

# Department of Nutrition and Food Sciences (NFSC)

Chairperson:	Olabi, Ammar
Professors:	Hwalla, Nahla; Obeid, Omar; Toufeili, Imad
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Lecturers:	El Khoury, Dalia; Natour, Jamila
Instructors:	Chamieh, Marie Claire; <sup>P</sup> Ghandour, Sana; <sup>P</sup> Habib-Mrad, Carla; Hamadeh, Basma; Mikati, Nadine; Tannous, Diana
Research Associate:	Adra, Nada
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## Undergraduate Program

The mission of the Department of Nutrition and Food Science is to produce qualified graduates capable of serving the region in various areas of food science, nutrition, and dietetics. The department participates in offering courses within the FAFS undergraduate core program and, in addition, offers junior and senior courses that cover areas of major importance in food science, nutrition, and dietetics.

The department offers two three-year programs, one leading to a BS degree in Nutrition and Dietetics, and the other leading to a BS degree in Food Science and Management. Graduates wishing to qualify as licensed dietitians should complete an Internship for a minimum of six months in a recognized medical setting.

In addition, the department offers a Coordinated Program in Nutrition and Dietetics (CP) which combines the didactic three year Nutrition and Dietetics Program with an additional year of supervised practice. The CP provides students who complete it with the academic and supervised practice requirements established by the Commission on Accreditation for Dietetics Education (CADE) of the American Dietetic Association (ADA) for entry level dietitians.

Students who intend ultimately to enter the Faculty of Medicine must complete the premedical requirements as outlined in the AUB catalogue Faculty of Arts and Sciences section titled Premedical Study. Graduates of these programs do not receive the Diploma of Ingénieur Agricole.

The following courses are offered by the department:



**NFSC 289**                    **Food Processing Laboratory**                    **0.3; 1 cr.**  
Laboratory exercises in the Pilot Plant in food preservation, preparation and processing. *Corequisites:* NFSC 287, ND III or FSM III.

**NFSC 290**                    **Food Service Management**                    **2.3; 3 cr.**  
Techniques of management of functional operation of food service; field trips, self-study modules, reports, and discussion. *Prerequisites:* MNGT 215 and NFSC 221.

**NFSC 292**                    **Medical Nutrition Therapy I**                    **3.0; 3 cr.**  
Examines selected metabolic diseases, HIV, and cancer by covering their etiology, metabolic pathways, and the importance of medical nutrition therapy. *Prerequisites:* NFSC 240, NFSC 274 and NFSC 285.

**NFSC 293**                    **Medical Nutrition Therapy II**                    **3.0; 3 cr.**  
A thorough review of the nutrition care process in the treatment of diet-related diseases. The course prepares students to implement the nutrition care process for various conditions, including but not limited to overweight and obesity, diabetes, cardiovascular, gastrointestinal and renal diseases and helps students: 1) understand the pathophysiology of selected diseases in which nutritional intervention plays a major role; 2) identify the nutritional needs of patients with disease; and 3) develop an appropriate patient nutrition care plan. *Prerequisites:* NFSC 274, NFSC 240 and NSFC 285.

**NFSC 294**                    **Medical Nutrition Therapy Laboratory I**                    **0.3; 1 cr.**  
Self-study modules, case studies, reports, and discussions of NFSC 292 topics. *Corequisite:* NFSC 292. *Prerequisite:* NFSC 285.

**NFSC 295**                    **Medical Nutrition Therapy Laboratory II**                    **0.3; 1 cr.**  
Self-study modules, case studies, reports, and discussions of NFSC 293 topics. *Corequisite:* NFSC 293.

**NFSC 296**                    **Seminar Presentation in Food Sciences and Nutrition**                    **1 cr.**  
*Prerequisite:* ND III. *Course offered in fall and spring.*

**NFSC 299**                    **Special Topics in Nutrition and Food Sciences**                    **2 cr.**  
Directed study. Tutorial. *Prerequisite:* ND III.

**In addition to the requirements for the BS degree in Nutrition and Dietetics, students accepted in the Coordinated Program should complete the following:**

**NFSC 283**                    **Nutrition Education and Communication**                    **3 cr.**  
Focuses on principles of health behavior, learning theories and their application to nutrition education and nutrition counseling practice. Equips students with the necessary communication tools and techniques to help prevent nutrition-related disease and promote health.

**NFSC 284**                    **Seminar in Clinical Dietetics**                    **1 cr.**  
This course focuses on developing the communication and research skills as well as strengthening the critical thinking capacities of CP students undergoing an intensive internship program, by providing them the opportunity to present and discuss all interesting nutritional issues arising during their CP practicum. It is divided into NFSC 284A and 284B.

**NFSC 298**                    **Dietetic Internship**                    **28 cr.**  
Training for nine months at an affiliated medical facility.



**NFSC 291**            **Elements of Food Engineering**            **3.0; 3 cr.**  
Basic concepts and principles of food engineering; emphasis on food handling and unit operations utilized in food processing. *Prerequisites: MATH 204, FSM III.*

**NFSC 296**            **Seminar Presentation in Food Sciences and Nutrition**            **1 cr.**  
*Prerequisite: ND III or FSM III. Course offered in fall and spring.*

**NFSC 299**            **Special Topics in Nutrition and Food Sciences**            **2 cr.**  
Directed study. Tutorial. *Prerequisite: ND III or FSM III.*

## **Core Course for the BS Degree in Agribusiness**

**NFSC 252**            **Food Processing**            **3.0; 3 cr.**  
Technology and processing of foods; includes processing food products in AREC. *Prerequisite: Junior status standing.*

## **Elective Course not for Nutrition and Dietetics or Food Science and Management**

**NFSC 220**            **Food and Nutrition Awareness**            **3.0; 3 cr.**  
Introduces the discipline of nutrition and assists students in making optimal food choices for better health. *Free elective.*