

# FAMILY AND CONSUMER SCIENCES > FOODS AND NUTRITION

Everyone needs to eat. Different people have different nutritional needs. Sometimes, however, people are not informed on the healthiest ways to fuel themselves. If you have an interest in healthy eating and public wellness, consider the Foods and Nutrition degree program at Wayne State. 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. Nutrition education is an opportunity to help others make decisions regarding nutrition and health. With an education in foods and nutrition, careers in health promotion, wellness programs, and food service management are good possibilities. Build your knowledge with additional coursework such as family and consumer sciences, business, and science, and you'll be prepared to educate the public and help individuals protect their health through consuming quality food and meeting their nutrition needs.

## fast facts

**Credit hours:** 48

*Students must also take 30 credit hours of General Studies courses. A total of 120 credit hours are needed to graduate from WSC. Additional majors or minors can be added to help meet graduation requirements.*

**Degree options:** B.A. or B.S.

**Department:** Educational Foundations and Leadership

**School:** Education and Behavioral Sciences

**Popular pairings:** Exercise Science, Public and Global Health, Sport Management

## focus on results

### Skills Learned

- Food preparation and baking
- Meal management
- Family resource management
- International foods and cultural needs
- Community nutrition programming
- Nutritional needs throughout the human life cycle
- Nutritional needs for athletics and exercise
- Nutritional counseling

### Possible Careers

- Nutrition educator
- Nutrition consultant
- Nutrition counselor
- Public health educator
- Food service manager
- Wellness coordinator
- Restaurant manager
- Food store manager
- Food marketing and sales
- Weight management professional
- Food safety auditor

### Types of Employers

- Government agencies
- Health clubs / fitness centers
- Restaurants
- Health and fitness stores
- Catering companies
- Wellness centers
- Community programs
- Non-profit organizations
- Schools and universities
- Assisted living facilities

## outside the classroom



Visit [www.wsc.edu/clubs](http://www.wsc.edu/clubs) to learn more about clubs and organizations on campus.

### Activities / Opportunities

- Peer tutoring and mentoring
- Service-Learning
- Study Abroad

### Clubs / Organizations

- American Association of Family and Consumer Sciences (AAFCS)
- SkillsUSA

The following courses are required for the program of study described on this sheet. Every effort is made to ensure this information is current, but please be aware that some content may have changed. To develop a plan for registering and taking these courses, please consult the current academic catalog and your advisor.

## Program courses

Take BUS 122 Personal Finance for CAT 3. FCS 207 Nutrition for CAT 9.

### Family and Consumer Sciences Core Courses

FCS 108 Introduction to Family and Consumer Sciences.....	1
FCS 115 Human Development and the Family.....	3
FCS 306 Family Resource Management.....	3
FCS 313 Techniques in Professional Presentation.....	3
FCS 315 Consumer Economics.....	3
FCS 410 Professional Development in Family and Consumer Sciences.....	2

### Foods and Nutrition Concentration Courses

FCS 104 Principles of Food Preparation.....	3
FCS 107 Principles of Baking.....	3
FCS 109 Food Safety and Sanitation.....	3
FCS 205 Meal Management.....	3
FCS 317 Nutrition Through the Life Cycle.....	3
FCS 319 Advanced Human Nutrition.....	3
FCS 322 International Foods and Cultures.....	3
FCS 325 Health, Safety, and Nutrition.....	3
FCS 340 Community Nutrition.....	3
FCS 406 Food Systems.....	3
FCS 407 Nutritional Counseling and Assessment.....	3
FCS 416 Practicum.....	2

## Student learning outcomes

1. Demonstrate professional communication skills in family and consumer sciences settings
2. Apply knowledge from their program of study to current and future issues in family and consumer sciences
3. Utilize critical thinking for problem solving in family and consumer sciences settings

# family and consumer sciences faculty



Visit [www.wsc.edu/educational-foundations-leadership-department](http://www.wsc.edu/educational-foundations-leadership-department) to learn more about the Department of Educational Foundations and Leadership.

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