BS in Nutrition & Food Science - *Option in Nutrition*
Major Requirements Worksheet
2026-2027 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†
	Complete ALL of the following Nutrition & Food Science Core courses:	
	BIOL 201: General Microbiology for Health Professionals (4) **GE Area: 5B/5C**	*a 'C' or better in CHEM 111A or 140*
	CHEM 111A: General Chemistry (5) **GE Area: 5A/5C**	*appropriate chemistry placement; MATH 112B or higher (can be taken concurrently)*
	FSCI 232: Food Science (3) **GE Area: 5B**	*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**	*one GE foundation course (corequisite); open to Pre-NUTR majors*
	NUTR 336: Social & Cultural Aspects of Food & Health (3)	*NUTR 132*
	PSY 100: General Psychology (3) **GE Area: 4C**	*GE composition ready*
	CAFF 321: Family & Consumer Resource Management (3) **GE Area: 4UD**	*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) *or higher* **GE Area: 2** **OR** □ MATH 112A: Essential Algebra A (3) **GE Area: 2** **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** □ STAT 108: Statistics for Everyday Life (3) **GE Area: 2** □ STAT 118: Introductory Business Statistics (3) **GE Area: 2**	***BIOL 260:*** *BIOL 201 or BIOL 207 or 211; a 'C' or better in MATH 111 or 112B 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**	*GE 2 & one GE 1 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*
	ONE (1) of the following: □ ENGL 317: Professional & Technical Writing (3) **GE Area: GWAR Writing Intensive** □ ENGL 419: Writing in Science, Social Science & Technology (3)	***ENGL 317:*** *GE foundations; upper division standing* ***ENGL 419:*** *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 337: Introduction to Nutrition Research Methods (3)	*NUTR 331*
	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**	*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**	*GE foundations*

Grade	Course Number & Title (units)	Prerequisites†
	Complete 6 units from the following NUTR electives:	
_____	□ BLAW/PHIL 400: Business Ethics (3) **GE Area: 3UD or 4UD**	***BLAW/PHIL 400:*** *GE foundations*
	□ ENGR 361: Scientific Research Communication (3) **GE Area: GWAR Writing Intensive**	***ENGR 361:*** *GE foundations; upper division standing*
	□ FSCI 101: Franken Food: Fact or Science (3) **GE Area: 1B**	***FSCI 101:*** *none*
	□ GERN 475: Women & Aging: Lessons from the Golden Girls (3)	***GERN 475:*** *upper division standing; periodically offered*
	□ H SC 420: Global Health (3) **GE Area: 4UD**	***HSC 420:*** *GE foundations; upper division standing*
	□ H SC 422: Environmental Health (3) **GE Area: 2UD/5UD**	***HSC 422:*** *GE foundations; upper division standing*
	□ H SC/CAFF 423: Consumer Health (3) **GE Area: 4UD**	***HSC/CAFF 423:*** *GE foundations; upper division standing*
	□ H SC 435: Policy Analysis for Community Health Promotion & Risk Reduction (3)	***HSC 435:*** *HSC department consent*
	□ HDEV 303: Interdisciplinary Approaches to Health Disparities (3) **GE Area: 2UD/5UD or 4UD**	***HDEV 303:*** *upper division standing*
_____	□ NUTR/GERN 439: Nutrition & Aging (3)	***NUTR/GERN 439:*** *NUTR 132 or BIOL 207 or BIOL 301 or GERN 400*
	□ NUTR 460: Child & Adolescent Nutrition (3)	***NUTR 460:*** *NUTR 132*
	□ NUTR/KIN 468: Nutrition for Exercise & Performance (3)	***NUTR/KIN 468:*** *NUTR 331*
	□ NUTR 470: Applied Sports Nutrition (3)	***NUTR 470:*** *NUTR 331*
	□ NUTR 480: Using Media to Promote Nutrition (3)	***NUTR 480:*** *NUTR 331*
	□ NUTR 490: Selected Topics in Nutrition & Dietetics (1-3)	***NUTR 490:*** *instructor consent*
	□ POSC 431: Public Policy Analysis (3)	***POSC 431:*** *none*
	□ SOC 346: Race, Gender & Class (3) **GE Area: 4UD (UD D)**	***SOC 346:*** *GE foundations*
	□ SOC 462: Sociology of Health & Medicine (3)	***SOC 462:*** *GE foundations*

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

✓*All courses for the major must be taken for a letter grade. 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***