

# HONOURS BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS

- The foods we eat are essential to maintaining the health of individuals and populations. Students in the Honours Bachelor of Science in Nutrition and Dietetics 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.
- Students may choose to specialize in Dietetics, which is only available in French to bilingual students. This program, unique in Ontario lasts a total of four years, including a practicum placement component in the form of internships. This training offers the opportunity to actively participate in experiential learning projects. Several courses in leading-edge fields, as well as internship opportunities in research, public institutions, community or clinical settings are integrated into the curriculum.
- The Dietetic training is offered in a stimulating learning environment by a dynamic and active team of professors that aims to address the multiple challenges facing individuals and societies in the area of food and nutrition. Topics studied include malnutrition here and around the world, the steady increase in obesity, diabetes and hypertension, aging populations, risks of food contamination and the complex nature of food service management. This dietetic education program is accredited by Accreditation Canada and prepares students for eligibility for a registration with a provincial dietetics regulatory body. Upon graduation, students in this program option are eligible to write the Canadian Dietetic Registration Examination (CDRE).

NOTE: Courses in the Honours Bachelor of Science in Nutrition and Dietetics are offered in French only, but the practicum placements can be held in a French, English or bilingual settings. Therefore, students enrolled in this option must have an excellent knowledge of both spoken and written English and French.

Learn more about this program (<https://www.uottawa.ca/faculty-health-sciences/nutrition/undergraduate-studies/honours-bachelor-science-nutrition-dietetics/>)

## 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

Courses in the Honours Bachelor of Science in Nutrition and Dietetics are offered in French only, but the practicum placements can be held in a French, English or bilingual settings. Therefore, students enrolled in this option must have an excellent knowledge of both spoken and written English and French.

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 1511	Principes d'anatomie et de physiologie humaines I	3 Units
ANP 1515	Principes d'anatomie et de physiologie humaines II	3 Units
BIO 1541	Introduction à la biologie cellulaire et moléculaire	3 Units
CHM 1711	Principes de chimie	3 Units
CHM 1721	Chimie organique I	3 Units
FRA 1710	Analyse, écriture et argumentation I	3 Units
NUT 1504	Sciences des aliments I	3 Units
NUT 1544	Aliments et expérimentations culinaires	3 Units
NUT 1550	Psychologie de l'alimentation	3 Units
NUT 1704	Introduction à la nutrition	3 Units

### Compulsory courses at the 2000 level

HSS 2781	Analyse quantitative des données en sciences de la santé: variables continues	3 Units
NUT 2503	Techniques de laboratoire en sciences des aliments	3 Units
NUT 2506	Principes de communication, collaboration et counseling	3 Units
NUT 2510	Principes de gestion en nutrition	3 Units
NUT 2525	Gestion des services alimentaires	3 Units
NUT 2701	Nutrition à travers le cycle de la vie	3 Units
NUT 2704	Introduction aux méthodes de recherche sur les aliments et la nutrition	3 Units
NUT 2721	Nutrition et métabolisme	3 Units
NUT 2733	Biochimie nutritionnelle	3 Units

### Compulsory courses at the 3000 level

NUT 3501	Nutrition publique et santé des populations I	3 Units
NUT 3502	Nutrition clinique I	3 Units
NUT 3503	Nutrition publique et santé des populations II	3 Units
NUT 3506	Alimentation des collectivités	3 Units
NUT 3507	Microbiologie alimentaire	3 Units
NUT 3508	Nutrition, gériatrie et santé	3 Units
NUT 3522	Nutrition clinique II	3 Units
NUT 3702	Évaluation nutritionnelle	3 Units

### Compulsory courses at the 4000 level

NUT 4502	Nutrition clinique III	3 Units
NUT 4503	Nutrition pédiatrique	3 Units
NUT 4611	Stage en gestion des services alimentaires	9 Units
NUT 4631	Stage en nutrition publique et en santé des populations	7.5 Units
NUT 4635	Stages en milieux variés	7.5 Units
NUT 4646	Stage en nutrition clinique	15 Units
NUT 4711	Initiation aux milieux cliniques	3 Units

**Total: 129 Units**