

Food Science and Human Nutrition

Bachelor of Science Degree

Contact

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Admission Requirements

(In years as established by the college)

A high school diploma with the following specific courses:

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- 4 English
- 2 Algebra I & II
- 1 Geometry
- 2 Lab Science (biology and chemistry or physics)
- 2 History/Social Studies

Academic electives (to equal at least 17 credits)

To ensure current mathematical skills, students should take a mathematics course during their senior year of high school.

College of Natural Sciences, Forestry, and Agriculture

Program Description

In the Food Science and Human Nutrition Program, students choose from one of three concentrations — human nutrition and dietetics, food science or food management. The human nutrition and dietetics degree program is accredited by the American Dietetic Association (ADA) as the first step in training registered dietitians. Ours is the only four-year degree program in human nutrition in Maine accredited by the ADA. The food science concentration is approved by the Institute of Food Technologists.

Specialized Information

Our program is moderate in size, allowing students to connect with other students and faculty members without being hidden in classes that are too large.

We have new teaching and research facilities in Hitchner Hall. The commercial kitchen teaching lab for student coursework offers experience cooking on commercial-grade equipment. The Pilot Plant facility allows students to learn how to operate food processing equipment.

The department has the only fully operational sensory evaluation facility among universities in New England, providing our students with valuable experience in one of the most-demanded fields of food science specialization.

Undergraduate students in food science are required to complete a field experience with a food company. Faculty in the department have a wealth of connections in the food industry and help the students connect with companies. Food science students have done field experiences at companies such as Stonewall Kitchens, York, Maine; World Harbors, Auburn, Maine; Hans Kisse, Haverhill, Mass.; Oakhurst Dairy; and NASA.

Students in human nutrition and dietetics complete a field experience as part of the capstone course, FSN 401 Community Nutrition. This involves students developing and implementing nutrition education programs for groups in the community such as senior citizens, daycare centers and public school children.

Students can work in the research labs of faculty members in the department as volunteers, work study students and work merit students. They also can do independent study and honors thesis research. Students have participated in basic research with both human and animal models, which involves examining the role of trace elements in cardiovascular disease and the effects of the bioactive components of blueberries on hypertension.

Associated Honor Societies and Student Organizations

Students are encouraged to join the Food Science Club and Nutrition Club. They also have opportunities to attend such annual professional conferences as the Institute of Food Technologists (Northeast Student Chapter), American Dietetic Association, Maine Dietetic Association and Maine Nutrition Council.

Special recognition includes the university chapters of the national food science honor society Phi Tau Sigma and the national human sciences honor society Kappa Omicron Nu.

Representative Courses

FSN 101 Introduction to Food and Nutrition
FSN 103 Science of Food Preparation
FSN 202 Food Service Management
FSN 230 Nutritional and Medical Terminology
FSN 301 Life Cycle Nutrition
FSN 330 Introduction to Food Science
FSN 340 Food Processing Laboratory
FSN 401 Community Nutrition
FSN 430 Counseling and Diet Therapy

FSN 410 Human Nutrition and Metabolism
FSN 420 Medical Nutritional Therapy II
FSN 425 Contemporary Issues in the Food Industry
FSN 436 Food Law
FSN 438 Food Microbiology
FSN 450 Food Biotechnology
FSN 482 Food Chemistry
FSN 485 Introduction to Food Engineering Principles

NEBHE Program

Applicants to this program who reside in New Hampshire or Rhode Island are eligible for reduced tuition (in-state plus 50 percent) under the New England Regional Student Program, administered through the New England Board of Higher Education (nebhe.org).

Career and Graduate Opportunities

Students in human nutrition and dietetics must complete a dietetic internship after graduation to become registered dietitians. Our five-year average placement rate of students into dietetic internships is 84 percent. Graduates in the human nutrition and dietetics concentration have been placed in dietetic internships at prestigious medical facilities, such as: Cleveland Clinic, Massachusetts General Hospital, Beth Israel-Deaconess Hospital, Henry Ford Hospital, Hines VA Hospital, Baylor University Medical Center, N.Y. Presbyterian Hospital and the Frances Stern Nutrition Center.

After completing the dietetic internship, students in human nutrition and dietetics go on to work in many different settings, such as hospitals, long-term care, corporate wellness, outpatient nutrition counseling centers, community nutrition programming, food and fitness companies and research settings.

Students graduating with a concentration in food science have found jobs in the food industry in product development, quality assurance and food safety at such companies as General Mills, Campbell's Soup, McCormick and Kraft Foods.

Students with a concentration in food management are qualified for management positions in restaurants, school or university food service, hospital food service and other related food businesses.

UMaine Graduate Programs

Master of Science in Food Science and Human Nutrition
Doctor of Philosophy in Food and Nutrition Sciences

About UMaine

The University of Maine, founded in Orono in 1865, is the state's premier public university. It is among the most comprehensive higher education institutions in the Northeast and attracts students from across the U.S. and more than 60 countries. It currently enrolls 12,000 total undergraduate and graduate students who can directly participate in groundbreaking research working with world-class scholars. Students are offered 88 bachelor's degree programs, 64 master's degree programs, 25 doctoral programs and one of the oldest and most prestigious honors programs in the U.S. The university promotes environmental stewardship on its campus, with substantial efforts aimed at conserving energy, recycling and adhering to green building standards in new construction. For more information about UMaine, go online (umaine.edu). Equal opportunity information also is available online (umaine.edu/eo).

How do I apply?

Visit go.umaine.edu for an application, as well as information about academics and life at UMaine.



Academic Programs 2011–12

The latest versions of the UMaine fact sheets are online (factsheets.umaine.edu). This fact sheet is intended for informational purposes only and is subject to change.

