# University of Idaho Coeur d'Alene

Food and Nutrition Program COLLEGE OF AGRICULTURE & LIFE SCIENCES

www.cda.uidaho.edu



## Margaret Ritchie School of Family & Consumer Sciences —

# Leading in health and wellness education

 Bachelors in Food & Nutrition, Nutrition Option

The Nutrition option prepares students for careers with government agencies, commodity groups, health and fitness agencies and businesses, and some components of the food industry. The program is designed for students who love science, think critically, and want to help others live healthier lives. Students in the nutrition option are keenly interested in this ever-changing field but usually don't intend to become dietitians. Instead, many of them go on to

pursue post-graduate education in science or health care, including nursing and medicine.

### **Program Strengths/Highlights**

Students study foods, nutrition, chemistry, anatomy and physiology, microbiology, statistics, and communications. Summer internships are available and students have opportunities to work with faculty members on research projects. For those interested in medical or nursing school, students are able to fulfill pre-med or prenursing requirements at the same time as pursuing this degree.

#### **Course Delivery Options**

Depending on the course, students take classes in the classroom, online or via compressed video. Most on site courses are held on the neighboring North Idaho College campus. A computer lab is on site at the University of Idaho Coeur d'Alene building, as well as a compressed video room.

#### **Student Services**

Students have access to three libraries including University of Idaho, North Idaho College and the North Idaho Special Education Library. One on one advising, a computer lab and Wireless Notebook check out are also available.



#### **Career Opportunities:**

Many nutrition students go on to medical, nursing, or pharmacology schools. Others look forward to graduate school in nutrition. Still others pursue advanced training in counseling. Whatever your future, the nutrition option provides useful information you can apply to your own life.

- Nurse or physician—Treat and care for patients in medical clinics and centers.
- University professor—Teach others about nutrition and healthy eating.
- Research scientist—Conduct research on obesity, osteoporosis, or cancer prevention.
- Nutrition adviser—Work with the Extension Nutrition Program to improve the health of low-income families.

#### **Getting Started**

- Submit an application for admission to the University of Idaho. Apply online or print downloadable forms at www.students.uidaho.edu/admissions
- 2. Schedule an appointment with an academic adviser. Call (208) 667-2588 or e-mail cdactr@uidaho.edu

#### For More Information:

University of Idaho Coeur d'Alene 1000 W. Hubbard Ave., Suite 242 Coeur d'Alene, ID 83814-2277 Phone: (208) 667-2588 FAX: (208) 664-1272

E-mail: cdactr@uidaho.edu
Web site: www.cda.uidaho.edu

#### **Nutrition Bachelors**

Professor Laurel Branen, Ph.D., RD, LD (208) 292-2544 ljbranen@uidaho.edu

