Food and Nutrition

COORDINATED PROGRAM IN DIETETICS

Become a registered dietitian.

THIS MAJOR IS A GOOD FIT
IF YOU CAN SEE YOURSELF:

HELPING PEOPLE IMPROVE their health by eating the right foods

COMMUNICATING WITH OTHERS and working as part of a professional team

LEARNING ABOUT BIOCHEMISTRY and microbiology

This major teaches you how nutrients affect the body at a biochemical level. Learn how fats, proteins, and carbohydrates help the body thrive. Gain an understanding of how vitamins and minerals are essential to the body's biochemical processes. Acquire skills to plan hospital menus and advise doctors about the nutritional needs of patients. Learn teaching strategies to encourage children to eat more fruits and vegetables or to improve job skills in foodservice employees.

Apply to the professional phase of the dietetics program in your sophomore year after you have shadowed a registered dietitian, worked as a diet aid, or volunteered in a food-related operation. Following graduation, take a national exam to become a Registered Dietitian (RD).

INSIDE THE CLASSROOM
In class, learn the anatomy and physiology of the human body. Study the process of digestion. Explore the roles microscopic organisms play in breaking down food in our stomachs and intestines. Junior year, learn how to supervise employees, feed groups of people, balance budgets, and analyze nutrition research. Explore the reasons for nutrition-related diseases. Senior year, take classes in Coeur d'Alene and Spokane, Washington, and do supervised practice in the region.

OUTSIDE THE CLASSROOM

SENIOR-YEAR SUPERVISED PRACTICE. Learn by doing.

- COMMUNITY NUTRITION. Focus on public health. Take classes and work up to 3 days a week for a community organization. Teach children about food and nutrition. Organize nutrition services for the elderly through senior nutrition programs. Provide one-on-one guidance to clients of a program for mothers with infants and children.
- CLINICAL NUTRITION. Work full-time in a hospital. Be a part of a health care team. Interview patients and assess their nutritional needs. Consult with doctors and nurses to calculate tube feedings and make dietary recommendations. Monitor blood work. Receive feedback from an experienced dietitian.
- FOOD SERVICE MANAGEMENT. Organize meals for a group. Prepare menus at an elementary school. Help with food budgets at a nursing home. Plan a theme meal for 300 in a hospital cafeteria.

STUDY ABROAD. Deepen your understanding of your major —and the world—in countries like these: INDIA Visit a spice market . . . TAIWAN Sample traditional cuisine like fish eyeball soup . . . MEXICO Enjoy the offerings of traditional food vendors.

DO RESEARCH. Gather, organize, and analyze data for a faculty member's grant-funded research. Evaluate the results of a food safety education program. Enter nutrition data into a computer program for a sports nutrition project.

FAST**FACT**

The pass rate for UI graduates taking the Registered Dietitian exam exceeds the national average.

GET INVOLVED. Network and have fun. FOOD AND NUTRITION CLUB Travel to local and national conferences and participate in nutrition-related activities . . . FAMILY AND CONSUMER SCIENCES CLUB Attend the state conference and meet professionals . . . PHI UPSILON OMICRON Join the national honor society in family and consumer sciences.

CAREER OPPORTUNITIES
Employment of dietitians is expected to grow faster than the average for all occupations through 2014. More than half of all dietitians work in hospitals, nursing homes, and physician's offices and clinics. About one in five dietitians works for state or local governments.

Here are a few possibilities:

CLINICAL DIETITIAN. Provide nutritional services for patients in institutions such as hospitals and nursing homes.

COMMUNITY DIETITIAN. Work with wellness programs and international health organizations. Promote healthy behaviors and help prevent disease.

MANAGEMENT DIETITIAN. Oversee large-scale meal planning and preparation in healthcare facilities, company cafeterias, prisons, and schools.

COMBINE YOUR EDUCATION. An ability to speak a second language can broaden your career prospects. You might also supplement your education with courses in communications.

CONTINUE YOUR EDUCATION. Earn an advanced degree in nursing or public health. Go on to medical school.

FIND OUT MORE ABOUT THE UNIVERSITY OF IDAHO FOOD AND NUTRITION MAJOR

WWW.UIDAHO.EDU/CALS/FCS

FOOD AND NUTRITION COORDINATED PROGRAM IN DIETETICS

4-YEAR PLAN 2012-13

	FRESHMAN		SOPHOMORE		JUNIOR		SENIOR	
FALL	**Chem 101** Intro. to Chemistry *or* **Chem 111** Principles of Chemistry I	4	**Biol 120** Human Anatomy	4	**FCS 301** Professional Skills in Dietetics I	1	**FCS 363** Medical Nutrition Therapy	4
	Engl 101 Intro. to College Writing (if required)	3	**FCS 105** Individual & Family Development (or equivalent)	3	**FCS 361/365** Advanced Nutrition/Lab	4	**FCS 364** Clinical Dietetics I	4
	FCS 205 Concepts in Human Nutrition	3	**FCS 170/175** Introductory Foods/Lab	4	**FCS 384/385** Quantity Food Production & Equipment/Lab	5	**FCS 463** Helping Skills in Dietetics	2
	ISEM 101 Integrated Seminar	3	**MMBB 300** Survey of Biochemistry	3	**FCS 486** Nutrition in the Life Cycle	3	**FCS 473** Community Nutrition	3
	Math 143 Pre-calculus Algebra & Analytic Geometry	3	**Psyc 101** Intro. to Psychology	3	**Elective** Elective—Professional	2	**FCS 487** Community Nutrition Supervised Practice	4
	TOTAL	**16**	**TOTAL**	**17**	**TOTAL**	**15**	**TOTAL**	**17**
SPRING	**Chem 275** Carbon Compounds	3	**Acct 201** Intro. to Financial Accounting *or* **Acct 202** Intro. to Managerial Accounting	3	**FCS 302** Profesional Skills in Dietetics II	1	**FCS 472** Clinical Dietetics II (8 weeks)	8
	Engl 102 College Writing & Rhetoric	3	**Biol 121** Human Physiology	4	**FCS 362** Intro. to Clinical Dietetics	3	**FCS 488** Management Supervised Practice (8 weeks)	8
	Soc 101 Intro. to Sociology	3	**FCS 270** Intermediate Foods	3	**FCS 387/388** Food Systems Management/Lab	4		
	Elective Elective—Communications	2-3	**MMBB 154/155** Introductory Microbiology/Lab	4	**FCS 390** Research Methods in Food & Nutrition	3		
	Elective Elective—Humanities or Social Science	3	**Stat 251** Statistical Methods	3	**FCS 411** Global Nutrition	3		
	Elective Elective—Humanities	3			**FCS 492** Nutrition Education in the Life Cycle	2		
	TOTAL	**17-18**	**TOTAL**	**17**	**TOTAL**	**16**	**TOTAL**	**16**

Total for degree = 132 credits. Course offerings may change from year to year. Always check the current course catalog.

TO LEARN MORE
toll free 1.88.88.uidaho
1.888.884.3246
www.uidaho.edu

ASSISTANT DIRECTOR,
COLLEGE RECRUITING
208.885.7984
aginst@uidaho.edu
www.uidaho.edu/cals/recruit

SCHOOL OF FAMILY AND
CONSUMER SCIENCES
208.885.6546
famcon@uidaho.edu
www.uidaho.edu/cals/fcs

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