
	Credits	**16**
4th Semester/Term		
NUTR-UE 1064	Nutritional Biochemistry: Energy and Macronutrients	3
NUTR-UE 1260	Diet Assessment and Planning	3
Texts and Ideas		4
Unrestricted Electives		3
Elective (by advisement)		3
	Credits	**16**
5th Semester/Term		
NUTR-UE 1065	Nutritional Biochemistry: Micronutrients	3
NUTR-UE 1184	Food Science & Tech	3
NUTR-UE 1269	Nutrition and Life Cycle	3
Cultures and Contexts		4
Foreign Language		4
	Credits	**17**
6th Semester/Term		
NUTR-UE 1209	Community Nutrition	3
NUTR-UE 1198	Fieldwork	4
Foreign Language		4
Unrestricted Electives		2
Liberal Arts Electives		2
	Credits	**15**
7th Semester/Term		
NUTR-UE 1185	Clinical Nutrition Assessment Intervention	3
APSTA-UE 1085	Basic Statistics I	4
Expressive Culture		4
Elective (by advisement)		2
Unrestricted Electives		3
	Credits	**16**
8th Semester/Term		
NUTR-UE 1052	Food Production and Management	3
NUTR-UE 1117	Current Research in Nutrition	2
Unrestricted Electives		4
Liberal Arts Electives		7
	Credits	**16**
	Total Credits	**128**

Food Studies

Course	Title	Credits
1st Semester/Term		
SAHS-UE 1	New Student Seminar	0
EXPOS-UA 1	Writing as Inquiry	4
FOOD-UE 1051	Food and Identity	4
NUTR-UE 85	Intro to Foods and Food Science	3
Liberal Arts Electives		4
	Credits	**15**
2nd Semester/Term		
ACE-UE 110	Advanced Writing and Research	4
FOOD-UE 1210	Introduction to Food History	4
NUTR-UE 119	Nutrition and Health	3
Texts and Ideas		4
Elective (by advisement)		2
	Credits	**17**
3rd Semester/Term		
FOOD-UE 1204	Food in The Arts:	2
NUTR-UE 91	Food Management Theory	3
Quantitative Reasoning		4
Societies and the Social Sciences		4
Unrestricted Electives		2
	Credits	**15**
4th Semester/Term		
FOOD-UE 1183	Techin/Regional Cuisine	2
Societies and the Social Sciences		4
Expressive Culture		4
Foreign Language		4
Unrestricted Electives		3
	Credits	**17**
5th Semester/Term		
FOOD-UE 71	Fd Issues of Cont Societ	4
FOOD-UE 1217	Advanced Foods:	3
Physical Science		4
Foreign Language		4
	Credits	**15**
6th Semester/Term		
FOOD-UE 1033	Food Systems: Food and Agriculture	4
FOOD-UE 1135	Essentials of Cuisine:	3
FOOD-UE 1118	Research in Food Studies	2
Cultures and Contexts		4
Liberal Arts Electives		4
	Credits	**17**
7th Semester/Term		
NUTR-UE 1052	Food Production and Management	3
FOOD-UE 1180	Food and Nutrition Global Society	4
Elective (by advisement)		3
Life Science		4
Unrestricted Electives		2
	Credits	**16**

8th Semester/Term		
FOOD-UE 1056	Internship in Food Stud & Food Mgmt	1-6
FOOD-UE 1130	Commun Workshop in Foods & Nutrition	2
Unrestricted Electives		5
Elective (by advisement)		2
Liberal Arts Electives		4
	Credits	**16**
	Total Credits	**128**

Learning Outcomes

Upon successful completion of the program, graduates will:

1. Discuss and explain the various and diverse roles of food, nutrition, and health in society.
2. Apply research methods and scientific evidence to the examination of current problems in food, nutrition and health. Think critically, analyze complex and diverse concepts, and use reason and judgment.
3. Communicate effectively, both orally and in writing, in different educational and workplace settings.
4. Demonstrate skills and competencies consistent with best practices in nutrition and food studies.

In addition, students completing the concentration in Nutrition and Dietetics will be able to:

1. Assess the nutritional status of individuals and population groups.
2. Educate individuals and the public on food choices that will optimize health and prevent disease.
3. Apply nutrition care processes to the treatment of diet-related disease conditions.
4. Manage human, financial, and physical resources to improve the nutritional care of individuals and population groups.

Policies

Program Policies

Grading & GPA Policy

All courses identified as critical to the program must be successfully completed with a grade of C or better.

Nutrition and Food Studies (BS) - Critical Courses

Code	Title	Credits
APSY-UE 2	Introduction to Psychology and Its Principles	4
CHEM-UA 120	Introduction to Modern Chemistry	5
CHEM-UA 210	Principles of Organic and Biological Chemistry and Laboratory	5
NUTR-GE 2190	Research Methods in Nutrition	3
NUTR-GE 2199	Nutrition Education and Counseling	3
NUTR-UE 85	Intro to Foods and Food Science	3
NUTR-UE 91	Food Management Theory	3
NUTR-UE 119	Nutrition and Health	3
NUTR-UE 120	Theories & Techniques of Nutrition Ed Counseling	2
NUTR-UE 1023	Food Microbiology & Sanitation	3
NUTR-UE 1052	Food Production and Management	3
NUTR-UE 1064	Nutritional Biochemistry: Energy and Macronutrients	3
NUTR-UE 1065	Nutritional Biochemistry: Micronutrients	3
NUTR-UE 1068	Introduction to Human Physiology	4
NUTR-UE 1117	Current Research in Nutrition	2
NUTR-UE 1184	Food Science & Tech	3
NUTR-UE 1185	Clinical Nutrition Assessment Intervention	3
NUTR-UE 1209	Community Nutrition	3
NUTR-UE 1260	Diet Assessment and Planning	3
NUTR-UE 1269	Nutrition and Life Cycle	3
PSYCH-UA 1	Intro to Psychology	4

STEM OPT Benefits for International Students

If you're an international student, you may be able to work in the United States after graduation for an extended period of time. Most students studying on F-1 visas will be eligible for 12 months of Optional Practical Training (OPT) off-campus work authorization. F-1 students in this program may also be eligible for the STEM (Science, Technology, Engineering, or Mathematics) OPT extension, allowing you to extend your time in the United States to pursue degree-related work experience for a total of 36 months or 3 years. For more information on who can apply for this extension visit NYU's Office of Global Services: STEM OPT (http://www.nyu.edu/students/student-information-and-resources/student-visa-and-immigration/alumni/extend-your-opt/stem-opt.html).

NYU Policies

University-wide policies can be found on the New York University Policy pages (https://bulletins.nyu.edu/nyu/policies/).

Steinhardt Academic Policies

Additional academic policies can be found the Steinhardt academic policies page (https://bulletins.nyu.edu/undergraduate/culture-education-human-development/academic-policies/).