HONOURS BACHELOR OF SCIENCE IN FOOD SCIENCE AND NUTRITION

Overview
The foods we eat are essential to maintaining the health of individuals and populations.

Students in the Honours Bachelor of Food and Nutritional 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.

In the second year of the program, students specialize in one of the two options of their choice:

- **The Food Sciences Option: for future food scientists**

  This option focuses on the acquisition of knowledge in microbiology, physico-chemical and sensory properties of food, 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.

- **The Nutrition Sciences Option: for future dietitians**

  This option focuses on the acquisition of essential knowledge and skills related to the practice of dietitians. This program option, unique in Ontario, offered in French to bilingual students, integrates theoretical and practical education in the form of courses and practicum placements. This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body. Upon receiving their degree, graduates are eligible to write the Canadian Dietetic Registration Examination.

Both options offer multiple opportunities to actively participate in experiential learning projects. Several optional courses on currently relevant subjects, as well as internship opportunities in public institutions, community, clinical or industrial settings are integrated into the curriculum.

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.

The Food Sciences Option is offered in French and English. The Nutrition Sciences Option is offered in French for bilingual students.

Program Requirements
The passing grade for all nutrition (NUT) courses is C+.

Compulsory courses at the 1000 level
- ANP 1105 Human Anatomy and Physiology I
- BIO 1140 Introduction to Cell Biology
- CHM 1311 Principles of Chemistry
- CHM 1321 Organic Chemistry I
- ENG 1100 Workshop in Essay Writing
- NUT 1104 Food Sciences I
- NUT 1124 Food Sciences II
- NUT 1134 Management of Food Services and Enterprises I
- NUT 1304 Introduction to Nutrition
- PSY 1102 Introduction to Psychology: Applications

Compulsory courses at the 2000 level
- CHM 2120 Organic Chemistry II
- NUT 2101 Digestion, Absorption and Metabolism
- NUT 2103 Laboratory Techniques in Food Sciences
- NUT 2301 Nutrition Through the Life Stages
- NUT 2304 Research in Food and Nutrition Sciences I
- NUT 2321 Nutrition and Metabolism
- NUT 2331 Food Carbohydrates
- NUT 2333 Nutritional Biochemistry

Compulsory courses at the 3000 level
- NUT 3107 Food Microbiology
- NUT 3109 Research in Food and Nutrition Sciences II
- NUT 3130 Micronutrients and Phytochemicals
- NUT 3131 Food Lipids
- NUT 3132 Food Proteins
- NUT 3140 Food Analysis
- NUT 3141 Food Transformation

Compulsory courses at the 4000 level
- NUT 4107 Functional Foods and Nutraceuticals
- NUT 4140 Challenges for the Agri-Food Industry
- NUT 4141 Food Biophysics

6 optional course units from:
- NUT 4242 Food and Nutrition Research
- NUT 4243 Food Industry Placement
- NUT 4244 Food Product Development

12 optional course units from the list of optional courses 12 Units
18 elective course units 18 Units

Total: 120 Units

List of optional courses
- NUT 2125 Management of Food Service and Enterprises II
- NUT 3506 Alimentation des collectivités
- NUT 3705 Introduction à la génomique nutritionnelle
- NUT 4130 Nutrition, Behaviour and Mental Health
- NUT 4132 Diet, Microbiota and Intestinal Health
- NUT 4242 Food and Nutrition Research
- NUT 4243 Food Industry Placement
- NUT 4244 Food Product Development

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