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.

- Students may choose to specialize in Dietetics, which is only available in French to bilingual students. This program, unique in Ontario lasts a total of four years, including a practicum placement component in the form of internships. This option offers the opportunity to actively participate in experiential learning projects. Several courses in leading-edge fields, as well as internship opportunities in research, public institutions, community or clinical settings are integrated into the curriculum.

- The Dietetic training is offered in a stimulating learning environment by a dynamic and active team of professors that aims to address the multiple challenges facing individuals and societies in the area of food and nutrition. Topics studied include malnutrition here and around the world, the steady increase in obesity, diabetes and hypertension, aging populations, risks of food contamination and the complex nature of food service management. This dietetic education program is accredited under the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for a registration with a provincial dietetics regulatory body. Upon graduation, students in this program option are eligible to write the Canadian Dietetic Registration Examination (CDRE).

NOTE: Courses in the Honours Bachelor of Food and Nutrition Sciences – Dietetic are offered in French only, but the practicum placements can be held in a French, English or bilingual settings. Therefore, students enrolled in this option must have an excellent knowledge of both spoken and written English and French.

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

Courses in the Honours Bachelor of Food and Nutrition Sciences – Dietetic are offered in French only, but the practicum placements can be held in a French, English or bilingual settings. Therefore, students enrolled in this option must have an excellent knowledge of both spoken and written English and French.

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

Compulsory courses at the 1000 level

- ANP 1505 Anatomie humaine et physiologie I
- BIO 1540 Introduction à la biologie cellulaire
- CHM 1711 Principes de chimie
- CHM 1721 Chimie organique I
- FRA 1710 Analyse, écriture et argumentation I
- NUT 1504 Sciences des aliments I
- NUT 1524 Sciences des aliments II
- NUT 1534 Gestion des services et des entreprises alimentaires I
- NUT 1704 Introduction à la nutrition
- PSY 1502 Introduction à la psychologie : applications

Compulsory courses at the 2000 level

- CHM 2520 Chimie organique II
- HSS 2502 Communication et santé
- NUT 2501 Digestion, absorption et métabolisme
- NUT 2503 Techniques de laboratoire en sciences des aliments
- NUT 2525 Gestion des services et des entreprises alimentaires II
- NUT 2701 Nutrition à travers le cycle de la vie
- NUT 2704 Recherche en sciences des aliments et de la nutrition I
- NUT 2721 Nutrition et métabolisme
- NUT 2733 Biochimie nutritionnelle

Compulsory courses at the 3000 level

- NUT 3501 Nutrition publique et santé des populations I
- NUT 3502 Nutrition clinique I
- NUT 3503 Nutrition publique et santé des populations II
- NUT 3506 Alimentation des collectivités
- NUT 3507 Microbiologie alimentaire
- NUT 3508 Nutrition, gériatrie et santé
- NUT 3509 Recherche en sciences des aliments et de la nutrition II
- NUT 3511 Stage en gestion des services alimentaires
- NUT 3522 Nutrition clinique II
- NUT 3702 Évaluation nutritionnelle

Compulsory courses at the 4000 level

- NUT 4502 Nutrition clinique III
- NUT 4503 Nutrition pédiatrique
- NUT 4507 Aliments, santé et nutraceutiques
- NUT 4531 Stage en nutrition publique et en santé des populations
- NUT 4535 Stages en milieux variés
- NUT 4633 Stage en nutrition clinique
- NUT 4711 Initiation aux milieux cliniques

6 optional course credits from the list of optional courses: 6 Units
3 elective course units: 3 Units

Total: 120 Units

### List of optional courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tbody>
<tr>
<td>NUT 2731</td>
<td>Glucides alimentaires</td>
<td>3</td>
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<tr>
<td>NUT 3530</td>
<td>Micronutriments et composés phytochimiques</td>
<td>3</td>
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<tr>
<td>NUT 3531</td>
<td>Lipides alimentaires</td>
<td>3</td>
</tr>
<tr>
<td>NUT 3532</td>
<td>Protéines alimentaires</td>
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<td>NUT 3705</td>
<td>Introduction à la génomique nutritionnelle</td>
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<td>NUT 3721</td>
<td>Counseling en nutrition sportive</td>
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<tr>
<td>NUT 3725</td>
<td>Sécurité alimentaire et nutrition d'urgence</td>
<td>3</td>
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<tr>
<td>NUT 4530</td>
<td>Nutrition, comportement et santé mentale</td>
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</tr>
<tr>
<td>NUT 4532</td>
<td>Alimentation, microbiote et santé intestinale</td>
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</tr>
<tr>
<td>NUT 4541</td>
<td>Biophysiques des produits alimentaires</td>
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