Northwest Missouri State University  
School of Health Science and Wellness  
Foods and Nutrition: Dietetics  
Bachelor of Science

Students must earn a minimum total of 124 hours to complete their degree.

This sample plan is a supplement to your Degree Audit. Consult your advisor on a regular basis for individual academic planning.

Updated 4.15.19 (KF)
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The Northwest Difference

A Foods and Nutrition: Dietetics major at Northwest is the study of the science of nutrition and how nutrition impacts the human body. Faculty focus on teaching students skills to modify and assess individualized nutrition such as meal plans; nutrition counseling as it relates to human behavior; food science; food preparation; and food service management.

The program is a three-step process. First, students complete Northwest’s accredited didactic foods and nutrition program requirements; second, students apply to and complete an accredited dietetics internship after graduation; and third, students take the national registered dietitian exam.

Northwest's foods and nutrition: dietetics major is an accredited program by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

POINTS OF PRIDE

More than 80% of Northwest students pass the National Registered Dietitian exam the first time.

Enrollment into Northwest’s foods and nutrition program has increased by 400% over the last five years.

CAREER OPPORTUNITIES

Below is a list of possible job titles registered dietitian:

- Clinical Dietitian
- Food Service Director
- Food and Nutrition Specialist
- Food Services Supervisor
- Nutrition Counselor
- Pediatric Dietitian
- Registered Dietitian
- School Food Service Director
- Sports Dietitian
- Weight-management Consultant

PROFESSION-BASED LEARNING EXPERIENCES

The foods lab, renovated in 2012, is composed of stainless steel and state-of-the-art food production equipment. The renovations included countertops, flooring, stainless steel prep-tables and lab stool, improved modernized technology for demonstration, and designed so students can design food science experiments and learn food preparation techniques.

Every two years, dietetic students design and manage Friday Night Café events. Groups of students choose a country or region, research foods and recipes, and cook a meal for 50-60 people. The students must work within a budget, cook a specific meal commonly prepared in the chosen country, and decorate the space.

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Students are required to complete dietetics practicum. Students are required to complete 40 hours of job shadowing in a minimum of five areas of dietetics to include: clinical in-patient, clinical out-patient, long-term care, dialysis are required. Student choose the last area from sports nutrition, mental health, community or food services.

In the fall 2016, the nutrition focused physical assessment labs will be available for experience-based learning techniques like checking blood pressure, studying skin integrity, edema, pediatric assessment, skin fold measurements.