Food Science and Nutrition (FDSN)

FDSN 201
Nutrition and Wellness
Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients, and tools for dietary planning and assessment in various settings. Examination of specific issues such as weight management, sports nutrition, food safety, the diet-disease relationship, and global nutrition. Analysis of special nutritional requirements and needs during the life cycle.
Lecture: 3 Lab: 0 Credits: 3
Satisfies: Natural Science (N)

FDSN 300
Nutrition Through the Life Cycle
This course analyzes the changing nutritional requirements and relative dietary and psycho-social issues which are specific to the different stages of the life cycle. Expected student outcomes include the following: (1) the student will be able to identify specific nutrient requirements for each stage of the life cycle; (2) the student will be able to relate nutrient needs to developmental levels, including biochemical and physiological structure/function of the body, and have a general understanding of dietary planning that will adequately meet nutritional needs of given levels; (3) the student will be able to describe the importance of environment, feeding skills, psychosocial situations, and other factors to total nutrition and eating habits throughout the life cycle (development through aging); (4) the student will be able to identify risk factors associated with major health problems over the life span and acquire appropriate knowledge for addressing through dietary and lifestyle choices; (5) the student will be able to select, utilize, and evaluate appropriate materials and methods for communication of nutrition information to a given audience; (6) the student will be able to evaluate dietary intakes and feeding programs for individuals throughout the life cycle; and (7) the student will effectively communicate knowledge through exams, writing, and/or oral projects.
Prerequisite(s): (BIOL 107 or BIOL 115) and (FST 201 or FST 401 or FPE 201 or FPE 401)
Lecture: 3 Lab: 0 Credits: 3
Satisfies: Natural Science (N)

FDSN 301
Exploring Food Science & Tech
In this course students will explore the wide array of disciplines in which engineering, biological, and physical sciences are used to study and produce food products. An overview of the relationship between food nutrition, chemistry, microbiology, safety, processing, engineering, sensory, and product development will be discussed. The food science and technology industry will be studied to understand food processing, food safety, quality and packaging of specific categories of foods. The course also provides a brief introduction to different career opportunities within the food and technology industry.
Lecture: 3 Lab: 0 Credits: 3

FDSN 401
Nutrition, Metabolism, and Health
Study of chemical structures, types, and metabolism of carbohydrates, lipids, and proteins. Discussion of the biological and chemical roles of vitamins and minerals. Application and integration of metabolic knowledge with health promotion and chronic disease.
Lecture: 3 Lab: 0 Credits: 3

FDSN 402
Development, Delivery, and Dissemination
This course is an introduction to writing and presenting on scientific research with a focus on skills necessary for research at IIT’s Institute for Food Safety and Health. Topics will include defining a problem, structuring a literature review, creating a research proposal, and written and oral presentation of research results.
Lecture: 3 Lab: 0 Credits: 3

FDSN 405
Food and Behavior
The course aims to develop an understanding of food and food intake behavior by examining the intersection of nutritional science with other disciplines and expertise. The course will be an analysis of the factors that impact food choice/intake. Examination of physiological regulation, psychological and physiological moderators, food marketing, technology, economics, food policy and regulations, media, food safety, and agricultural practices as well as how food intake behavior feeds back and influences these factors. Influence of sex, BMI, and age will also be considered.
Lecture: 3 Lab: 0 Credits: 3

FDSN 408
Food Product Development
Students in this class will learn how to do the following: identify the key steps in the food product development process and stage gate concepts; develop a formulation approach with ability to effectively understand how to work well with vendors, handle labeling regulations, food safety, and consumer acceptability requirements; create a product unit costing with trade-offs and contingencies for market launch; identify key performance requirements for product shelf life testing and packaging specifications; evaluate product quality and safety with traditional and state of the art assessment tools; how to conduct consumer tests, plant trials, and introduce new products and processes into the manufacturing operation and contingency planning; and develop a strategy to monitor and improve product performance.
Lecture: 3 Lab: 0 Credits: 3