

## Friedman Core\*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients <b>OR</b> NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <b>OR</b> NUTR 215 <b>OR</b> NUTR 238 <b>OR</b> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
2 courses, 6CR, FALL/SPR	1 course, 3CR, FALL	1 course, 3CR, VARIES	Minimum of 120 hours

## Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR or NUTB or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • 3CR, FALL/SPR/SUM  NUTR 322: Writing Well About Food and Nutrition • 3CR, FALL  ..... NUTR 218: Communications Strategies in Nutrition and Health Promotion • 3CR, SPR  NUTR 393: Data Visualization and Effective Communication • 3CR, SPR	NUTR 213: Social Media for Health and Nutrition Communication • 1.5CR, FALL  NUTR 306: Communicating Health Information to Diverse Audiences • 3CR, FALL	NUTC 230: Interpreting Nutrition Evidence • 3CR, SPR  ..... NUTC 285: Current Controversies in Nutrition Science • 3CR, SUM  Public Speaking for Managers***

## Skills and Knowledge Gained

Apply behavioral and communications theories and strategies to develop accessible health messaging for diverse audiences; Evaluate a communications campaign; Develop engaging and effective food and nutrition messages across various technologies, platforms, and channels.; Apply behavioral theories to inform the design, implementation, and evaluation of food and nutrition communication initiatives; Develop and/or adapt communication initiatives to be culturally appropriate and relevant.; Skills in data visualization; Ability to succinctly summarize primary and secondary sources for a variety of audiences, technical and non-technical; Learn to find, solicit, and interview primary sources; Understand article structure and guiding and keeping reader attention through the length of an article or paper; Develop a compelling and individual writing voice. Edit, simplify, and clarify text.

\*Please speak with your advisor or the Dean for Education if you would like to request an exemption or substitution.

\*\* NUTR203: Fundamentals of Nutrition Policy and Programs; NUTR 215: Fundamentals of US Agriculture; NUTR 238: Economics of Food, Agriculture and Nutrition ; NUTB 206: Global Nutrition Policy and Programs

\*\*\*Cross listed at Harvard School of Public Health

**Please note:** The courses listed here and their availability may be subject to change. Please check [SIS](#) for current course offering.