

New York University Bulletin



UNDERGRADUATE 2010-2012

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Nutrition and Food Studies

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Food and Health Are Universal

Everyone eats and drinks to stay fit and healthy and to enjoy the social and cultural experiences associated with food. Food choices vary according to taste, of course, but are also related to family background, health, economic status, and such factors as geography, climate, marketing and trade practices, and social trends. The fields of food and nutrition also encompass some of the most critically important—and hotly debated—issues affecting modern society, among them world hunger and malnutrition problems related to the safety, bioengineering, and globalization of food. This program helps you understand the significance of all of these factors so that you are well prepared for an almost limitless variety of food and nutrition careers.

The NYU Advantage

This unique program allows you to combine your interests in food and nutrition with an interest in health, culture, or business. Its strengths are a strong foundation in liberal arts; core lecture and laboratory courses that explore and integrate food studies,

nutrition, and management; a concentration in one of two areas of professional study; and extensive opportunities for elective courses and internships designed to help you apply your knowledge to meet your own interests and career goals.

Shaping Your Future

Food is a multibillion-dollar industry. Half of all meals are eaten outside the home, and 30 percent of all new food products are designed to meet nutritional goals. Career opportunities in dietetics and food-related professions are expanding rapidly. Employers increasingly seek university graduates with educational experience in liberal arts, food, nutrition, and management. You can use your education in nutrition and food studies as a step to becoming a nutritionist or dietitian, food reporter or editor, advertising or marketing specialist, equipment designer or distributor, consultant, or teacher or professor in a great variety of institutional, corporate, academic, or other professional settings.

The New York City Advantage

As an international capital of health care and one of the world's leading restaurant, catering, magazine, and media centers, New York City provides vast resources for our program. Nutrition and food professionals from outstanding local academic and business centers advise us about our curriculum, teach our courses, and supervise our internship placements. Our students take full advantage of our location through field trips and invited speakers and attending professional meetings and student clubs.

Liberal Arts Foundation

Careers in food and nutrition require writing, language, communication, and social skills as well as technical knowledge. A great strength of this program is that you select many of your credits from the vast array of humanities and social, behavioral, and natural science courses offered by the Steinhardt School of Culture, Education, and Human Development and the College of Arts and Science.

Nutrition and Food Studies Core

Students in all concentrations take courses in food

science, management theory, nutrition and health, food production and management, and food and society as an introduction to the full spectrum of ways in which food and nutrition intersect with society. You learn about the nutrient value of food, eating behavior, cultural determinants of food intake, food marketing and personnel management, and many other fascinating aspects of this field. You learn the basics of food preparation and management in our department's foods laboratory facility.

Choosing Your Concentration

Nutrition and Food Studies lets you tailor your education to your own career goals. You focus your studies by selecting one of two areas of concentration: nutrition and dietetics or food studies. These areas are described in "Your Career Opportunities" on this page and continuing on page 81.

Internship Experience

Along with your academic courses, you apply your knowledge in supervised internship placements arranged to meet your specific area of interest and to further your career goals.

Faculty work with students to locate challenging internships selected from New York City's extensive professional resources: hospitals and health centers, restaurants, hotels, newspapers, magazines, consulting firms, food companies, and community agencies. Our internship courses help you develop the professional skills you need to prepare your résumé and to interview for jobs and often lead to future employment.

Opportunities for Study Abroad

Students are encouraged to spend a semester abroad at one of NYU's many study abroad sites in Accra (Ghana), Berlin, Buenos Aires, Florence, London, Madrid, Paris, Prague, Shanghai, or Tel Aviv. Overseas learning and travel can greatly expand students' understanding and appreciation of different culinary traditions, diet, culture, and history.

Helping You Start Your Career

Employers in the metropolitan area frequently ask our faculty for job referrals, and the department posts jobs on our listserv and maintains a notebook with position announcements. NYU's Wasserman Center for

YOUR CAREER OPPORTUNITIES

NUTRITION AND DIETETICS

The concentration in nutrition and dietetics prepares you for entry-level positions such as assisting dietitians or nutritionists who work as consultants, writers, or consumer relations specialists.

If, after graduation, you meet further requirements and become a registered dietitian, your career choices expand even more. You will qualify for positions in clinical dietetics or food administration in hospitals, nursing homes, community nutrition programs, businesses, and other types of agencies. Our graduates have gone on to the following:

- Nutrition educators in schools, colleges, and community agencies
- Clinical dietitians or managers of nutrition programs in hospitals, nursing homes, and schools
- Private consultants for patients with chronic conditions or for corporate wellness programs
- Members of clinical specialty teams in pediatrics, family medicine, surgery, critical care medicine, nutrition therapy, and other services
- Staff members of private agencies, health departments, and federal agencies
- Food writers, editors, and nutrition communicators
- Product and marketing staff in food or media companies

FOOD STUDIES

The food studies concentration prepares graduates to enter food professions where knowledge of food and beverage, the use of food and food ingredients, and the role of food in society are at a premium. The program also prepares students for graduate study in such fields as humanities, social and behavioral science, and management. Although this is a relatively new field, our graduates have obtained the following entry-level positions:

- Food writers
- Food stylists
- Food photographers
- Caterers
- Cooks or cook managers

Career Development provides many resources for finding employment. Many of our graduates inform us of job openings and provide career guidance for our students.

Student Activities

We encourage our students to join the department's Food and Nutrition Club, which sponsors events, field trips, and speakers, and to join and participate in local, regional, and national professional organizations such as the American Dietetic Association, the New York State Dietetic Association, the Association for the Study of Food and Society, and the James Beard Foundation. Such organizations provide technical information, career guidance, or scholarships for students in our program.

Nutrition and Dietetics Concentration

PREPARING YOU FOR DIETETIC PRACTICE

The nutrition and dietetics concentration meets national needs for professionals with a thorough understanding of human nutritional needs in health and illness and of ways to provide healthful diets through food service systems. In a dynamic and

expanding field, nutritionists and dietitians are working in health care, business, government service, and their own private practices. Hospitals, nursing homes, the food industry, restaurants, schools, and community programs urgently need nutritional professionals with up-to-date knowledge and experience.

HOW THE PROGRAM WORKS

Students learn basic, community, clinical, and administrative dietetics, as well as food service management, food science, and nutrition science. Courses in nutrition assessment, diet modification, computer applications, and research help students develop analytical and decision-making skills critical to dietetic practice. Practicing dietitians from outstanding medical centers teach our clinical nutrition courses and provide guest lectures on the most interesting and current topics in the field.

FIELD EXPERIENCE OPPORTUNITIES

During your senior year, you do fieldwork in hospital dietetics under the close supervision of registered dietitians, helping patients and clients meet their special nutritional needs.

YOUR CAREER OPPORTUNITIES

FOOD STUDIES

(Continued from page 80.)

- Food or beverage directors
- Assistants to food operations, marketing, and design directors
- Sales associates
- Research assistants
- Consultants
- Test kitchen assistants
- Food product developers
- Food brokers



Recent settings for such field experiences have included NYU's Langone Medical Center, the Hospital for Joint Diseases, the Memorial Sloan-Kettering Cancer Center, and Rockefeller University Hospital in Manhattan; Long Island College Hospital in Brooklyn; and Saint Barnabas Hospital in the Bronx.

BECOMING A REGISTERED DIETITIAN

Most students in this area of concentration decide to continue their studies to obtain credentials as a registered dietitian (R.D.). This credential qualifies students for specialized positions and a greater variety of career choices. The nutrition and dietetics concentration provides the curriculum accredited by the American Dietetic Association that you need to become eligible to obtain the R.D. After you graduate, you will also need to complete an accredited internship and pass the R.D. examination.

Our department offers two graduate options for a dietetic internship. Both enable you to earn a master's degree, which is held by more than half of this country's dietitians, and

both are accredited by the ADA. They are as follows:

(1) NYU Dietetic Internship
You may apply for this internship, which provides clinical dietetics training at one of more than 20 hospitals and health care facilities affiliated with NYU. Upon completion, you are eligible to take the R.D. examination. If you choose to complete the internship and continue graduate studies, you will need 22 additional credits to complete a Master of Science degree in clinical nutrition and dietetics.

(2) Bronx VAMC Dietetic Internship/NYU Master's Program
This highly selective program is offered by the James J. Peters Veterans Affairs Medical Center in the Bronx in affiliation with the NYU Department of Nutrition, Food Studies, and Public Health. After 16 months of clinical dietetics practice and course work, you earn a Master of Science degree in nutrition and dietetics: clinical nutrition and are eligible to take the R.D. examination.

Food Studies Concentration

A UNIQUE AND INNOVATIVE PROGRAM

This area of concentration focuses on the scholarly study of food, particularly its cultural and social dimensions. To our knowledge, this is the only undergraduate program offering this focus outside of a culinary institution and the only one to build on so strong a foundation in liberal arts and be accredited.

YOUR COURSE OF STUDY

Concentration courses cover food issues of contemporary societies, essentials of cuisine, beverage management systems, food science, food in the arts, and communications. Students may choose from a wide variety of theoretical and hands-on elective courses, such as catering, international nutrition, food demonstrations, international foods, and food photography. Courses are taught by outstanding NYU faculty as well as by highly qualified professionals who share their knowledge and experience, provide career advice, and supervise internships. Internships are available in every imaginable aspect of the food fields and are developed

through consultation with faculty to meet individual interests and goals.

Study Options

Areas of Concentration:
Students select an area of concentration from the following two choices: (1) nutrition and dietetics and (2) food studies.

Independent Study:
Students can receive credit for independent study in advanced course work, field experience, or special projects that provide further education in specific areas of interest, under the supervision of a faculty adviser.

Minor: Students in other fields may minor in nutrition and food studies by taking 16 points of core courses in food science, food production and management, management theory, nutrition and health, food sanitation, and food and society.

Depending on the area of concentration, nutrition and food studies majors may minor in another area of study, such as business, communication studies, history, anthropology, or foreign language.

NUTRITION AND FOOD STUDIES

Depending on the specific area of concentration selected, the 128-point curriculum in nutrition and food studies requires 60 points of liberal

arts courses, 14 points of core courses, 25 to 35 points of specialization courses in an area of concentration, and the remaining 17 to 25

points as electives. Core courses taken by all students in the program include food science, food production and management, food manage-

ment theory, nutrition, and food and society. Specialization and elective courses are discussed under each area of concentration.

SAMPLE CURRICULUM WORKSHEET NUTRITION AND DIETETICS CONCENTRATION

Freshman Year		32 Points	
FALL SEMESTER		Introduction to Foods and Food Science. E33.00853	SPRING SEMESTER
LIBERAL ARTS		Nutrition and Health. E33.01193	LIBERAL ARTS
Writing the Essay. V40.0100 . . .4		Computers in Nutrition and Food Service. E33.00212	Organic Chemistry. V40.0240 . .5
Introduction to Modern Chemistry. V25.00025		TOTAL	The Advanced College Essay. E52.01104
MAJOR		TOTAL	Liberal Arts Elective4
New Student Seminar. E03.00010		17	MAJOR
			Theories and Techniques of Nutrition Education and Counseling. E33.01202
			TOTAL
			15
Sophomore Year		32 Points	
FALL SEMESTER		Food Microbiology and Sanitation. E33.10233	SPRING SEMESTER
LIBERAL ARTS		Nutrition and the Life Cycle. E33.12693	LIBERAL ARTS
Introduction to Psychology. V89.00014		Unrestricted Elective3	Foundations of Contemporary Culture: Texts and Ideas. V55.04••4
MAJOR		TOTAL	Liberal Arts Requirement: Mathematics4
Introduction to Human Physiology. E33.10683		16	MAJOR
			Food and Society. E33.10512
			Food Production and Management. E33.10523
			Diet Assessment and Planning. E33.12603
			TOTAL
			16
Junior Year		32 Points	
FALL SEMESTER		MAJOR	SPRING SEMESTER
LIBERAL ARTS		Food Science and Technology. E33.11843	LIBERAL ARTS
Foundations of Contemporary Culture: Cultures and Contexts. V55.05••4		Community Nutrition. E33.12093	Foreign Language4
Liberal Arts Elective4		Elective by Advisement2	Liberal Arts Elective4
		TOTAL	MAJOR
		16	Food Management Theory. E33.00913
			Clinical Nutrition Assessment. E33.11853
			Unrestricted Elective2
			TOTAL
			16
Senior Year		32 Points	
FALL SEMESTER		Nutritional Biochemistry. E33.10643	SPRING SEMESTER
LIBERAL ARTS		Elective by Advisement3	LIBERAL ARTS
Economic Principles I. V31.00014		Unrestricted Elective3	Foundations of Contemporary Culture: Expressive Cultures. V55.07••4
MAJOR		TOTAL	Liberal Arts Elective2
Fieldwork. E33.11984		17	MAJOR
			Current Research in Nutrition. E33.11172
			Food Microbiology and Sanitation: Safety Certification. E33.10481
			Elective by Advisement2
			Unrestricted Electives4
			TOTAL
			15
GRAND TOTAL: 128 Points			

SAMPLE CURRICULUM WORKSHEET FOOD STUDIES CONCENTRATION

Freshman Year 32 points

FALL SEMESTER	Food Issues of Contemporary Society. E33.00713	SPRING SEMESTER	MAJOR
LIBERAL ARTS	Computers in Nutrition and Food Service. E33.00212	LIBERAL ARTS	Nutrition and Health. E33.01193
Writing the Essay. V40.0001 . . .4	New Student Seminar. E03.00010	The Advanced College Essay. E52.01104	Food and Society. E33.1051 . . .2
Liberal Arts Elective4	TOTAL <u>16</u>	Foundations of Contemporary Culture: Texts and Ideas. V55.04••4	Elective by Advisement3
MAJOR			TOTAL <u>16</u>
Introduction to Foods and Food Science. E33.00853			

Sophomore Year 32 Points

FALL SEMESTER	MAJOR	SPRING SEMESTER	MAJOR
LIBERAL ARTS	Food Production and Management. E33.10523	LIBERAL ARTS	Techniques of Regional Cuisines. E33.11832
Foundations of Contemporary Culture: Societies and the Social Sciences. V55.06•• . . .4	Food in the Arts. E33.1204 . . .2	Expressive Culture. V55.07•• . . .4	Elective by Advisement3
Mathematics Course4	Elective by Advisement3	Natural Science Course4	Unrestricted Elective(s)3
	TOTAL <u>16</u>		TOTAL <u>16</u>

Junior Year 32 Points

FALL SEMESTER	MAJOR	SPRING SEMESTER	MAJOR
LIBERAL ARTS	Essentials of Cuisine. E33.11353	LIBERAL ARTS	Introduction to Food History. E33.12102
Foreign Language4	Beverages. E35.10253	Foreign Language4	Elective by Advisement2
Natural Science Course4	Elective by Advisement2	Foundations of Contemporary Culture: Cultures and Contexts. V55.05••4	TOTAL <u>16</u>
	TOTAL <u>16</u>	Liberal Arts Elective4	

Senior Year 32 Points

FALL SEMESTER	MAJOR	SPRING SEMESTER	MAJOR
LIBERAL ARTS	Food Management Theory. E33.00913	LIBERAL ARTS	Internship in Food Studies. E33.10563
Liberal Arts Elective4	Advanced Foods. E33.1217 . . .3	Food and Nutrition in a Global Society. E33.11804	Communication Workshop in Foods and Nutrition. E33.11302
	Unrestricted Elective(s)6		Elective by Advisement4
	TOTAL <u>16</u>		Unrestricted Elective(s)3
			TOTAL <u>16</u>

GRAND TOTAL: 128 Points