FOOD SYSTEMS, NUTRITION & HEALTH MAJOR

In the Bachelor of Arts in Food Systems, Nutrition, and Health, students are exposed to the complex intersections and relationships among food, policy, labor, social justice, economics, the environment, culture, and population health. Graduates will have competency in food systems, nutrition, public health, social and economic equity, and sustainability, as well as strong liberal arts preparation in intellectual and practical skills like inquiry, analysis, communication, critical thinking, and problem-solving, all of which enables them to address issues such as domestic and global food and nutrition security.

SUGGESTED FIRST- AND SECOND-YEAR COURSES

anthropology, economics, environmental science and studies, geography, nutrition, political science, public policy, sociology, sciences, statistics, composition or writing; general education courses; coursework that develops analytical, critical thinking, and communication skills

ADMISSION

This is a minimum requirement major. Applications are due the third Friday of each quarter. Students who meet the following requirements at the time of application will be admitted:

• Completion of 45 college credits
• Minimum 2.00 cumulative GPA
• Completion of NUTR 200 or equivalent
• Completion of English Composition, 5 credits

CONTACT INFORMATION

Nutritional Sciences Program
ugnutr@uw.edu
206-221-8526 | Raitt Hall 305
nutr.uw.edu/undergraduate-study

OUR VALUES

The Nutritional Sciences Program and its collaborators strive to shape food systems that are resilient, sustainable, and equitable to have a positive impact on personal, population, and planetary health. Diversity, equity, and inclusion are priorities in advising, our curriculum, and student programming. We value and honor diverse experiences and perspectives, endeavor to create welcoming and respectful learning environments, and promote access and opportunity for all.
**DEGREE REQUIREMENTS** 180 credits

**A. Science Literacy** 10 credits

5 credits from biology: BIOL 118 Survey of Physiology (preferred) or BIOL 180

5 credits from chemistry: CHEM 120 Principles of Chemistry I, CHEM 142, or CHEM 145

**B. Interdisciplinary Breadth** 15 credits

5 credits from economics: ECON 200 Intro to Microeconomics, FISH/ECON 230, or ESRM/ENVIR/ECON 235

10 credits from among approved courses that represent the breadth of areas that influence food systems; see right for current approved list.

**C. Research Methods & Technologies** 9-10 credits

4-5 credits from statistics: BIOST 310 Biostatistics (preferred) or QMETH 201, Q SCI 381, STAT 220, STAT/CS&SS/SOC 221, STAT 311

5 credits from among qualitative methods: ANTH 403, BIO A 420, ENVIR 250, GEOG 425, SOC 300

**D. Food Systems Core** 30 credits

NUTR 200 Nutrition for Today (4)
NUTR 302 Food Systems: Harvest to Health (5)
NUTR 303 Food Systems: Individual to Population Health (5)
NUTR 402 Food Systems Modeling & Analysis (5)
NUTR 412 US Food Systems Policy (3)
NUTR 493 Food Systems Capstone (8) Writing

**E. Upper-Division Electives** 20 credits

Choose 20 credits from among 300- and 400-level courses organized around four concentration areas:
- Business, Economics, & Marketing
- Environment & Sustainability
- Social & Economic Equity
- Nutrition & Health Equity

See website or adviser for current approved list.

*In addition to major requirements above, students complete general education requirements for the School of Public Health.*

**INTERDISCIPLINARY BREADTH**

ACCTG 219 Essentials of Accounting
ANTH 210 Intro to Environmental Anthropology
ANTH 211 Environmental Justice
ATM S 101 Weather
ATM S 111 Global Warming: Understanding Issues
ATM S 211 Climate and Climate Change
BE 220 Cities, Health, & Well-Being
CEP 200 Community and Environmental Planning
COM 220 Intro Public Speaking
COM 234 Public Debate
COM 289 Communication, Power, and Difference
CSE 142 Computer Programming I
CSE 143 Computer Programming II
ECON 201 Intro to Macro Economics
ENV H 111 Environmental Health Connections
ENVIR 100 Intro to Environmental Studies
ENVIR 110 Intro to Food and the Environment
ENVIR 239 Sustainability
ENVIR 240 The Urban Farm
ENVIR 280 Natural History of the Puget Sound Region
ESRM 100 Intro to Environmental Science
ESRM 210 Introductory Soils
ESS 101 Intro to Geology & Societal Impacts
ESS 105 The Earth: Its Processes and Hazards
GEOG 271 Geography of Food and Eating
G H 101, JSIS B/GEOG 180 Intro to Global Health
G H/ENV H 220 Global Enviro Change and PH
GWSS 244 Indigenous Feminisms
HSERV 100 Personal and Public Health
NUTR 141 Introduction to Foods
NUTR 241 Culinary Nutrition Science
OCEAN 101 Oceanography of PNW
OCEAN 102 The Changing Oceans
PHIL/ENVIR 243 Environmental Ethics
POL S 202 Intro to American Politics
POL S 204 Intro to Comparative Politics
PUBPOL 201 Intro to Public Policy and Governance
SOC 110 Survey of Sociology
VALUES/PHIL/POL S 207 Issues of Global Justice