

# Academic Fact Sheet

# Wayne State College

## Family & Consumer Sciences Major Foods and Nutrition Concentration (51-54 Hours)

The Food and Nutrition Concentration is administered by the  
Technology and Applied Sciences Department.

### Facts about the Program

#### *Degrees Offered:*

B.A.  
B.S.

#### *Faculty:*

Judy Lindberg, Ph.D.  
Sally Ebmeier, M.S.E.  
Pam Langlie, Ph.D.

### Program Description

Diet plays a significant role in health maintenance and disease prevention, fueled by a growing and aging population, increased public interest in nutrition, and the food industry's desire to meet public demand for a wider variety of nutritious products. Nutrition education offers an opportunity to develop practical skills in making decisions regarding nutrition and health.

The Foods and Nutrition concentration offers a flexible program for students interested in healthy lifestyles with careers in health promotion, wellness programs, and food service management. Course work includes a blend of classes in nutrition, foods, food preparation, other consumer science areas, and electives in business or science.

Some careers require further professional registration, certification, or licensure.

### Career Opportunities

Nutrition Educator/Coordinator  
Community/Public Health Nutrition  
Food Service Management  
Catering  
Nutrition/Fitness Counseling  
Wellness Coordinator  
Dietetics (requires graduate degree)  
Public Relations/Consumer Affairs/Marketing

### Scholarships and Financial Aid

Wayne State College is committed to providing a quality, affordable education for its students. There are several types of financial assistance available for Wayne State students, including grants, loans, work-study and scholarships. The aid packages are composed of money from Pell grants, SEOG grants, SSIG grants, Perkins loans, Stafford student loans, PLUS loans and a variety of scholarships. Contact the Financial Aid Office at (402) 375-7230 for further information.

Scholarships available in the Technology and Applied Sciences Department include:

Family and Consumer Sciences Alumni Scholarship  
Ida M. Warner Memorial Scholarship  
Family and Consumer Sciences Faculty Scholarship

### For more information contact:

Mrs. Sally Ebmeier  
Technology and Applied Science Department  
Wayne State College  
1111 Main Street  
Wayne, NE 68787  
(402) 375-7287 or 1-800-228-9972  
E-mail: saebmei1@wsc.edu

**FOODS AND NUTRITION CONCENTRATION (51-54 Hours)**

**FRESHMAN / SOPHOMORE**

<b>FALL</b>				<b>SPRING</b>			
* FCS	103	Clothing Construction ( <b>OR</b> , take FCS 302 fall of junior year)	3	** FCS	110	Family and Personal Relationships	3
* FCS	104	Principles of Food Preparation	3	** FCS	205	Meal Management	3
FCS	107	Principles of Baking	3	** FCS	306	Family Resource Management	3
* FCS	108	Intro to FCS	1	CNA	100	Princ. of Human Communications	3
FCS	207	Nutrition	3			General Education courses	
FCS		Elective	3				
ENG	102	Composition Skills	3				
		General Education courses					

**JUNIOR**

<b>FALL</b>				<b>SPRING</b>			
*** FCS	317	Nutrition through the Life Cycle	3	** FCS	313	Techniques in Professional Presentation	3
* FCS	315	Consumer Economics Electives	3	** FCS	305	Housing Development & Design	3
				**** FCS	322	International Foods & Cultures	3

**SENIOR**

<b>FALL</b>				<b>SPRING</b>			
* FCS	410	Professional Development in FCS	2	**** FCS	308	Household Technology	3
*** FCS	407	Nutritional Counseling/Assessment	3	**** FCS	340	Community Nutrition	3
FCS		Electives		FCS	416	FCS Practicum	3
EPS	300	Educated Perspective Seminar	3	FCS		Electives	

Choose 9-12 hours of electives from the following: BUS 222, 240, 360, 367, 370; CHE 106, 107, 208; PED 207, 310.

\* Offered fall semester only  
 \*\* Offered spring semester only

\*\*\* Offered fall semester every other year  
 \*\*\*\* Offered spring semester every other year