



Nutrition and Food Science & Pre-Nursing Cross-Major Planning Guide *Food and Nutrition Communication Option*

Use this planning guide in careful consultation with [Academic Advising](#), the [Chico State Catalog](#), and your Degree Progress Report.

If you're interested in learning how the body uses nutrients for overall well-being, culinary skills, and how nutrition is related to disease, the nutrition and food science (NFSC) major with an option in food and nutrition communication may be right for you. In this major, you'll learn about nutrition and disease, human nutrition, and food science skills.

Potential Career Opportunities:

- Media communications
- Corporate wellness consultant
- Nutrition educator
- Nutrition health specialist
- Quality assurance



SEMESTER ONE	
MATH 105 (GE Area A4)	3.0
BIOL 103* or BIOL 104 (GE Area B2)**	4.0
GE Area A1	3.0
JOUR 130 (GE Area A2)	3.0
PSYC 101 (GE Area D2)	3.0
Total Units	16.0

SEMESTER TWO	
BIOL 103* or BIOL 104 (GE Area B2)**	4.0
CHEM 107 or CHEM 108 (GE Area B1)**	4.0
NFSC 155	1.0
GE Area A3	3.0
CHLD 252 (GE Area E)	3.0
Total Units	15.0

SEMESTER THREE	
BIOL 211 (GE Area B2)	4.0
NFSC 120	3.0
NFSC 100* (GE Area E)	3.0
ANTH 113 or SOCI 100 (GE Area D1)	3.0
GE Area C1 or GE Area C2	3.0
Total Units	16.0

SEMESTER FOUR	
CHEM 107 or CHEM 108 (GE Area B1)**	4.0
NFSC 122	2.0
NFSC 230	3.0
HIST 130 or POLS 155	3.0
GE Area C1 or GE Area C2	3.0
Total Units	15.0

*Classes marked with one asterisk indicate classes that meet the pre-nursing program preferred prerequisites

**It's highly recommended that you *do not* take BIOL 103 and any chemistry course concurrently

***Classes in **BOLD** indicate classes that meet both majors' GE requirements