HONOURS BACHELOR OF FOOD AND NUTRITION SCIENCES

Overview
• The foods we eat are essential to maintaining the health of individuals and populations. Students in the Honours Bachelor of Food and Nutrition 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, 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 Food and Nutrition 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 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
The passing grade for all nutrition (NUT) courses is C+.

French immersion is available with this program.

Requirements for this program have been modified. Please consult the 2021-2022 calendars (http://catalogue.uottawa.ca/en/archives/) for the previous requirements.

Compulsory courses at the 1000 level

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>ANP 1111</td>
<td>Essentials of Human Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>ANP 1115</td>
<td>Essentials of Human Anatomy and Physiology II</td>
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<tr>
<td>BIO 1140</td>
<td>Introduction to Cell and Molecular Biology</td>
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</tr>
<tr>
<td>CHM 1311</td>
<td>Principles of Chemistry</td>
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Compulsory courses at the 2000

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>CHM 2120</td>
<td>Organic Chemistry II</td>
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</tr>
<tr>
<td>NUT 2103</td>
<td>Laboratory Techniques in Food Sciences</td>
<td>3</td>
</tr>
<tr>
<td>NUT 2110</td>
<td>Management of Food Services and Enterprises I</td>
<td>3</td>
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<tr>
<td>NUT 2301</td>
<td>Nutrition Through the Life Stages</td>
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<tr>
<td>NUT 2304</td>
<td>Research in Food and Nutrition Sciences I</td>
<td>3</td>
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<tr>
<td>NUT 2321</td>
<td>Nutrition and Metabolism</td>
<td>3</td>
</tr>
<tr>
<td>NUT 2331</td>
<td>Food Carbohydrates</td>
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</tr>
<tr>
<td>NUT 2333</td>
<td>Nutritional Biochemistry</td>
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Compulsory courses at the 3000 level

<table>
<thead>
<tr>
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<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>NUT 3107</td>
<td>Food Microbiology</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3109</td>
<td>Research in Food and Nutrition Sciences II</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3130</td>
<td>Micronutrients and Phytochemicals</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3131</td>
<td>Food Lipids</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3132</td>
<td>Food Proteins</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3140</td>
<td>Food Analysis</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3141</td>
<td>Food Transformation</td>
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Compulsory courses at the 4000 level

<table>
<thead>
<tr>
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<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>NUT 4107</td>
<td>Functional Foods and Nutraceuticals</td>
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<tr>
<td>NUT 4140</td>
<td>Challenges for the Agri-Food Industry</td>
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<tr>
<td>NUT 4141</td>
<td>Food Biophysics</td>
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6 optional course units from:

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<tr>
<th>Course Code</th>
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<th>Units</th>
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<tbody>
<tr>
<td>NUT 4242</td>
<td>Food and Nutrition Research</td>
<td>6</td>
</tr>
<tr>
<td>NUT 4243</td>
<td>Food Industry Placement</td>
<td>6</td>
</tr>
<tr>
<td>NUT 4244</td>
<td>Food Product Development</td>
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</table>

12 optional course units from the list of optional courses

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<tbody>
<tr>
<td>NUT 4130</td>
<td>Nutrition, Behaviour and Mental Health</td>
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</tr>
<tr>
<td>NUT 4132</td>
<td>Diet, Microbiota and Intestinal Health</td>
<td>3</td>
</tr>
<tr>
<td>NUT 4242</td>
<td>Food and Nutrition Research</td>
<td>6</td>
</tr>
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<td>NUT 4243</td>
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18 elective course units

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<th>Course Code</th>
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<tbody>
<tr>
<td>NUT 3506</td>
<td>Alimentation des collectivités</td>
<td>3</td>
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<tr>
<td>NUT 3705</td>
<td>Introduction à la génomique nutritionnelle</td>
<td>3</td>
</tr>
<tr>
<td>NUT 4130</td>
<td>Nutrition, Behaviour and Mental Health</td>
<td>3</td>
</tr>
<tr>
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<td>Diet, Microbiota and Intestinal Health</td>
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Total: 120 Units

List of optional courses

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<tbody>
<tr>
<td>NUT 2125</td>
<td>Management of Food Service and Enterprises II</td>
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<tr>
<td>NUT 3506</td>
<td>Alimentation des collectivités</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3705</td>
<td>Introduction à la génomique nutritionnelle</td>
<td>3</td>
</tr>
<tr>
<td>NUT 4130</td>
<td>Nutrition, Behaviour and Mental Health</td>
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