

BS in Nutrition & Food Science - *Option in Nutrition*
Major Requirements Worksheet
2025-2026 Catalog

Name: _____ Student ID: _____

All NUTR courses are blocked to declared majors only (not pre-majors) unless otherwise specified in the prerequisites column

Grade	Course Number & Title (units)	Prerequisites†
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Complete ALL of the following Nutrition & Food Science Core courses:

	BIOL 201: General Microbiology for Health Professionals (4) GE Area: 5B/5C (B2/B3)	a 'C' or better in CHEM 111A or 140
	CHEM 111A: General Chemistry (5) GE Area: 5A/5C (B1/B3)	appropriate chemistry placement; MATH 112B or higher (can be taken concurrently)
	FSCI 232: Food Science (3) GE Area: 5B (B2)	none
	FSCI 338: Food Law, Safety & Regulation (3)	a 'C' or better in BIOL 201 and FSCI 232; not open to Pre-NUTR majors; fall only
	HM 176: Fundamentals of Food Preparation (3)	none
	NUTR 132: Introductory Nutrition (3) GE Area: 5B (B2)	one GE foundation course (corequisite); open to Pre-NUTR majors
	NUTR 336: Social & Cultural Aspects of Food & Health (3)	NUTR 132
	NUTR 337: Introduction to Nutrition Research Methods (3)	NUTR 331
	PSY 100: General Psychology (3) GE Area: 4C (D3)	GE composition ready
	CAFF 321: Family & Consumer Resource Management (3) GE Area: 4UD (UD D)	GE foundations
	ONE (1) of the following chemistry options: ☐ CHEM 227: Fundamentals of Organic Chemistry (3) OR ☐ Two (2) semester organic chemistry sequence: CHEM 220A: Organic Chemistry I (3) CHEM 223A: Organic Chemistry Laboratory I (1) AND CHEM 220B: Organic Chemistry II (3) CHEM 223B: Organic Chemistry Laboratory II (1)	CHEM 227: a 'C' or better in CHEM 111A or 112A CHEM 220A: a 'C' or better in CHEM 111B or 112B; concurrent enrollment in: CHEM 223A CHEM 223A: corequisite: CHEM 220A CHEM 220B: a 'C' or better in CHEM 220A; concurrent enrollment in: CHEM 223B CHEM 223B: a 'C' or better in CHEM 220A, 223A; corequisite: CHEM 220B
	ONE (1) of the following: ☐ MATH 113: Precalculus Algebra (3) <i>or higher</i> GE Area: 2 (B4) OR ☐ MATH 112A: Essential Algebra A (3) GE Area: 2 (B4) AND ☐ MATH 112B: Essential Algebra B (3)	MATH 113: appropriate math placement MATH 112A: appropriate math placement MATH 112B: a 'C' or better in MATH 112A
	ONE (1) of the following: ☐ BIOL 260: Biostatistics (3) ☐ HDEV 190/PSY 110/SOC 170: Elementary Statistics (4) GE Area: 2 (B4) ☐ STAT 108: Statistics for Everyday Life (3) GE Area: 2 (B4) ☐ STAT 118: Introductory Business Statistics (3) GE Area: 2 (B4)	BIOL 260: BIOL 201 or BIOL 207 or 211; a 'C' or better in MATH 111 or 113 or 119A or 122 all others: appropriate math placement

Complete ALL of the following Nutrition Additional major courses:

	BIOL 207: Human Physiology (4) GE Area: 5B/5C (B2/B3)	GE 2 (B4) & one GE 1 (A) category
	BIOL 208: Human Anatomy (4)	a 'C' or better in ART 372, BIOL 201, BIOL 205, BIOL 207, BIOL 212, BIOL 311, CHEM 140, or DANC 261
	ENGL 419: Writing in Science, Social Science, and Technology (3)	GE foundations
	NUTR 234: Orientation to Nutrition & Dietetics (3)	none
	NUTR 331: Nutrition through the Life Cycle (3)	BIOL 207 and NUTR 132; corequisite: NUTR 234
	NUTR 436A: Advanced Nutrition I (3)	a 'C' or better in CHEM 227 or 220B corequisite: NUTR 331
	NUTR 436B: Advanced Nutrition II (3) GE Area: 2UD/5UD (UD B)	corequisite: NUTR 436A; upper division standing
	NUTR 461: Community Nutrition (3)	NUTR 331, NUTR 336, SOC 335
	SOC 335: Social Psychology (3) GE Area: 4 UD (UD D)	GE foundations

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Complete 6 units from the following NUTR electives:		
	☐ BLAW/PHIL 400: Business Ethics (3) GE Area: 3UD or 4UD (UD C or UD D) ☐ ENGR 361: Scientific Research Communication (3) GE Area: Writing Intensive ☐ FSCI 101: Franken Food: Fact or Science (3) GE Area: 1B (A3) ☐ GERN 475: Women & Aging: Lessons from the Golden Girls (3) ☐ H SC 420: Global Health (3) GE Area: 4UD (UD D) ☐ H SC 422: Environmental Health (3) GE Area: 2UD/5UD (UD B) ☐ H SC/CAFF 423: Consumer Health (3) GE Area: 4UD (UD D) ☐ H SC 435: Health Promotion & Risk Reduction (3) ☐ HDEV 303: Interdisciplinary Approaches to Health Disparities (3) GE Area: 2UD/5UD or 4UD (UD B or UD D) ☐ NUTR/GERN 439: Nutrition & Aging (3) ☐ NUTR/KIN 468: Nutrition for Exercise & Performance (3) ☐ NUTR 470: Applied Sports Nutrition (3) ☐ NUTR 480: Using Media to Promote Nutrition (3) ☐ POSC 431: Public Policy Analysis (3) ☐ SOC 346: Race, Gender & Class (3) GE Area: 4UD (UD D) ☐ SOC 462: Sociology of Health & Medicine (3)	BLAW/PHIL 400: GE foundations ENGR 361: GE foundations; upper division standing FSCI 101: none GERN 475: upper division standing; periodically offered HSC 420: GE foundations; upper division standing HSC 422: GE foundations; upper division standing HSC/CAFF 423: GE foundations; upper division standing HSC 435: HSC department consent HDEV 303: upper division standing NUTR/GERN 439: NUTR 132 or BIOL 207 or BIOL 301 or GERN 400 NUTR/KIN 468: NUTR 331 NUTR 470: NUTR 331 NUTR 480: NUTR 331 POSC 431: none SOC 346: GE foundations SOC 462: GE foundations

†Prerequisites are subject to change; consult the University Catalog (www.csulb.edu/catalog) for the most recent updates

✓ A 'C' or better is required in all courses

✓ GE credit is granted based on the term you take the course and is subject to change
- See the current GE course list at www.csulb.edu/general-education-requirements

✓ Completion of this major may not meet the minimum upper division units required to graduate; additional upper division electives may be needed

✓ This option requires 2-5 semesters of chemistry (2-7 courses)

✓ Total units required for NUTR option: 77-94