



**Bachelor Degree in Nutrition and Food Science**  
**Universidad Iberoamericana, FDE**

**CATALOG**

***If you are interested in identifying and improving nutrient deficiencies and excesses and food of the population, then the Bachelor of Nutrition and Food Science is an alternative for you.***

- Identify and anticipate problems of food and nutrition in individuals and communities.
- Propose creative solutions to solve problems professional food, nutrient and health of people and communities that create and foster fairer living conditions

You will be able to:

- Promote healthy lifestyles in individuals, groups and populations of different ages, contexts and health and illness status, through food, nutrition, and physical activity interventions.
- Implement the process of nutritional care in individuals, groups and populations of different ages, contexts and health conditions to favor their quality of life.
- Manage quality nutrition and dietary/food services to maintain and improve the health of individuals with various needs.
- Assess the molecular qualities and physiological implications of nutrients to propose the appropriate choice of food and diet, and the modification of products in order to prevent and treat diseases.

To enter this degree you need:

**KNOWLEDGE:**

- Basic knowledge of arithmetic and algebra.
- Basic knowledge of inorganic and organic chemistry.
- Comprehension reading in English.
- The Chemist-Biological formation of high school is recommended.

**SKILLS:**

- Oral and Written Communication.
- Ability to integrate knowledge from different areas.
- Teamwork.
- Organize personal and academic times and resources.
- Easy to establish relationships.
- Manual dexterity for practical work in the laboratory and workshops.

**INTERESTS:**

- Interest in the area of health, nutrition and food science
- Sensibility towards social problems.
- Interest in helping others in improving their quality of life, especially in aspects related to nutrition and food.
- Critical and proactive attitude.
- Multidisciplinary work.
- Service attitude.
- Personal and professional ethics
- Respect for diversity
- Awareness of the socio-environmental sustainability

**SYLLABUS OF BACHELOR’S DEGREE**

SUBJECTS FROM BASIC AREA	112 credits
SUBJECTS FROM MAIN COMPULSORY AREA	146 credits
SUBJECTS FROM MINOR COMPULSORY AREA	70 credits
SUBJECTS FROM UNIVERSITY REFLECTION AREA	32 credits
SUBJECTS FROM SOCIAL SERVICE AREA	16 credits
The minimum amount of credits required to qualify for the title of Bachelor Degree is:	376 credits

**MANDATORY SYLLABUS FROM BASIC AREA**

CODE	ABBR.	NAME OF THE SUBJECT	PRERE- QUISIT	C	HOURS PER WEEK	CREDITS
6110	NT039	NUTRITION PHYSIOLOGY	9857	SI	4 theory	8
9857	QM029	GENERAL BIOCHEMISTRY	22560	SI	4 theory	8
9864	NT053	INTRODUCTION TO NUTRITION AND FOOD SCIENCE			2 theory	4
20043	IA005	FOOD PRESERVATION PROCESSES	22523		2 theory and 2 practice	6
20063	NT012	CELL BIOLOGY AND GENETICS WORKSHOP		SI	2 theory and 2 practice	6
20112	MT007	DESCRIPTIVE STATISTICS AND			2 theory and 4 practice	8
20113	MT008	STATISTICAL INFERENCE WORKSHOP	20112		2 theory and 4 practice	8
20226	PC010	INTERVIEW THEORY AND TECHNIQUE			4 theory	8

20461	SP015	FOOD AND CULTURE			4 theory	8
21039	IA070	FOOD ANALYSIS AND CHEMISTRY I WORKSHOP		SI	4 practice	4
21040	IA071	FOOD ANALYSIS AND CHEMISTRY II WORKSHOP	21039	SI	4 practice	4
21045	PC057	PSYCHOLOGY IN THE LIFE CYCLE			4 theory	8
22058	LE075	ORAL AND WRITTEN COMMUNICATION		SI	4 theory	8
22209	AE189	INTRODUCTION TO BUSINESS			4 theory	8
22559	QM034	GENERAL CHEMISTRY WORKSHOP		SI	2 theory and 4 practice	8
22560	QM035	ORGANIC CHEMISTRY WORKSHOP	22559	SI	2 theory and 4 practice	8
					FIXED	112

## MANDATORY SYLLABUS FROM MAJOR AREA

CODE	ABBR	NAME OF THE SUBJECT	PRERE- QUISIT	C	HOURS PER WEEK	CREDITS
2869	NT03 7	PUBLIC HEALTH	7681		4 theory	8
7681	NT04 4	EPIDEMIOLOGY	20113		4 theory	8
7699	NT04 8	FOOD AND NUTRITION POLICIES AND PROGRAMS	2869		4 theory	8
9854	NT05 1	CELLULAR PHYSIOLOGY	20034		4 theory	8
9855	NT05 2	FOOD SERVICE WORKSHOP	20457	SI	2 theory and 2 practice	6
20034	NT00 2	METABOLIC BIOCHEMISTRY	9857	SI	4 theory	8
20056	NT00 5	NUTRITION AND PHYSICAL ACTIVITY WORKSHOP	20065	SI	2 theory and 2 practice	6
20061	NT01 O	FOOD TOXICOLOGY	20063		4 theory	8
20065	NT01 4	HEALTHY INDIVIDUAL NUTRITION II WORKSHOP	20066	SI	2 theory and 2 practice	6
20066	NT015	HEALTHY INDIVIDUAL NUTRITION II WORKSHOP		SI	2 theory and 2 practice	6
20067	NT016	NUTRITION EDUCATION I WORKSHOP		SI	2 theory and 2 practice	6
20107	NT019	PHYSIOPATHOLOGY I	6110	SI	4 theory	8
20108	NT02 0	PHYSIOPATHOLOGY II	20107	SI	4 theory	8
20115	NT02 1	NUTRITIONAL STATUS ASSESSMENT II WORKSHOP	20116	SI	2 theory and 2 practice	6
20116	NT02 2	NUTRITIONAL STATUS ASSESSMENT I		SI	2 theory and 2 practice	6
20123	NT02 9	TOPICS OF FUNCTIONAL FOODS	6110	SI	4 theory	8
20457	AH003	FOOD AND BEVERAGE FINANCE WORKSHOP		SI	2 theory and 4 practice	8
22523	NT05 7	FOOD SAFETY WORKSHOP		SI	2 theory and 2 practice	6

22525	NT058	NUTRIGENOMICS WORKSHOP	9854	SI	4 practice	4
22758	NT062	CLINICAL NUTRITION I	20107	SI	2 theory and 4 practice	8
22762	NT064	MENU DEVELOPMENT WORKSHOP	20066 22523	SI	6 practice	6
					FIXED	146

### MANDATORY SYLLABUS FROM MINOR AREA

CODE	ABBR.	NAME OF THE SUBJECT	PRERE- QUISITES	C	HOURS PER WEEK	CREDIT S
20059	NT008	MASS COMMUNICATION METHODS IN NUTRITION	20067		4 theory and 2 practice	10
20118	NT024	NUTRITIONAL AND FOOD RESEARCH STRATEGY	22758	SI	4 theory	8
20596	NT055	INTERNSHIP IN HUMAN NUTRITION	20118 22758	SI	8 practice	8
20597	NT056	INTERNSHIP IN FOOD SERVICE	20118	SI	8 practice	8
22757	NT061	CLINICAL NUTRITION II	20'108 22758	SI	6 practice	6
					FIXED	40

### ELECTIVE SUBJECTS OF MINOR AREA

COD E	ABBR.	NAME OF THE SUBJECT	PRERE- QUISITES	C	HOURS PER WEEK	CREDITS
9252	IA067	TRADITIONAL FOOD TECHNOLOGIES IN MEXICO			2 theory	4
9845	EN005	HEALTH ECONOMICS	7699		4 theory	8
2012 7	AE002	MARKETING SERVICES			4 theory	8
2027 7	CP019	PROGRAM EVALUATION	7699		4 theory	8
2046 0	IA046	SUSTAINABLE DEVELOPMENT AND FOOD			4 theory	8
2220 5	AE187	ENTREPRENEURIAL DEVELOPMENT	22209		4 theory	8
2230 2	PC073	EATING DISORDER			2 theory	4

22544	NT059	NUTRITION AND SPORT	20056		4 practice	4
22596	IA081	MOLECULAR GASTRONOMY			4 practice	4
22759	NT063	GERIATRIC NUTRITION	20065		2 theory and 2 practice	6
22770	NT067	NUTRITION IN CRITICALLY ILL PATIENTS	22757	SI	4 theory	8
					MINIMUM	30

### MANDATORY SYLLABUS FROM UNIVERSITY REFLECTION AREA

CODE	ABBR.	NAME OF THE SUBJECT	PREREQUISIT	C	HOURS PER	CREDITS
20001	RU001	UNIVERSITY REFLECTION 1		SI	4 theory	8
20002	RU002	UNIVERSITY REFLECTION 2		SI	4 theory	8
20003	RU003	UNIVERSITY REFLECTION 3		SI	4 theory	8
20004	RU004	UNIVERSITY REFLECTION 4		SI	4 theory	8
					FIXED	32

### MANDATORY SYLLABUS FROM SOCIAL SERVICES AREA

CODE	ABBR.	NAME OF THE SUBJECT	PREREQU	C	HOURS PER WEEK	CREDITS
8763	SS100	PROFESSIONAL PRACTICE AND SOCIAL SERVICE.		SI	2 theory	16
					FIXED	16

All the subjects included in this syllabus are schooled, so the student must attend with regularity to the Courses in which he/she enrolls. The subjects that appear with SI in column C are face-to face, that is, they can be accredited only through the corresponding ordinary exam. Therefore, if the score of one of these is failed, the student will not be able to present it in an extraordinary exam or as a sufficiency and, consequently, he/she will have to study the subject again, until it is accredited in an ordinary way.

To comply with the syllabus of this bachelor degree, only the subjects contained in it and within the areas that comprise it, will be taken into account.

The subjects included in this syllabus are offered by different Departments and Program Coordination that can be identified by the two letters of the abbreviation, according to the following relationship:

CODE	COORDINATION	DEPARTMENT
AE	BUSINESS ADMINISTRATION	BUSINESS STUDIES
AH	HOTEL ADMINISTRATION	BUSINESS STUDIES
CP	POLITICAL SCIENCES AND PUBLIC	SOCIAL AND POLITICAL SCIENCES
EN	ECONOMY	ECONOMY
IA	FOOD ENGINEERING	ENGINEERING AND CHEMICAL
LE	LETTERS	LETTERS
ME	MARKETING	BUSINESS STUDIES
MT	MATHEMATICS	PHYSICS AND MATHEMATICS
NT	NUTRITION AND FOOD SCIENCE	HEALTH
PC	PSYCHOLOGY	PSYCHOLOGY
QM	CHEMISTRY	ENGINEERING AND CHEMICAL
RU	UNIVERSITY REFLECTION	UNIVERSITY REFLECTION
SP	SOCIAL AND POLITICAL SCIENCES	SOCIAL AND POLITICAL SCIENCES
SS	SOCIAL SERVICE	SOCIAL SERVICE SYLLABUS

Additional information is available on our website: <http://saludnutricion.iber.mx/> requesting it to the Program Coordinator: [araceli.suverza@iber.mx](mailto:araceli.suverza@iber.mx)

CURRICULUM MAP SUGGESTED COURSE SEQUENCE FOR NUTRITION AND FOOD SCIENCE PROGRAM

First Semester	Second Semester	Third Semester	Fourth Semester	Fifth Semester	Sixth Semester	Seventh Semester	Eighth Semester
General Chemistry Workshop 6H 8C 22559 QM034	Organic Chemistry Workshop 6H 8C 22560 QM035	General Biochemistry 4H 8C 9857 QM029	Metabolic Biochemistry 4H 8C 20034 NT002	Cellular Physiology 4H 8C 9854 NT051	Nutrigenomics Workshop 4H 4C 22529 NT058	Nutritional and Food Research Strategy Workshop 4H 8C 20118 NT024	Internship in Human Nutrition 8H 8C 20596 NT055
Introductory to Nutrition and Food Science 2H 4C 9864 NT053	Cell Biology and Genetics Workshop 4H 6C 20063 NT012	Healthy Individual Nutrition I Workshop 4H 6C 20066 NT015	Nutrition Physiology 4H 8C 6110 NT039	Physiopathology I 4H 8C 20107 NT019	Physiopathology II 4H 8C 20108 NT020	Clinical Nutrition II 6H 6C 22757 NT061	Internship in Food Services 8H 8C 20597 NT056
Psychology in the Life Cycle 4H 8C 21045 PC057	Nutritional Status Assessment I Workshop 4H 6C 20116 NT022	Nutritional Status Assessment II Workshop 4H 6C 20115 NT021	Healthy Individual Nutrition II Workshop 4H 6C 20065 NT014	Nutrition and Physical Activity Workshop 4H 6C 20056 NT005	Clinical Nutrition I 6H 8C 22758 NT062	Topics of Functional Foods 4H 8C 20123 NT029	Elective 5 (eight credits) 4H 8C
Food and Culture 4H 8C 20461 SP015	Interview Theory and Technique 4H 8C 20226 PC010	Epidemiology 4H 8C 7681 NT044	Public Health 4H 8C 2869 NT037	Food and Nutrition Policies and Programs 4H 8C 7699 NT046	Mass Communication Methods in Nutrition 6H 10C 20059 NT006	Professional Practice and Social Service 2H 16C 8763 SS100	
Descriptive Statistics and Probability Workshop 6H 8C 20112 MT007	Statistical Inference Workshop 6H 8C 20113 MT008	Food Toxicology 4H 8C 20061 NT010	Food Preservation Processes 4H 6C 20043 IA005	Nutrition Education I Workshop 4H 6C 20067 NT016	Food Services Workshop 4H 6C 9855 NT052	Elective 2 (four credits) 2H 4C	
Food Analysis and Chemistry I Workshop 4H 4C 21039 IA070	Introduction to Business 4H 8C 22209 AE189	Food Safety Workshop 4H 8C 22523 NT057	Menu Development Workshop 6H 6C 22762 NT064	Food and Beverage Finance Workshop 6H 6C 20457 AH003	Elective 1 (eight credits) 4H 8C	Elective 3 (four credits) 2H 4C	
Oral and Written Communication 4H 8C 22058 LE075	Food Analysis and Chemistry II Workshop 4H 4C 21040 IA071	University Reflector 1 4H 8C	University Reflection 2 4H 8C	University Reflection 3 4H 8C	University Reflection 4 4H 8C	Elective 4 (six credits) 3H 6C	
BASIC SUBJECT AREA	CLINICAL NUTRITION AREA	POPULATION NUTRITION AREA	FOOD SERVICES AREA	FOOD SCIENCE AREA			