

# HONOURS BACHELOR OF SCIENCE IN FOOD SCIENCES - NUTRITION OPTION

- The foods we eat are essential to maintaining the health of individuals and populations. Students in the Honours Bachelor of Science in Food Sciences will have an in-depth knowledge of the sciences underlying the production, consumption and metabolism of food, as well as their effects on health, disease prevention and management.
- This program focuses on the acquisition of knowledge in physico-chemical and sensory properties of food, microbiology and food safety, and the nutritional and metabolic aspects of foods, preparing graduates for careers in the agri-food sector such as agri-food industries, businesses, food science research centres and government departments. As the only food science training offered in the context of a faculty of health sciences in Canada, this option places greater emphasis on the health impact of food.
- It offers multiple educational opportunities to actively participate in experiential learning projects. Several optional courses on currently relevant subjects, as well as internship opportunities in research, public institutions and industrial settings are integrated into the curriculum.
- The Honours Bachelor of Science in Food Sciences is offered in French and English.
- A Dietetic training is offered in French for students who wish to pursue a career as dietitians. Please see the French website (<https://catalogue.uottawa.ca/fr/premier-cycle/bsc-specialise-nutrition-dietetique/#exigencesduprogrammetext>) for details.

## Vision

Nutrition and food innovation are key to achieving global health and wellness. Our programs aspire to create and mobilize leading-edge food and nutrition knowledge for enabling healthy lifestyles.

## Mission

To educate tomorrow's professional leaders in food and nutrition sciences within a bilingual environment.

## Program Requirements

French immersion is available with this program.

The passing grade for some NUT courses is C+.

### Compulsory courses at the 1000 level

ANP 1111	Essentials of Human Anatomy and Physiology I	3 Units
ANP 1115	Essentials of Human Anatomy and Physiology II	3 Units
BIO 1140	Introduction to Cell and Molecular Biology	3 Units
CHM 1311	Principles of Chemistry	3 Units
CHM 1321	Organic Chemistry I	3 Units
NUT 1104	Food Sciences I	3 Units
NUT 1124	Food Sciences II	3 Units
NUT 1150	Food Psychology	3 Units

NUT 1304	Introduction to Nutrition	3 Units
----------	---------------------------	---------

### Compulsory courses at the 2000 level

HSS 2381	Quantitative Methods in Health Sciences: Continuous Variables	3 Units
NUT 2103	Laboratory Techniques in Food Sciences	3 Units
NUT 2110	Principles of Management in Nutrition	3 Units
NUT 2301	Nutrition Through the Life Stages	3 Units
NUT 2304	Introduction to Research Methods in Food and Nutrition	3 Units
NUT 2321	Nutrition and Metabolism	3 Units
NUT 2331	Food Carbohydrates	3 Units
NUT 2333	Nutritional Biochemistry	3 Units

### Compulsory courses at the 3000 level

NUT 3107	Food Microbiology	3 Units
NUT 3130	Micronutrients and Phytochemicals	3 Units
NUT 3131	Food Lipids	3 Units
NUT 3132	Food Proteins	3 Units
NUT 3140	Food Analysis	3 Units
NUT 3141	Food Transformation	3 Units

### Compulsory courses at the 4000 level

NUT 4141	Food Biophysics	3 Units
NUT 4183	Food Safety and Regulatory Affairs	3 Units
NUT 4184	Global Food Systems, Security and Sustainability	3 Units
NUT 4185	Food Toxicology	3 Units

9 optional course units from:	9 Units
-------------------------------	---------

NUT 2125 Management of Food Services

NUT 3109 Applied Research Methods in Nutrition

NUT 3506 Alimentation des collectivités

NUT 3705 Introduction à la génomique nutritionnelle

NUT 4107 Functional Foods and Nutraceuticals

NUT 4130 Nutrition, Behaviour and Mental Health

NUT 4132 Diet, Microbiota and Intestinal Health

NUT 4142 Research Project

NUT 4242 Advanced Research Project

30 elective course units or a minor	30 Units
-------------------------------------	----------

<b>Total:</b>	<b>120 Units</b>
---------------	------------------