

**FRAMINGHAM STATE UNIVERSITY  
HANDBOOK FOR FOOD AND NUTRITION MAJOR**

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## **Food and Nutrition Mission Statement**

**The Food and Nutrition program at Framingham State University will develop a course of study that enables graduates to actively participate in the changing food environment, in the nutrition education process, and in health care delivery systems according to the highest standards of client service and professional ethics.**

**The Coordinated Program in Dietetics concentration integrates an academic and supervised practice curriculum to prepare students to be entry-level dietitians. The Nutrition and Dietetics concentration (Didactic Program in Dietetics) offers an academic curriculum to prepare students to be accepted into a dietetic internship to become a Registered Dietitian or into a graduate program, or to pursue a career in a food, nutrition or related field. The Applied Nutrition program offers an academic curriculum to prepare students to pursue a career in a food, nutrition or related field.**

### **Food and Nutrition Program Goals**

1. The program will prepare graduates to become nutrition professionals.
  - a. 85 % of junior students will complete the Food and Nutrition major and 85 % of students accepted to the Coordinated Program in Dietetics will finish it.
  - b. Students will respond 3 or higher on a five-point scale on each course evaluation when asked if the course meets the specific Foundation Knowledge and Skills of the American Dietetic Association identified for that course.
  - c. Graduates will respond 3 or higher on a five-point scale when asked to assess their academic background in subject areas, some of which comprise the Foundation Knowledge and Skills, when surveyed 6 – 12 months after program completion.
  - d. Employers will respond 3 or higher on a five-point scale on the Employer or Dietetic Internship Director Questionnaire when asked to rate graduates' preparation for an entry-level dietetic position.
2. The program will prepare graduates to become dedicated learners throughout life and career.

- a. 80 % (of respondents) of the Coordinated Program in Dietetics and the Nutrition and Dietetics concentration students who completed a dietetic internship will have completed the continuing professional educational requirements of the Commission on Dietetic Registration and remained Registered Dietitians when surveyed five years after program completion.
  - b. 50 % (of respondents) of the Nutrition and Dietetics concentration students who do not complete a dietetic internship and 50 % (of respondents) of the Applied Nutrition concentration students will be employed in the food and nutrition field and will identify at least one method of continuing professional education when surveyed five years after program completion.
3. The program will foster a variety of careers in food and nutrition.
    - a. Student responses related to job titles on the Framingham State University Career Center's survey and on the Food and Nutrition concentrations' graduate surveys will indicate that graduates are employed in at least three areas of nutrition and dietetics when surveyed 6 – 12 months after program completion.
  4. The program will enable students to develop technology proficiency.
    - a. Students will respond 3 or higher on a five-point scale on course evaluations when asked if specific courses meet the Foundation Knowledge and Skills I. Communications: Demonstrated Ability to use current information technologies.
    - b. Employers will respond 3 or higher on a five-point scale on the Employer Questionnaire when asked to rate graduates' computer skills.

Food and Nutrition Program Goal for the Nutrition and Dietetics and Coordinated Program in Dietetics Concentrations Only:

5. The program will prepare Coordinated Program in Dietetics and Nutrition and Dietetics concentration students who have completed a dietetic internship to pass the Registration Exam administered by the Commission on Dietetic Registration of The American Dietetic Association.
  - a. The program graduates over a 5-year period will achieve at least an 85 % pass rate on the Registration Examination for Dietitians administered by the Commission on Dietetic Registration.

## Technology Requirements for Food and Nutrition Students

As entering freshman and transfer students majoring in Food and Nutrition, you are required to have a wireless laptop computer. Courses in Food and Nutrition will have projects and lectures based on computer programs, Blackboard and the Internet. The instructor will inform you of class sessions which will require you to bring your computer to class. Programs required are Microsoft Word, Excel, PowerPoint, and Publisher, as well as a diet analysis program. Nutrition Science and Applications (NUTR 205) will require you to purchase Diet Analysis Plus.

### Framingham State University & Dell Partner to Bring You the Dell Laptop

<http://www.framingham.edu/information-technology-services/special-offers/laptop-program/>

The intent of Framingham State University's laptop program is to bring technology-rich tools and resources into the classroom and help instructors to expand and deepen the learning experiences of their students. The wireless technology expands the access for students and instructors to Web-based and network-based resources through the use of laptops equipped with wireless LAN cards communicating with Wireless access units.

All new students entering the University are required to own a wireless laptop computer. Each year, the University secures a competitive price based on the best value, warranty and service for a recommended laptop for students and the University to purchase.



## **Framingham State University**

### **Didactic Program in Dietetics**

The Didactic Program in Dietetics (DPD) is a term used by the American Dietetic Association (ADA) to describe the program accredited under the Eligibility Requirements and Accreditation Standards (ERAS) as meeting academic requirements for admission to a supervised practice program. Framingham State University has one of 228 Didactic Programs; it is accredited by the Commission on Accreditation for Dietetic Education. Graduates of the Framingham State University, Food and Nutrition major, Nutrition and Dietetics concentration, meet DPD requirements. Students in the Coordinated Program in Dietetics (CPD) meet the DPD requirements and the Supervised Practice Requirements and are eligible, upon graduation, to take the Registration Examination for Dietitians.

The Didactic Program in Dietetics meets the Foundation Knowledge Requirements for Didactic Curriculum content of the American Dietetic Association for the entry-level dietitians. These Foundation Knowledge Requirements are based on data which has defined dietetic practice at the national level. Each college or university then develops a plan of courses to meet the Foundation Knowledge Requirements. DPD course requirements will, therefore, vary somewhat between institutions.

A student who has an undergraduate degree from another institution may complete DPD requirements at Framingham State University through the Master of Science in Food and Nutrition, Coordinated Program in Dietetics concentration. Visit <http://www.framingham.edu/graduate-and-continuing-education/graduate-programs/coordinated-program-in-dietetics/index.html> for additional information or schedule an appointment with Dr. Suzanne Neubauer at 508-626-4550.



## **Framingham State University Educational Preparation to be a Registered Dietitian**

Listed below are the minimum requirements set by the American Dietetic Association to become a Registered Dietitian.

- I. A **Bachelors degree** from a four-year accredited institution.
- II. Coursework that meets **Didactic Program in Dietetics (DPD)**.  
DPD programs are approved and accredited by the Commission on Accreditation for Dietetics Education and must meet the Foundation Knowledge for Didactic Curriculum content set forth in the Eligibility Requirements and Accreditation (ERAS) of the American Dietetic Association.

A Verification statement confirming completion of the DPD is provided by the DPD Director after the student has submitted an official Framingham State University transcript. Copies of this form with original signatures are required for application to a supervised practice program, application for active membership in the American Dietetic Association and application for eligibility to write the registration exam. Students should request five copies of this form with original signatures at the time they complete DPD requirements.

- III. **Supervised Practice Program** that meets the Competencies/ Learning Outcomes for Dietitian Education Supervised Practice (minimum of 1200 hours) in one of two types of accredited programs:

Coordinated Program – integrates the supervised practice with the academic requirements at either the undergraduate or graduate level.

**OR**

Dietetic Internship – post-baccalaureate supervised practice usually administered by a hospital, medical center, university or college.

- IV. Successful completion of the **Registration Examination for Dietitians**. To apply for eligibility to take the Registration Examination, applicants must submit Verification Statements from the Supervised Practice Program. The Registration Examination for Dietitians is given as a computer based exam at testing centers year round. Applicants submit an eligibility application and Verification statement to the Commission on Accreditation for Dietetics Education.



## Framingham State University

### Planning for your Supervised Practice

Food and Nutrition students should begin planning for their supervised practice early in their University program. Students should be aware that all supervised practice programs (Coordinated Program and Dietetic Internships) are **competitive** and require an application process that evaluates academic average (overall and in professional courses), work and academic references, and quality of work experience in dietetics.

The Coordinated Program in Dietetics at Framingham State University requires a minimum of a 2.5 overall grade point average (GPA), and a 2.0 GPA in science courses. Current applicants accepted into CPD have a 3.0 overall GPA with a GPA in science courses of 3.0.

#### How should I prepare for applying to the CPD?

1. Maintain a good academic average. Don't let any semester "slide." Utilize the services of CASA (College Academic Support Services – Peirce Hall Annex) for tutoring and other academic assistance.
2. Plan to get a summer and/or weekend job in the dietetics field. The CPD requires 200 hours of experience (NUTR 002 Orientation to Dietetics) before a student can be accepted into the program.
3. Meet with your advisor frequently. If you are experiencing difficulty in a course, initiate and maintain communication with the professor.
4. For admission to the Coordinated Program, you must have completed up to Organic Chemistry, Human Anatomy & Physiology: Cellular and Organ System or Human Physiology, and Food, Culture and Society (see course sequence) before beginning the program (you may apply while enrolled in these courses). Applications are accepted in February for entrance in the 2-year program the following fall. Notification of acceptance is in April.

Students in the Food and Nutrition Dietetics concentration apply to Dietetic Internships (DI) the last semester of their coursework. To be competitive, students should have at least a 3.0 or better overall GPA with a 3.0 GPA in dietetics and science courses. Current national acceptance rate for DIs is approximately 50%. While some supervised practice programs pay a stipend to interns, most do not. You should plan that the supervised practice year will be without pay and may require a substantial clinical fee or tuition payment.

#### How should I prepare for applying to DI?

1. Maintain a good academic average. Don't let any semester "slide." Utilize the services

of CASA (College Academic Support Services – Peirce Hall Annex) for tutoring and other academic assistance.

2. Plan to get a summer and/or weekend job in the dietetics field. Internships look for relevant work experience in their applicants. Students may want to complete NUTR 002 Orientation to Dietetics (no credit) to indicate on their University transcripts that they have 200 hours of relevant dietetics experience.
3. Meet with your advisor frequently. If you are experiencing difficulty in a course, initiate and maintain communication with the professor. Repeat courses in which the grade is a C- or lower, to maintain a competitive QPA.
4. Meet with the DPD Director, Dr. Marilyn Abernethy, sophomore/junior year to go over current GPA, dietetic work experience, and University activities.
5. The online dietetic internship application is submitted during the last semester of coursework. You should begin early (sophomore year) to select programs to which you would like to apply. All programs with descriptive information are listed on the ADA website at [www.eatright.org](http://www.eatright.org). There is a CD-Rom that contains more in depth information on all dietetic internships that can be checked out from Dr. Abernethy (H125).
6. If possible, a student should attend dietetic internship open houses, especially if they are in Massachusetts.

FOUR YEAR PROGRAM COMPLETION PLAN

Department of Food and Nutrition  
 Recommended Schedule for \_\_\_\_\_ Major with Nutrition and Dietetics Concentration

Year One: Fall semester	Year One: Spring Semester
NUTR 205 Nutrition Science and Applications	CHEM 108 Principles of Chemistry and Quantitative Analysis (pre, L) (Goal 6)
CHEM 107 Principles of Chemistry (L) (Goal 6)	BIOL 101 Biological Concepts (L) (Goal 7)
Goal 1 - Writing	Goal 3 - Language
Goal 2 – Quantitative (MATH 123 College Algebra recommended)	Goal 9 - General Psychology OR Introduction to Sociology (Goal 9,12) OR Introduction to Cultural Anthropology (Goal 9,11)

Year Two: Fall Semester	Year Two: Spring Semester
BIOL 272 Human Physiology & Anatomy: Cellular and Organ Systems (pre, L) OR BIOL 333 Human Physiology	NUTR 262 Food, Culture and Society (pre, L)
CHEM 207 Organic Chemistry I (pre, L)	Goal 8 - Historical Studies (Study of the Constitution)
Goal 4 - Literature or Philosophy	Elective
Goal 5 - Visual or Performing Arts (COMM 107 Effective Speaking recommended)	Elective

Year Three: Fall Semester	Year Three: Spring Semester
CHEM 301 Biochemistry (pre, L)	NUTR 384 Foodservice Systems (pre, L)
NUTR 364 Experimental Study of Food (pre, L)	BIOL 307 Microbiology (pre, L)
Goal 10 - Forces in the United States	Goal 11 Non-Western Studies
NUTR 482 Management of Food & Nutrition Services	Goal 12 - Gender, Class, and Race

Year Four: Fall Semester	Year Four: Spring Semester
NUTR 374 Human Nutrition Science (pre)	NUTR 478 Community Nutrition (pre)
NUTR 381 Introduction to Nutrition Practice (pre)	NUTR 479 Computer Applications in Nutrition (pre)
Elective	NUTR 483 Medical Nutrition Therapy (pre)
Elective	Elective

General Education Goals Checklist - Students must fill all of the following (goal \_ is fulfilled through the major):

- |  |   |
|--|---|
| <input type="checkbox"/> Goal 1 Writing                                | <input type="checkbox"/> Goal 7 Life Science*                 |
| <input type="checkbox"/> Goal 2 Quantitative (fulfilled through major) | <input type="checkbox"/> Goal 8 Historical Studies            |
| <input type="checkbox"/> Goal 3 Language                               | <input type="checkbox"/> Goal 9 Social and Behavioral Science |
| <input type="checkbox"/> Goal 4 Literature or Philosophy               | <input type="checkbox"/> Goal 10 Forces in the United States  |
| <input type="checkbox"/> Goal 5 visual or Performing Arts              | <input type="checkbox"/> Goal 11 Non-Western Studies          |
| <input type="checkbox"/> Goal 6 Physical Science*                      | <input type="checkbox"/> Goal 12 Gender, Class, and Race      |
| * <input type="checkbox"/> One of these must be a lab course           | <input type="checkbox"/> Study of the Constitutions           |

## Explanation of Course Sequence

pre = prerequisite course(s) required, review catalog

L = laboratory included as part of course

General Education Goals - Students who transfer in courses accepted as meeting General Education goals may elect to take other courses. Students must take at least 12 General Education courses to fulfill the General Education requirement.

General Education Goals 1 and 2 must be taken within the first three semesters; other General Education courses are interchangeable and in some instances, two goals can be met by one course, e.g., overlay. If course selection meets two goals, then a free General Education elective is possible.

**Students should use this course sequence as a guideline for discussion with their advisor.**

### NOTES:

1. Please be aware of the following course sequencing:

#### Chemistry and Clinical Nutrition Course Sequence

Principles of Chemistry ➡ Principles of Chemistry and Quantitative Analysis ➡ Organic Chemistry I ➡ Biochemistry ➡ Human Nutrition Science ➡ Medical Nutrition Therapy

#### Chemistry and Foodservice Course Sequence

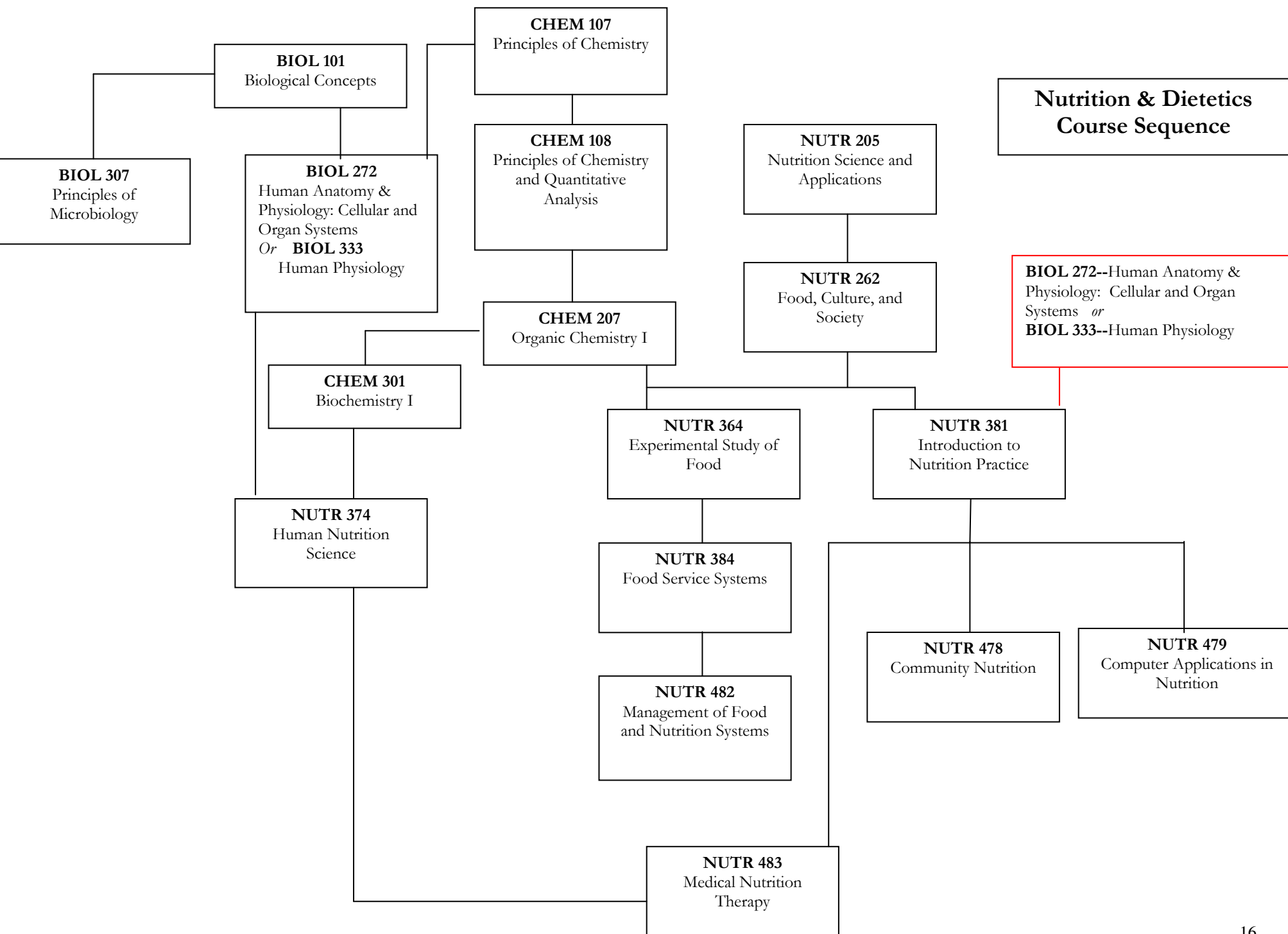
Principles of Chemistry ➡ Principles of Chemistry and Quantitative Analysis ➡ Organic Chemistry I ➡ Experimental Study of Food ➡ Foodservice Systems

#### Nutrition Course Sequence

Nutrition Science & Applications ➡ Food, Culture and Society ➡ Experimental Study of Food ➡ Foodservice Systems

Food, Culture and Society ➡ Introduction to Nutrition Practice ➡ Community Nutrition

2. See this handbook or University catalog for other suggested electives.
3. Students may elect to minor in another Department. Recommended minors are Food Science, Psychology, Communications, Modern Languages, Business, or Sociology. See university catalog for specific course requirements.
4. **Experience has shown that students who need to work more than 10 hours a week should consider taking fewer than 4 courses/semester.**





## FOUR YEAR PROGRAM COMPLETION PLAN

Department of Food and Nutrition  
 Recommended Schedule for \_\_\_\_\_ Major with Coordinated Program in Dietetics Concentration

Year One: Fall semester	Year One: Spring Semester
Nutrition Science and Applications	Principles of Chemistry & Quantitative Analysis (L) (Goal 6)
Principles of Chemistry (L) (Goal 6)	Biological Concepts (Goal 7)
Goal 1 – Writing	Goal 3 - Language
Goal 2 – Quantitative	Goal 4 - Literature or Philosophy

Year Two: Fall Semester	Year Two: Spring Semester
Human Physiology & Anatomy: Cellular and Organ Systems OR Human Physiology	Food, Culture, and Society
Organic Chemistry I	General Psychology (Goal 9) OR Intro to Sociology (Goal 9,12) OR Cultural Anthropology (Goal 9,11)
Goal 5 - Visual or Performing Arts	Biochemistry
Elective course	Goal 10 - Forces in the United States (Study of Constitution overlay if not met by Goal 8) Orientation to Dietetics (work experience, no credit)

*Summer: Microbiology, General Education course Goal 8 - Historical Studies - Study of Constitution with Goal 10 Overlay OR General Education elective (Goal 9, 11 or 12)<sup>1</sup>*

*Begin Coordinated Program in Dietetics*

Year Three: Fall Semester	Year Three: Spring Semester
Human Nutrition Science	Foodservice Systems (SP <sup>Error! Bookmark not defined.</sup> lab)
Introduction to Nutrition Practice (SP <sup>2</sup> lab)	Medical Nutrition Therapy (SP <sup>Error! Bookmark not defined.</sup> lab)
Experimental Study of Food	Community Nutrition
Goal 8 - Historical Studies - Study of Constitution with Goal 10 Overlay OR General Education elective (Goal 9, 11 or 12)	Microbiology or Goal 8 - Historical Studies - Study of Constitution with Goal 10 Overlay OR General Education elective(Goal 9, 11 or 12) <sup>3</sup>

*Summer: Microbiology, General Education course Goal 8 - Historical Studies - Study of Constitution with Goal 10 Overlay OR General Education elective (Goal 9, 11 or 12) 1*

*Nutrition in the School Environment On-Line Workshop<sup>4</sup> (DGCE fee applies.)*

Year Four: Fall Semester	Year Four: Spring Semester
Seminar in Clinical Nutrition	Management of Food and Nutrition Services
Clinical Experience in Dietetics (SP <sup>Error! Bookmark not defined.</sup> ) (credit: 2 courses)	Practicum in Foodservice Systems (9 weeks SP <sup>Error! Bookmark not defined.</sup> )
	Experience in Community Nutrition (7 weeks SP <sup>Error! Bookmark not defined.</sup> )
	School Nutrition Practicum (SP <sup>Error! Bookmark not defined.</sup> ) <sup>Error! Bookmark not defined.</sup>

<sup>1</sup> One course must be taken during summer session following sophomore or junior year to meet graduation requirements. Options for summer session include: general education goals not previously taken or microbiology. Intersession options for General Education courses are also available in sophomore or junior year.

<sup>2</sup> Supervised Practice

<sup>3</sup> Strongly recommended to take over the summer to decrease workload.

<sup>4</sup> Required summer on-line workshop provides an overview of nutrition and health education curricula available for implementation in the school nutrition practicum. Division of Graduate and Continuing Education (DGCE) fee applies. The supervised practice is completed during the same semester as Experience in Community Nutrition. Students who affiliate with a school nutrition program for Practicum in Foodservice Systems will be paired with a student who has an alternate foodservice placement to complete this experience.

## General Education Goals Checklist

Students must fill all of the following (goal \_ is fulfilled through the major):

- |  |   |
|--|---|
| <input type="checkbox"/> Goal 1 Writing                                | <input type="checkbox"/> Goal 7 Life Science*                 |
| <input type="checkbox"/> Goal 2 Quantitative (fulfilled through major) | <input type="checkbox"/> Goal 8 Historical Studies            |
| <input type="checkbox"/> Goal 3 Language                               | <input type="checkbox"/> Goal 9 Social and Behavioral Science |
| <input type="checkbox"/> Goal 4 Literature or Philosophy               | <input type="checkbox"/> Goal 10 Forces in the United States  |
| <input type="checkbox"/> Goal 5 visual or Performing Arts              | <input type="checkbox"/> Goal 11 Non-Western Studies          |
| <input type="checkbox"/> Goal 6 Physical Science*                      | <input type="checkbox"/> Goal 12 Gender, Class, and Race      |
| <input type="checkbox"/> * One of these must be a lab course           | <input type="checkbox"/> Study of the Constitutions           |

### NOTES:

1. Please be aware of the following course sequencing:

#### Chemistry and Clinical Nutrition Course Sequence

Principles of Chemistry ➡ Principles of Chemistry and Quantitative Analysis ➡  
Organic Chemistry I ➡ Biochemistry ➡ Human Nutrition Science ➡ Medical Nutrition Therapy

#### Chemistry and Nutrition (Foodservice) Course Sequence

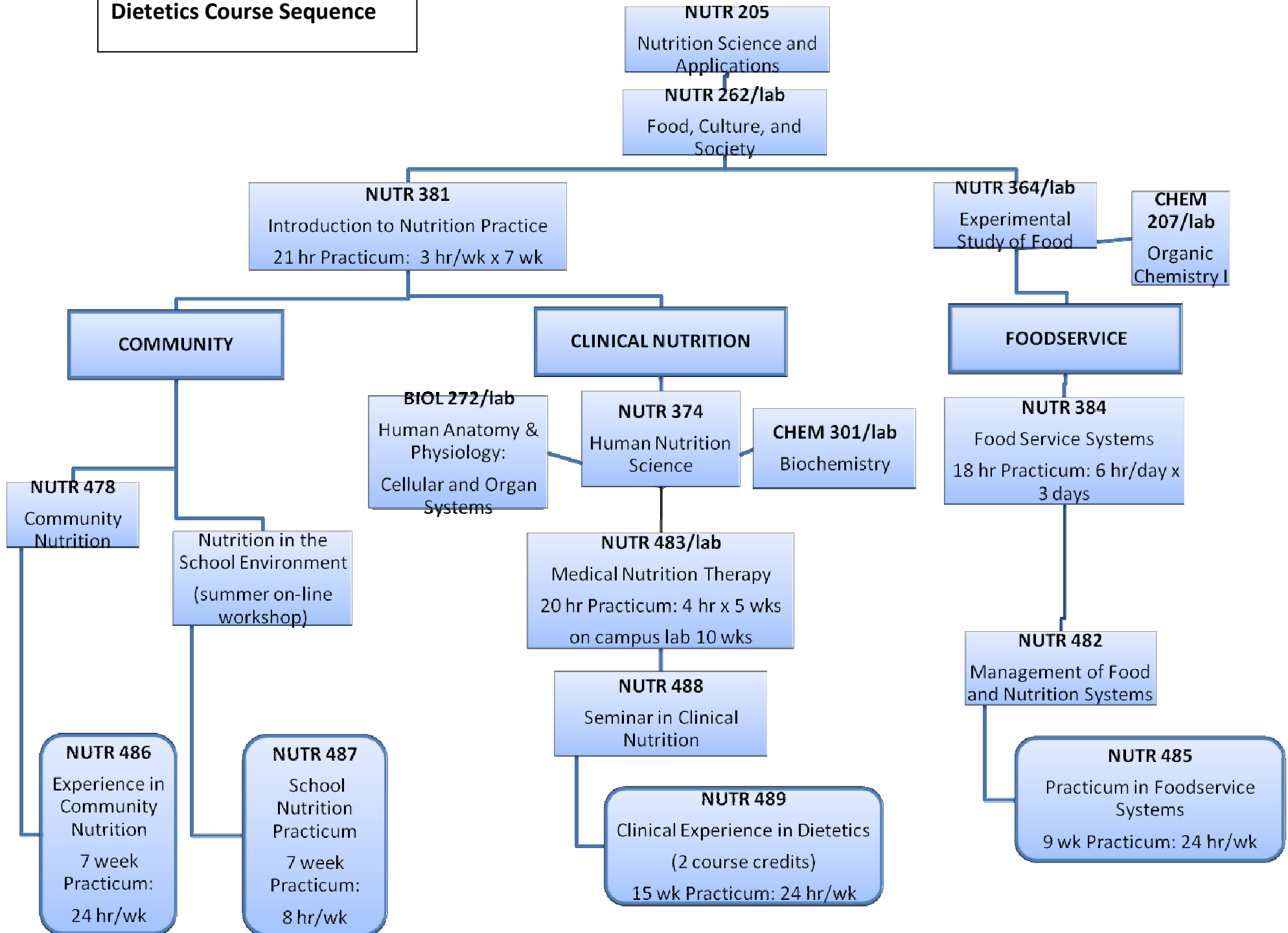
Nutrition Science & Applications ➡ Food, Culture and Society ➡ Organic Chemistry I  
➡ Experimental Study of Food ➡ Foodservice Systems ⇔ Management of Food and Nutrition  
Services

#### Nutrition (Community) Course Sequence

Food, Culture and Society ➡ Introduction to Nutrition Practice ➡ Community Nutrition

2. Students may elect to minor in another Department. Other recommended minors are Food Science, Psychology, Communications, Modern Languages, Business, or Sociology. See university catalog for requirements. Note: A minimum of three courses to satisfy any minor must be taken at Framingham State University.
3. **Experience has shown that students who need to work more than 10 hours a week should consider taking fewer than 4 courses/semester.**

**Coordinated Program in  
Dietetics Course Sequence**







## **Applied Nutrition Concentration**

This concentration is for students who do **not** plan to pursue requirements for the Registration Exam for Dietitians. Students take basic science courses in chemistry and biology in addition to a core of food and nutrition courses that provide a general background in nutrition and health, community nutrition, and foodservice management. Students complete a one-course internship during their senior year.

A minor in one of the following areas is strongly recommended for this concentration: Biology, Business, Information technology, Journalism, Psychology, Sociology, Spanish, Communication arts, or Professional writing. Students should work closely with their advisors in choosing courses for their minors that will enhance their professional background.



## FOUR YEAR PROGRAM COMPLETION PLAN

Department of Food and Nutrition  
 Recommended Schedule for \_\_\_\_\_ Major with Applied Nutrition Concentration

Year One: Fall semester	Year One: Spring Semester
NUTR 205 Nutrition Science and Applications	PSYC 101 General Psychology (Goal 9)
CHEM 103 General Chemistry OR CHEM 107 Principles of Chemistry (L) (Goal 6)	BIOL 142 Introduction to Human Biology (Goal 7)
Goal 1 - Writing	Goal 3 Language
Goal 2 - Quantitative	CONS 210 Consumer Economics

Year Two: Fall Semester	Year Two: Spring Semester
NUTR 262 Food, Culture and Society (pre, L)	Goal 8 - Historical Studies (Study of the Constitution)
ENGL 286 Professional Writing	CHEM 201 Organic Chemistry (L)
Goal 4 - Literature or Philosophy	NUTR 271 Nutrition for Sports and Exercise
Elective	Goal 5 - Visual or Performing Arts (Suggest COMM 107 Effective Speaking)

Year Three: Fall Semester	Year Three: Spring Semester
NUTR 364 Experimental Study of Food (p, L)	Elective
NUTR 381 Introduction to Nutrition Practice (pre)	Elective (Suggest: PSYC 205 Health Psychology)
NUTR 482 Management of Food & Nutrition Services	Goal 11 Non-Western Studies
Elective A minor is strongly recommended.	Elective (Suggest CONS 105 Personal & Community Health)

Year Four: Fall Semester	Year Four: Spring Semester
NUTR 384 Foodservice Systems (p)	NUTR 496 Internship in Food and Nutrition
NUTR 478 Community Nutrition (pre)	NUTR 479 Computer Applications in Nutrition (pre)
Goal 12 - Gender, Class, and Race	Goal 10 – Forces in the United States (Study of the Constitution if not met by Goal 8)
CONS 314 Consumer and Health Communication	Elective

General Education Goals Checklist - Students must fill all of the following (goal \_ is fulfilled through the major):

- |   |  |
|---|--|
| <input type="checkbox"/> Goal 1 Writing<br><input type="checkbox"/> Goal 2 Quantitative (fulfilled through major)<br><input type="checkbox"/> Goal 3 Language<br><input type="checkbox"/> Goal 4 Literature or Philosophy<br><input type="checkbox"/> Goal 5 visual or Performing Arts<br><input type="checkbox"/> Goal 6 Physical Science* | <input type="checkbox"/> Goal 7 Life Science*<br><input type="checkbox"/> Goal 8 Historical Studies<br><input type="checkbox"/> Goal 9 Social and Behavioral Science<br><input type="checkbox"/> Goal 10 Forces in the United States<br><input type="checkbox"/> Goal 11 Non-Western Studies<br><input type="checkbox"/> Goal 12 Gender, Class, and Race |
|---|--|

\*  One of these must be a lab course       Study of the Constitutions

## Explanation of Course Sequence

pre = prerequisite course(s) required, review catalog

L = laboratory included as part of course.

General Education Goals - Students who transfer in courses accepted as meeting General Education goals may elect to take other courses. Students must take at least 12 General Education courses to fulfill the General Education requirement.

General Education Goals 1 and 2 must be taken within the first three semesters; other General Education courses are interchangeable and in some instances, two goals can be met by one course, e.g., overlay. If course selection meets two goals, then a free General Education elective is possible.

**Students should use this course sequence as a guideline for discussion with their advisor.**

### NOTES:

1. Please be aware of the following course sequencing:

#### Chemistry and Nutrition Course Sequence

General Chemistry → Organic Chemistry → Experimental Study of Food

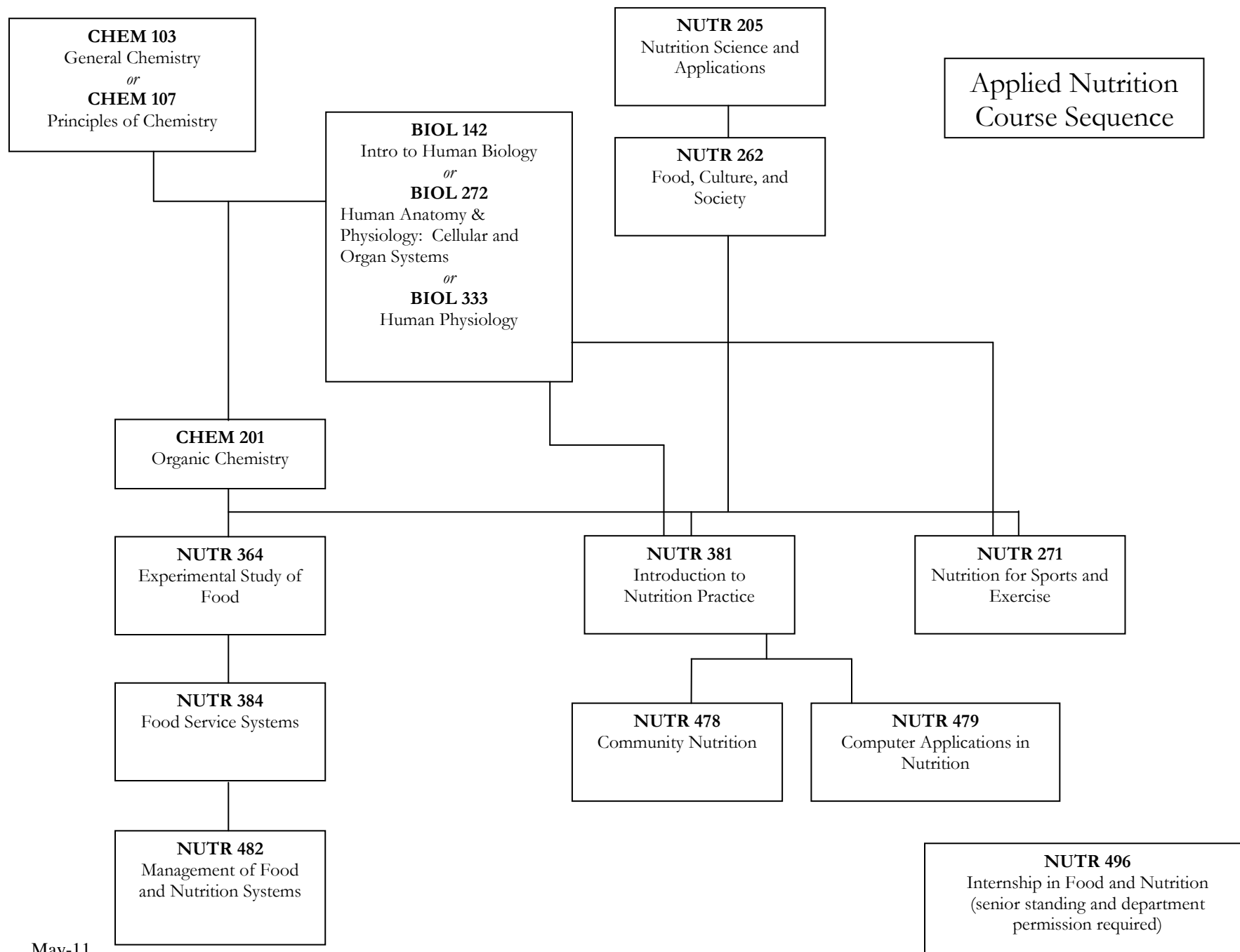
#### Nutrition Course Sequences

A. Nutrition: Science and Applications → Food, Culture and Society → Experimental Study of Food → Foodservice Systems ⇔ Management of Food and Nutrition Services

B. Food, Culture and Society → Introduction to Nutrition Practice → Community Nutrition

C. Food Culture and Society → Computer Applications in Nutrition

2. See this handbook and the university catalog for other suggested electives.
3. Students are encouraged to select a minor in one of the following areas: Biology, Business, Information technology, Journalism, Psychology, Sociology, Spanish, Communication arts, or Professional writing.
4. **Experience has shown that students who need to work more than 10 hours a week should consider taking fewer than 4 courses/semester.**





## Required Courses Offered Only Once Each Academic Year

Course Number/Name	Semester Offered
BIOL 272 Human Anatomy and Physiology I	Fall (Alternate)
BIOL 307 Principles of Microbiology	Spring and Summer
BIOL 333 Principles of Human Physiology	Fall (Alternate)
CHEM 107 Principles of Chemistry**	Fall
CHEM 108 Principles of Chemistry and Quantitative Analysis**	Spring
CHEM 201 Organic Chemistry	Spring
CHEM 207 Organic Chemistry I	Fall
CHEM 478 Community Nutrition*	Spring
NUTR 479 Computer Applications in Nutrition	Spring
NUTR 483 Medical Nutrition Therapy	Spring
NUTR 374 Human Nutrition Science*	Fall
NUTR 381 Introduction to Nutrition Practice*	Fall

\*These courses are taught both semesters every other year. Please check with your advisor for the schedule.

\*\* These courses have been offered since 2010 during summer semester.

**Important Note: There may be other scheduling changes in course offerings; check with your advisor for updates in course offerings**

## **Suggested Electives for Food and Nutrition Majors**

**Some of these courses may be required courses for one of the three (3) Food and Nutrition Concentrations, please check your concentration requirements and the course prerequisites before selecting courses from this list.**

ACCT 220 Introduction to Financial Accounting  
COMM 105 Foundations of Communication  
COMM 107 Effective Speaking  
COMM 115 Introduction to Speech Communication  
CONS 105 Personal & Community Health  
CONS 210 Consumer Economics  
CONS 314 Consumer and Health Communication  
CONS 422 Family Financial Decision Making  
FDSC 151 Principles of Food Science  
FDSC 405 Food Analysis  
ENGL 225 Introduction to Journalism  
ENGL 286 Professional Writing  
FDSC 151 Principles of Food Science  
MATH 208 Biostatistics  
NUTR 002 Orientation to Dietetics (No course credit)  
NUTR 271 Nutrition for Sports and Exercise  
NUTR 390 Special Topics in Nutrition  
NUTR 490 Independent Study in Food and Nutrition  
NUTR 496 Food and Nutrition Internship  
NUTR 499 Food and Nutrition Internship: US Army Natick Research, Development and  
Engineering Center (NRDEC)  
PSYC 208 Health Psychology  
PSYC 258 Human Relations  
PSYC 271 Principles of Behavior Modification  
PSYC 286 Psychology of Women  
SOC 101 Introduction to Sociology  
SOC 245 Race and Ethnic Relations  
SOC 280 Social Gerontology  
SOC 325 Medical Sociology

## **Overview of Internship in Food and Nutrition (NUTR 496)**

(You are required to follow these guidelines)

**\*Please review the application on the following three pages to obtain a better understanding of the internship process.**

You must have a 2.5 QPA in courses in the major. If you do not have a 2.5 QPA, speak to your advisor.

If you are a Food and Nutrition major with a concentration in Applied Nutrition (FNU), you may apply for your required internship when you have junior or senior class standing. NUTR 314 Consumer and Health Communication must be completed prior to starting your internship. If you are a Dietetics or Coordinated Program concentration student you must have junior or senior standing.

You must submit your application form found in this handbook or on the Food and Nutrition Program website, to your advisor by the end of fall advising period for spring semester internship and end of spring advising period for the fall semester internship.

The application process is very important. You need to meet with your faculty advisor, who will verify that your QPA is acceptable. You need to prepare a high quality resume to be submitted with your internship application. Resume assistance can be obtained at the Office of Career Services.

You are encouraged to explore various types of internship possibilities. You are free to look for internship options on your own. The university supervisor will notify you when you need to set up a formal interview with possible internship sites. Bring a copy of your resume and the internship objectives with you to the interview.

After the interview, discuss the results with the university faculty supervisor. A decision will be made as to the final placement. Submit drafts of your thank you letters or e-mails to the interviewer. Once the draft is accepted by your supervisor, send out the letters. A copy of each thank you letter is placed in your internship file.

All placements are to be finalized before the end of the prior semester. The supervisor will notify you when the internship will start.

Your grade for the internship is influenced by how responsible and competent you were in setting up your internship.

During the semester all interns are required to attend weekly meetings on campus.

**NUTR 490 Independent Study in Food and Nutrition**  
**NUTR 496 Internship in Food and Nutrition**  
**NUTR 499 Internship in Food and Nutrition: U.S. Army Labs**

To apply for these courses, you must complete the application form on the next page or on the Food and Nutrition Program website. The completed application, along with your goals and objectives for the course, must be submitted to your advisor by the end of fall advising period for internships starting in spring semester and spring semester at the end of advising period for internships starting in fall semester. Please include a copy of your academic course progress form from:

<https://my.campus.framingham.edu/cp/home/displaylogin>

The course progress form shows the courses you have taken, your grades, and your QPA.

### NUTR 490 Independent Study in Food and Nutrition

An in-depth investigation of a specific topic relating to the student's area of interest in food and nutrition. A written proposal on the topic selected is made by the student to the faculty advisor. An oral presentation and final written report of the student's topic is required. Prerequisite: NUTR 374 Human Nutrition Science. Application due by October 15 for spring semester and February 15 for fall semester.

### NUTR 496 Internship in Food and Nutrition

A supervised work experience in community nutrition, foodservice management, or medical nutrition therapy. Students submit an application that identifies specific goals for the experience and a résumé. An ability to work independently is expected. A major project is required. A minimum of one eight-hour day per week is required. Prerequisites: Senior standing and permission of department chair. A QPA of 2.50 in all courses for the major.

### NUTR 499 Internship in Food and Nutrition: U.S. Army Labs

A supervised work experience in food or nutrition as it pertains to the military. The student joins a research team in one of two areas: U.S. Army Research Institute of Environmental Medicine (USARIEM), or U.S. Army Sustainability Directorate (SusD). One eight-hour day per week required. Prerequisites: NUTR 364 Experimental Study of Food, NUTR 381 Introduction to Nutrition Practice, and QPA of 2.50 in all courses for the major. Departmental permission required.

## Food and Nutrition Internship/Independent Study Application Form

**Directions:** Please complete the following application form and submit it to your faculty adviser. Due dates are: Fall semester is during spring advising period and Spring semester is during fall advising.

**Resume:** You must submit a professional resume with the internship application. Visit the Career Services website for help with your resume: <http://www.framingham.edu/career-services/students-and-alumni/resume-and-cover-letters.html> . Schedule an appointment with Career Services to review your resume BEFORE you submit it; you must include documentation that Career Services has reviewed your resume. Once your internship application is approved, you should send an electronic copy of your resume to the course instructor.

1. Student name \_\_\_\_\_ Date \_\_\_\_\_
2. Current address \_\_\_\_\_  
Email address \_\_\_\_\_ Phone \_\_\_\_\_
3. **Transportation is the student responsibility.** Where will you be living during your internship?  
\_\_\_\_\_
4. Faculty adviser \_\_\_\_\_
5. Please check your concentration in the food and nutrition major:  
\_\_\_ FNU (Applied Nutrition) \_\_\_ FND (Nutrition and Dietetics) \_\_\_ FNP (Coordinated Program)
6. Semester internship requested: Fall 20\_\_\_\_ Spring 20\_\_\_\_
7. Expected graduation date, please complete: May 20\_\_\_\_ August 20\_\_\_\_ December 20\_\_\_\_
8. Current Overall QPA \_\_\_\_\_

Write the grade you received for each of the following food and nutrition courses. If you have not completed the course, write N/A. If you are currently enrolled in a course, write 'IP' to indicate 'in-progress.'

- \_\_\_\_\_ Nutrition Science and Applications
- \_\_\_\_\_ Food, Culture, and Society
- \_\_\_\_\_ Experimental Study of Food
- \_\_\_\_\_ Nutrition for Sports and Exercise
- \_\_\_\_\_ Special Topics in Nutrition: Chronic Disease
- \_\_\_\_\_ Human Nutrition Science
- \_\_\_\_\_ Introduction to Nutrition Practice
- \_\_\_\_\_ Foodservice Systems
- \_\_\_\_\_ Management of Food and Nutrition Services
- \_\_\_\_\_ Medical Nutrition Therapy
- \_\_\_\_\_ Computer Applications in Nutrition
- \_\_\_\_\_ Community Nutrition

\_\_\_\_\_ Consumer and Health Communications

9. Check the type of internship which you are requesting. Please review course descriptions in the catalog at <http://www.framingham.edu/undergraduate-catalogs/2010-2011/departments-and-courses.html>

- NUTR 496 Internship in Food and Nutrition
- NUTR 499 Food and Nutrition Internship: U.S. Army Natick Research, Development and Engineering Center (Skip to #11 on the application)
- NUTR 491 Independent Study in Food and Nutrition

10. Are you able to communicate in a language other than English?

Yes  No If yes, which language? \_\_\_\_\_

11. Rate the population groups with which you would most like to work and the settings in which you would like to work. Indicate your first, second, and third choices for both population groups and settings by placing 1, 2, or 3 in each column.

<b><u>Population</u></b>	<b><u>Setting</u></b>
<input type="checkbox"/> General population	<input type="checkbox"/> Hospital or HMO outpatient service
<input type="checkbox"/> Adults	<input type="checkbox"/> Hospital inpatient services
<input type="checkbox"/> Children	<input type="checkbox"/> Elderly Nutrition Program
<input type="checkbox"/> Pregnant or lactating women	<input type="checkbox"/> Business or industry foodservice
<input type="checkbox"/> Infants and young children	<input type="checkbox"/> School nutrition service
<input type="checkbox"/> Adolescents	<input type="checkbox"/> WIC
<input type="checkbox"/> Geriatric population	<input type="checkbox"/> Extended care facility
<input type="checkbox"/> Rehabilitation program	<input type="checkbox"/> Child care agency
<input type="checkbox"/> Newspaper or other media	<input type="checkbox"/> Neighborhood health center
<input type="checkbox"/> Other, please specify _____	<input type="checkbox"/> Food company
	<input type="checkbox"/> Other, please specify _____

12. Place an X next to the skills you would like to develop or improve.

- |  |  |
|--|--|
| <input type="checkbox"/> Patient counseling              | <input type="checkbox"/> Clinical nutrition    |
| <input type="checkbox"/> Nutrition education             | <input type="checkbox"/> Speaking to groups    |
| <input type="checkbox"/> Staff or professional training  | <input type="checkbox"/> Management skills     |
| <input type="checkbox"/> Educational program development | <input type="checkbox"/> Foodservice operation |
| <input type="checkbox"/> Technology skills               | <input type="checkbox"/> Food testing          |
| <input type="checkbox"/> Writing                         | <input type="checkbox"/> Food science research |
| <input type="checkbox"/> Other, please specify: _____    |  |

13. List your major strengths:

- 1.
- 2.
- 3.

14. Please provide any additional information which might be helpful in placing you.

## **Student Portfolio**

A portfolio is a method of presenting your accomplishments to potential employers. In today's job market, a student-developed portfolio can be taken to interviews for either internships or jobs. All Food and Nutrition students are strongly encouraged to develop and maintain a portfolio of projects, activities, research papers, and other materials produced for courses, that are representative of your skills and knowledge in the areas of food and nutrition. Electronic portfolios developed will be started in Food, Culture and Society (NUTR 262). Professors in Food and Nutrition will designate the projects in their courses that you could include in your portfolio.

Electronic portfolios will be completed in Computer Applications in Nutrition (NUTR 479) for Nutrition and Dietetics and Applied Nutrition concentration students. Students in the Coordinated Program (FNP) will complete their portfolio in Experiences in Community Nutrition (NUTR 486).

## **Becoming a Licensed Dietitian/Nutritionist (LDN) in Massachusetts**

Once graduates of either the Nutrition and Dietetics (FND) or the Coordinated Program in Dietetics (FNP) concentration pass the American Dietetic Association registration examination and become Registered Dietitians (R.D.), they can become a licensed dietitian/nutritionist (LDN) in Massachusetts. For additional information, go to the Board of Registration of Dietitians and Nutritionists:

<http://www.mass.gov/dpl/boards/nu/cmr/26802.htm>.

**Framingham State University**  
**Department of Consumer Sciences**  
**Food and Nutrition Major**  
**Course Transfer Credit Policy**

**I. Documentation**

You should write a letter to the Committee and list the course(s) for which you are requesting transfer credit and the corresponding FSU courses(s). For each course under consideration, you should provide.

1. a transcript from the college/university where the course was taken.
2. the FSU course progress form printed from [www.myframingham.com](http://www.myframingham.com) .
3. a catalog with course descriptions from the college/university where the course was taken.
4. the textbook name and author (provide the text if possible).
5. the course syllabus/outline and topic outline.
6. complete Course Substitution Form with your advisor.

The above documentation should be submitted to the student's advisor who will submit it to the Course Transfer Credit Committee.

**II. Criteria for Granting Transfer Credit**

The Committee will determine course transfer credit on the basis of the following criteria:

1. similar course content
2. the level at which the course is taught: the transfer course must have similar prerequisites to the FSU course
3. if the FSU course has a clinical experience, the transfer course must have an equivalent clinical experience to receive credit
4. any course accepted for credit which meets The American Dietetic Association's Foundation Knowledge for Didactic Curriculum Content must have been taken within 10 years of applying for transfer credit

**III. Questionable Transfer Credit**

1. At the discretion of the committee, you may be given the opportunity to test out of a course by passing an exam with an 80 or above. The FSU course instructor would specify the exam.
2. The committee may ask to see class notes if necessary to determine course content.

**IV. Reporting**

1. A memo from the committee, with a copy to the advisor and Admissions Office or Registrar (if appropriate), will be sent to the student.

**V. Student Questions**

1. Students may discuss questions/concerns with the chairperson of the Course Transfer Credit Committee.
2. Students who wish to appeal a decision of the Course Transfer Credit Committee may do so in writing to the Chair of the Consumer Sciences Department

## Scholarships Available to Food and Nutrition Majors

Applications for all scholarships are available in the Financial Aid Office and the website [www.framingham.edu/nutrition](http://www.framingham.edu/nutrition) early spring semester unless otherwise noted. Watch the Department's bulletin board for notice of additional scholarships.

### FRAMINGHAM STATE UNIVERSITY and FOUNDATION SCHOLARSHIPS

FSU Scholarships and Foundation Scholarships are awarded based upon academic success and/or financial need (determined from the FAFSA). They are awarded to both new and returning students. Returning students must submit a Framingham State University Scholarship Application and all supporting materials by March 15, 2006. Some scholarships require additional information. Applications can be picked up in the Financial Aid Office, from <http://www.framingham.edu/FinancialAid/finaidforms.htm>, or from <http://www.framingham.edu/nutrition>. Watch the Department's bulletin board for notice of additional scholarships.

Freshmen and transfer students do not need to submit the Framingham State University Scholarship Application (with the exception of Christa Corrigan McAuliffe Scholarship applicants). Freshmen and transfer students will be evaluated for scholarships based upon their admissions application, including official transcripts. Candidates for the Christa Corrigan McAuliffe Scholarship may obtain an application from the Admissions Office or from the Financial Aid Office.

The **Class of 1993 Leadership Scholarship** was established to help benefit student leaders on campus. This scholarship is available to a full-time undergraduate junior or senior. The eligible candidate will be a class officer or executive board member for the class and will have served for a minimum of two years. Students must have a minimum QPA of 2.0 and show proven leadership ability as well as outstanding service to the FSU community. *Candidates must submit an essay (no more than 300 words) stating why they chose to become a class officer or serve on the executive board and how they have used this role to serve the FSU community.* Two letters of recommendation must be submitted with the application. Letters should be from individuals who can address the candidate's leadership skills and service.

The **Dr. Arthur M. Doyle Scholarship**- Dr. Doyle was one of the early advocates for the use of computers in the classroom. He was committed to making Framingham State University a leader in academic technology. Dr. Doyle served the College for 34 years, beginning as an assistant professor of physics and rising to the position of full professor and chair of the department before moving to academic administration. He became Academic Vice President in 1999 and served in that role until his untimely death in 2002. The award is open to full time students with junior or senior standing and a minimum CQPA of 3.0. Candidates must submit an essay explaining how the laptop computer experience has enhanced their academic program of studies.

The **Lucy Marcille Gillis Scholarship** was established in honor of Lucy Marcille Gillis, class of 1919, by her nieces. The scholarship is to be awarded to a female student who demonstrates financial need and has a CQPA of 3.0 or better.

The **Dr. Alice M. Glover Scholarship Awards** are available to full-time Framingham State University undergraduate science majors "who have demonstrated interest and proficiency in the natural sciences."

A number of these scholarships will be awarded to current students, incoming freshmen and transfer students. Scholarships are renewable annually, provided a minimum QPA of 3.0 is maintained.

The **Sidney and Katherine Goodstein Scholarship** is awarded to the student selected as the most deserving and qualified junior or senior in the Food & Nutrition Department.

The **Carmela Hilbert Immigrant Scholarship** was established by Carmela Hilbert (class of 1946) in honor of her mother, Adelina Acchione Cellucci. It is available to financially deserving sophomores, juniors and seniors who are immigrants to the United States of America and who have achieved a QPA of 3.0 or higher. *Applicants must submit an essay describing what they hope to contribute to society upon completion of their education at Framingham State University.*

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The **Margaret Fenwick Hinchcliffe Scholarship** is awarded to students in the senior class who have achieved superior academic standing along with significant involvement in extra-curricular activities on campus or in one's home community.

The **Robert J. Lemieux Metro West Scholarship** was established to assist academically promising and financially deserving high school graduates of the Metro West area. The scholarship is open to residents of the following Metro West towns: Ashland, Framingham, Holliston, Hopkinton, Natick, Sherborn, Southborough, Sudbury, Wayland, and Westborough. Priority in funding will be given to previous recipients who have achieved a grade point average of 'B' or better in undergraduate course work. *Applicants must submit a short essay stating what obstacles they have had to overcome in order to attend the University.* Recipients must maintain full-time status at the University. Applicants must submit the Free Application for Federal Student Financial Aid (FAFSA).

The **Susan B. Lyman Scholarship** was established as part of a bequest to Framingham State University in 1897 by Susan B. Lyman. It is awarded to a deserving, diligent and meritorious junior or senior demonstrating financial need and a minimum QPA of 3.0. Applicants must submit the Free Application for Federal Student Financial Aid (FAFSA).

The **Joan Kelleher Martinuzzi Scholarship** is made possible through the generosity of Joan Kelleher Martinuzzi, Class of 1949 and her seven children. Upon graduation from Framingham State University, Mrs. Martinuzzi completed a dietetic internship at the University of Michigan and then embarked on a career as a therapeutic dietician before starting a family. The scholarship is intended to assist a deserving and motivated degree-seeking student who plans to enter the dietetics profession or a related field. This scholarship is awarded to a junior majoring in Food and Nutrition who meets the above criteria and has a cumulative QPA of 3.3 or higher.

The **Christa Corrigan McAuliffe Scholarships** are available to students who present exemplary academic credentials combined with evidence of noteworthy achievement in non-academic areas. All prospective freshmen and/or transfer day division students are eligible. Current undergraduate students at FSU enrolled full time for at least one semester and carrying a minimum of three course credits are eligible for this scholarship. Students must present evidence of a demonstrated talent in one of the following: art, music, drama, creative writing, journalism, school or community leadership, specific academic discipline or other suitable area and evidence of at least one of the following:

- A. Combined SAT scores of at least 1100.
- B. Weighted high school rank in the top 15 percent.
- C. Substantial evidence of exceptional academic achievement.

D. A QPA of 3.3 or higher on a 4.0 point scale.

Christa McAuliffe said, "I touch the future, I teach." *In an essay of not more than 700 words, write a description of a teacher, at any level, who has had a major influence in your life.*

The **Louisa A. Nicholass Scholarship** is named for the former head of the Household Arts Department. Prior to coming to Framingham she served as principal of the Mary Hemenway School of Home Economics in Boston. Due to her efforts and the efforts of others, The American Home Economics Association in Washington, D.C. was established in 1908. This scholarship is given to students majoring in Family and Consumer Sciences with a minimum QPA of 3.0.

**The Doris Butler Sutton Scholarship.** Doris Sutton attended the Framingham State Normal School as a member of the class of 1921. She lived most of her life in Washington, D.C., and died in 1964. This scholarship is available to undergraduate Family and Consumer Science majors. Students must have completed eight or more courses in order to qualify. Financial need is also a consideration for this scholarship. Applicants must submit the Free Application for Federal Student Financial Aid (FAFSA).

The **Jose B. Tombs Scholarship** is available to an undergraduate student enrolled at Framingham State University. Applications will be accepted from students who have completed at least one semester (four courses) at the University, and have declared their major in a basic or applied science. Preference will be given to students who have demonstrated proficiency in science courses at Framingham State University and have financial need as determined by the Financial Aid Office. Applicants must submit the Free Application for Federal Student Financial Aid (FAFSA).

**Marion L. Cronan Memorial Award** will be granted to an undergraduate or graduate student with at least one full semester left to complete their program at Framingham State University, who has demonstrated ability and a passion for the field of nutrition.

### **Off Campus Scholarships:**

Massachusetts Dietetic Association (MDA) and the American Dietetic Association Foundation (ADAF) scholarships are also posted on the Department's bulletin board. Both of these scholarships require the student to be a student member of the ADA.

Visit ADA website: [www.eatright.org/](http://www.eatright.org/)

Visit MDA website: [www.massnutrition.org/](http://www.massnutrition.org/)

### **Metrowest Community Health Care Foundation Health Professions Scholarship Program**

Criteria for eligibility:

1. applicants must be a resident or work at least 15 hours per week in one of the following twenty-five towns: Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medfield, Medway, Mendon, Milford, Millis, Natick, Needham, Norfolk, Northborough, Sherborn, Southborough, Sudbury, Wayland, Wellesley, or Westborough.
2. applicants must be enrolled in a nursing, or formal medical, or clinical training program at accredited institution.

Visit website: [www.mchcf.org](http://www.mchcf.org)

## National Poultry & Food Distributors Association Scholarship Foundation (NPFDA)

### Criteria for eligibility:

1. students must be in their Junior or Senior (University) year when they receive the scholarship – therefore may be a sophomore when applying.
2. consideration of academic excellence
3. applicants must be enrolled as a full time student in a U.S. University/College
4. past and current involvement in poultry and food related activities
5. professional objectives of the student

# Appendix A



### ***Food and Nutrition Courses:***

#### **NUTR 002 Orientation to Dietetics (No course credit)**

A non-credit (200 hour minimum work experience in dietetics approved by a Food and Nutrition faculty member. A written evaluation of the student's performance is required from the student's employer. This work experience is recommended for all Food and Nutrition majors and is required prior to admission to the Coordinated Program in Dietetics.

#### **NUTR 205 Nutrition Science and Applications (Gen. Ed. Goal 7)**

An integration of nutrition science with its application to diet and health. Emphasis is placed on nutrient and energy requirements for individuals throughout the life span. Topics include macro- and micronutrients; digestion, absorption, and metabolism; body composition and weight management; vegetarianism; sports nutrition; chronic disease; and environmental issues. Students conduct a computer analysis of their own diets.

Note: Students cannot receive credit for both NUTR 205 Nutrition Science and Applications and 34.120 Current Issues in Nutrition and Health or 34.171 Human Nutrition in the Life Cycle.

#### **NUTR 262 Food, Culture, and Society**

A study of the sociocultural and economic factors that affect the ways individuals and groups manage food. The impacts of culture, income, gender, age, health concerns, and time management are examined. The food system is studied as it relates to consumers' needs. Food management skills are emphasized in laboratory experiences.

Nutritional analyses are performed on the computer.

Prerequisite: NUTR 205 Nutrition Science and Applications.

#### **NUTR 271 Nutrition for Sports and Exercise**

The study of the association between nutrition and exercise performance. Metabolism of carbohydrates, fats, proteins, vitamins, minerals and water and its effect on athletic training is stressed. Nutrition assessment of athletes, how to measure body composition, and the use of and controversy over ergogenic aids are explored in depth.

Prerequisites: NUTR 205 Nutrition Science and Applications, CHEM 103 General Chemistry or CHEM 107 Principles of Chemistry, BIOL 142 Introduction to Human Biology or BIOL 333 Principles of Human Physiology or BIOL 272 Human Anatomy and Physiology: Cellular and Organ Systems.

#### **NUTR 290 Study Tour: Food and Nutrition**

A food and nutrition course taught through on-site exposure to food systems and/or culinary practices. Traditional methods of teaching are also employed. Students gain direct experience of food and nutrition in geographic, cultural, political, educational, culinary and historical contexts. Students meet and prepare course materials prior to the tour. The topics and locations may vary from year to year and are announced in the course schedule. This course, in a different topic/location, may be repeated for credit. Additional course fees may apply.

#### **NUTR 364 Experimental Study of Food**

A study of the scientific basis for the selection, preparation and handling of food. Laboratory application includes principles underlying food preparation, experimentation in comparative food preparation, and an independent student laboratory research project.

Prerequisite: NUTR 262 Food, Culture, and Society and an organic chemistry course.

#### **NUTR 374 Human Nutrition Science**

A study of the interrelationships and respective functions of nutrients, and the integration of nutrition, biochemistry, and human physiology. Emphasis is placed on research design in classic and current nutrition studies with respect to nutrition and health.

Prerequisites: CHEM 301 Biochemistry I; and BIOL 272 Human Anatomy and Physiology: Cellular and Organ Systems or BIOL 333 Principles of Human Physiology.

### **NUTR 381 Introduction to Nutrition Practice**

An introduction to the application of nutrition care of individuals and groups in a variety of health care settings. Topics include nutrition assessment and care plans, medical terminology and documentation, interviewing and counseling skills, and educational theory and material development. The Coordinated Program in Dietetics requires students to complete a concurrent clinical experience in cooperating health care facilities. Food and Nutrition majors with a minimum 2.50 QPA may elect to complete a clinical experience. A physical exam and liability insurance are required for clinical experience.

Prerequisites: BIOL 142 Introduction to Human Biology or BIOL 333 Principles of Human Physiology or BIOL 272 Human Anatomy & Physiology: Cellular & Organ Systems; NUTR 262 Food, Culture, and Society.

### **NUTR 384 Foodservice Systems**

A study of current trends and practices in the management of foodservice systems. Using a problem-based learning approach, the course includes the concepts of food safety, menu planning, procurement, quantity food production, delivery systems, and financial management. Topics are augmented by a laboratory experience in a foodservice facility. Liability insurance is required.

Prerequisite: NUTR 364 Experimental Study of Food or permission of instructor.

### **NUTR 390 Special Topics in Nutrition**

An exploration into an identified topic in the nutrition field. Topics vary with instructor and reflect current trends or major themes in food and nutrition. Students write and present a major paper on the topic. Prerequisites: NUTR 262 Food, Culture, and Society (may be taken concurrently) and junior standing. Additional prerequisites may be required dependent upon topic.

### **NUTR 440 Geriatric Nutrition**

An overview of the physiological and socioeconomic aspects of aging and their impact on nutrition. Course includes an in-depth discussion of nutritional assessment, nutrition programs, and chronic medical disorders associated with the older adult.

Prerequisite: NUTR 374 Human Nutrition Science.

### **NUTR 478 Community Nutrition**

An introduction to the program, policies, and institutions that influence nutrition services at the local, state, and national levels. Special attention is given to the assessment, planning, intervention, and evaluation of programs targeted to populations with high nutritional risk. The role of the political process in the promotion of food and nutrition programs is examined.

Prerequisite: NUTR 381 Introduction to Nutrition Practice.

### **NUTR 479 Computer Applications in Nutrition.**

A study of technology designed to enhance the efficiency and accuracy of practice in nutrition professions. Investigations include development, application and evaluation of emerging technologies used in nutrition practice. Prerequisite: NUTR 381 Introduction to Nutrition Practice.

### **NUTR 482 Management of Food and Nutrition Services**

The application of principles of management as they relate to the administration of human, physical, and financial resources of food and nutrition services. Topics include management theory, personnel selection, training, evaluation, organizational behavior, communication, governmental influences, labor management relations, marketing, and budgeting. This course, designed for Food and Nutrition majors, utilizes the case study approach, and requires the development of a business plan. **Note:** Credit will not be given for both NUTR 482 Management of Food and Nutrition Services, and 12.272 Management Principles.

Prerequisites: NUTR 262 Food, Culture, and Society; junior status.

### **NUTR 483 Medical Nutrition Therapy**

An integration of pathophysiology, biochemistry, and nutrition concepts that form the basis for medical nutrition therapy in health care. Case study discussions and nutrition care plans are included. An additional three-hour lab is required for Coordinated Program in Dietetics students.

Prerequisites: NUTR 374 Human Nutrition Science and NUTR 381 Introduction to Nutrition Practice.

**NUTR 485 Practicum in Foodservice Systems**

A concentrated continuous experience in an off-campus foodservice system in which concepts taught in NUTR 384 Foodservice Systems are utilized and applied. NUTR 482 Management of Food and Nutrition Services must be taken either simultaneously or prior to the practicum.

Prerequisite: NUTR 384 Foodservice Systems and acceptance in the Coordinated Program in Dietetics.

**NUTR 486 Experience in Community Nutrition**

Field experience in community health settings coordinated with campus seminars. Students utilize their knowledge of normal and modified nutrition, skills in communications, recognition of socio-economic influences, and familiarity with community health agencies, resources and the legislative process. Education and motivation of individuals and groups and contributions to total health care in a community are explored.

Prerequisite: Acceptance in the Coordinated Program in Dietetics.

**NUTR 487 School Nutrition Practicum**

A supervised practice experience during which students implement nutrition and health education curricula integrating the classroom and cafeteria as a learning lab. Students develop staff training programs designed to improve the school nutrition environment in the school nutrition program. Lesson plans, designed to educate the whole child, are developed for teachers, students and parents/care givers and are implemented in the Commonwealth's K-12 schools. This course is supported by the Massachusetts Department of Elementary and Secondary Education, Office of Nutrition, Health and Safety Programs.

Prerequisites: Coordinated Program in Dietetics students only; Coordinated Program in Dietetics Nutrition in the School Environment summer workshop.

**NUTR 488 Seminar in Clinical Nutrition**

A study of advanced topics in clinical nutrition, in particular, enteral, parenteral and critical care nutrition. Students present a seminar on a current topic in medical nutrition therapy. Current issues in health care as they relate to clinical nutrition management are also included.

Prerequisite: NUTR 483 Medical Nutrition Therapy.

**NUTR 489 Clinical Experience in Dietetics (2 Courses-Credits)**

Concentrated, supervised, continuous experience in various aspects of medical nutrition therapy. Students are placed in a cooperative medical facility where they work as a member of the health team to develop skills as an entry level dietitian. This course must be taken simultaneously with NUTR 488 Seminar in Clinical Nutrition or by permission of the instructor. Prerequisite: Acceptance in the Coordinated Program in Dietetics.

**NUTR 490 Independent Study in Food and Nutrition**

An in-depth investigation of a specific topic relating to the student's area of interest in food and nutrition. A written proposal on the topic selected is made by the student to the faculty advisor. An oral presentation and final written report of the student's topic is required.

Prerequisite: NUTR 374 Human Nutrition Science. Application due by October 15th for spring semester and February 15th for fall semester.

**NUTR 496 Internship in Food and Nutrition**

A supervised work experience in community nutrition, foodservice management, or medical nutrition therapy. Students submit an application that identifies specific goals for the experience and a résumé. An ability to work independently is expected. A major project is required. A minimum of one eight-hour day per week is required. Prerequisites: Senior standing and permission of department chair. A QPA of 2.50 in all courses for the major.

**NUTR 499 Food and Nutrition Internship: U.S. Army Natick Research, Development and Engineering Center (NRDEC)**

A supervised work experience in food or nutrition as it pertains to the military. The student joins a research team in one of two areas: U.S. Army Research Institute of Environmental Medicine (USARIEM), or U.S. Army Sustainability Directorate (SusD). One eight-hour day per week required.

Prerequisites: NUTR 264 Experimental Study of Food, NUTR 381 Introduction to Nutrition Practice, and QPA of 2.50 in all courses for the major. Departmental permission required.