Different people have different nutritional needs. Sometimes, however, people are not informed on the healthiest ways to fuel themselves. Diet plays a significant role in health maintenance and disease prevention. The study and application of this field is influenced 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. A foods and nutrition minor can complement many other programs of study. You might connect medicine, healthcare, athletic training, or exercise science to a background in nutrition to better understand the role of food as it relates to human performance and body function. Perhaps a career in health promotion or public education is more to your liking, where you help others make decisions regarding appropriate nutrition and health. Whatever path you choose, a foods and nutrition minor will serve you well in the workforce and help you protect your own health.

**Required courses**

A minor must include a minimum of 12 hours unduplicated by your major(s) and minor(s). Complete at least 50% of the total hours for the minor at the 300-400 level.

- FCS 104 Principles of Food Preparation or FCS 107 Principles of Baking .....3
- FCS 207 Nutrition ..................................................................................................................3
- FCS 317 Nutrition Through the Life Cycle .............................................................................3

Twelve hours from the following:

- PED 207 Athletic Performance and Nutrition .................................................................3
- FCS 205 Meal Management ..................................................................................................3
- FCS 308 Household Technology ........................................................................................3
- FCS 322 International Foods and Cultures ........................................................................3
- FCS 340 Community Nutrition ........................................................................................3
- FCS 407 Nutritional Counseling and Assessment ..........................................................3
- FCS 416 Family and Consumer Sciences Practicum ....................................................3

**Skills learned**

- Food preparation and baking
- Meal management
- Nutritional needs throughout the human life cycle
- Nutritional needs for athletics and exercise
- International foods and cultures
- Community nutrition programs

**Fast Facts**

- **Credit hours:** 21
- **Department:** Technology and Applied Science
- **School:** Business and Technology
- **Popular pairings:** Early Childhood, Exercise Science, Chemistry, Pre-Athletic Training, Pre-Medicine, Pre-Nursing, Pre-Physician Assistant, Pre-Public Health, Accelerated Nursing, Journalism, Applied Human and Sport Physiology, Counseling

**Foods and Nutrition Faculty**

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