

Arnold School of Public Health

Center for Research in Nutrition and Health

University of South Carolina

# Undergraduate Minor In Nutrition and Food Systems

The National Prevention Strategy provides a framework and specific recommendations for food systems change, and although the nation understands that nutrition and food systems are inextricably linked to the health of our communities, there is a shortage of trained professionals to lead and direct these efforts. Therefore, students that receive a Minor in Nutrition and Food Systems through the Department of Health Promotion, Education, and Behavior at USC will possess competencies that will enable them to guide communities in transforming our food system to promote environmental sustainability, improve nutritional health, and address social justice. The minor will not only meet student interests in food and nutrition, but also build USC's institutional expertise in nutrition and food systems change for childhood obesity prevention by offering courses that focus on the production, processing, retail, consumption, and disposal of food.



## Program Goals

Upon completion of minor coursework, students will:

- Understand political, social, and economic contexts for changes in world food systems; and
- Understand connections between soil, water, and air health, the food supply, and human health and chronic disease.

## Undergraduate Minor

The minor in Nutrition and Food Systems requires a minimum of 18 credit hours. This minor will meet student interests in nutrition and food systems by offering courses that focus on the production, processing, retail, consumption, and disposal of food. The Nutrition and Food Systems minor is compatible with various majors such as, but not limited to: exercise science, psychology, sociology, anthropology, political science and international studies, nursing, women's studies, physical education, and instruction and teacher education. A minimum of 18 credit hours is required from the following curriculum. Students must complete courses with a grade of 'C' or higher.

### Degree Requirements (18 Hours)

HPEB 502- Applied Aspects of Human Nutrition

HPEB 488- Food Systems \*Prerequisite: "Nutrition" Course

HPEB 489- Food Systems Capstone Seminar \*Prerequisite: HPEB 488 \*Ideally taken the same year as HPEB 488

**Please select one of the following courses OR another approved course on the topic of "Food & Environment"**

ENVR 101- Intro to Environment

ENHS 223/ENVR 223- Introduction to Global Environmental Health

**Please select the following course OR another approved course on the topic of "Nutrition"**

ANTH 212- Food and Culture

**Please select one of the following courses OR another approved course on the topic of "Sustainability"**

HRTM 428- Sustainable Foodservice Systems

ENVR 331- Integrating Sustainability

\*Courses on "Food & Environment" and "Sustainability" can be taken in any order

**For questions or more information, contact:**

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<http://www.sc.edu/nutrition>



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