

HONOURS BACHELOR OF SCIENCE IN FOOD SCIENCES - NUTRITION OPTION

- The foods we eat are essential to maintaining the health of individuals and populations. Students in the Honours Bachelor of Science in Food Sciences will have an in-depth knowledge of the sciences underlying the production, consumption and metabolism of food, as well as their effects on health, disease prevention and management.
- This program focuses on the acquisition of knowledge in physico-chemical and sensory properties of food, microbiology and food safety, and the nutritional and metabolic aspects of foods, preparing graduates for careers in the agri-food sector such as agri-food industries, businesses, food science research centres and government departments. As the only food science training offered in the context of a faculty of health sciences in Canada, this option places greater emphasis on the health impact of food.
- It offers multiple educational opportunities to actively participate in experiential learning projects. Several optional courses on currently relevant subjects, as well as internship opportunities in research, public institutions and industrial settings, and through the Cooperative Education Program, are integrated into the curriculum.
- The Honours Bachelor of Science in Food Sciences is offered in French and English.
- Dietetics training is offered in French. Please visit the French website (<https://catalogue.uottawa.ca/fr/premier-cycle/bsc-specialise-nutrition-dietetique/#exigencesduprogrammetext>) for more details.

Vision

Nutrition and food innovation are key to achieving global health and wellness. Our programs aspire to create and mobilize leading-edge food and nutrition knowledge for enabling healthy lifestyles.

Mission

To educate tomorrow's leaders in food and nutrition sciences within a bilingual environment.

Program Requirements

Co-operative education is available with this program.

French immersion is available with this program.

The passing grade for some NUT courses is C+.

Requirements for this program have been modified. Please consult the 2025-2026 calendars (<http://catalogue.uottawa.ca/en/archives/>) for the previous requirements.

Compulsory courses at the 1000 level

ANP 1111	Essentials of Human Anatomy and Physiology I	3 Units
ANP 1115	Essentials of Human Anatomy and Physiology II	3 Units
BIO 1141	Introduction to Cell and Molecular Biology	3 Units
CHM 1311	Principles of Chemistry	3 Units
CHM 1321	Organic Chemistry I	3 Units

NUT 1104	Food Sciences I	3 Units
NUT 1124	Food Sciences II	3 Units
NUT 1150	Food Psychology	3 Units
NUT 1304	Introduction to Nutrition	3 Units

Compulsory courses at the 2000 level

HSS 2381	Quantitative Methods in Health Sciences: Continuous Variables	3 Units
NUT 2103	Laboratory Techniques in Food Sciences	3 Units
NUT 2110	Principles of Management in Nutrition	3 Units
NUT 2301	Nutrition Through the Life Stages	3 Units
NUT 2304	Introduction to Research Methods in Food and Nutrition	3 Units
NUT 2321	Nutrition and Metabolism	3 Units
NUT 2331	Food Carbohydrates	3 Units
NUT 2333	Nutritional Biochemistry	3 Units

Compulsory courses at the 3000 level

NUT 3107	Food Microbiology	3 Units
NUT 3130	Micronutrients and Phytochemicals	3 Units
NUT 3131	Food Lipids	3 Units
NUT 3132	Food Proteins	3 Units
NUT 3140	Food Analysis	3 Units
NUT 3141	Food Transformation	3 Units

Compulsory courses at the 4000 level

NUT 4141	Food Biophysics	3 Units
NUT 4183	Food Safety and Regulatory Affairs	3 Units
NUT 4184	Global Food Systems, Security and Sustainability	3 Units
NUT 4185	Food Toxicology	3 Units

Optional courses

9 optional course units from:	9 Units
NUT 1544	Aliments et expérimentations culinaires
NUT 2125	Management of Food Services
APA 3124	Diet and Physical Activity
NUT 3506	Alimentation des collectivités
NUT 3705	Introduction à la génomique nutritionnelle
NUT 4107	Functional Foods and Nutraceuticals
NUT 4130	Nutrition, Behaviour and Mental Health
NUT 4132	Diet, Microbiota and Intestinal Health
NUT 4142	Research Project
NUT 4242	Advanced Research Project

Elective courses

30 elective course units	30 Units
or a minor	

Total: 120 Units