UBC Food, Nutrition, & Health Major: Prerequisite, Required, and Elective Credits

Land and Food Systems
- Introduction to Land, Food & Community LFS 100
- Scholarly Writing & Argumentation in LFS LFS 150
- Introduction to Food Systems & Sustainability LFS 250
- Principles & Practice of Community Food Security LFS 350
- Food Laws, Regulations & Quality Assurance FNH 403

Food, Nutrition, and Health
- Fundamentals of Nutrition FNH 350
- Exploring Our Food FNH 200
- Vitamins, Minerals, and Health FNH 351
- Fundamentals of Cell Biology BIOL 200
- Food Microbiology FNH 313
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201
- Nutrition Concepts & Controversies FNH 250
- Exploring Our Food FNH 200
- Food, Nutrition, and Health FNH 100
- Introduction to Food FNH 200
- Introduction to Land, Food & Community LFS 100
- Introduction to Food Systems & Sustainability LFS 250
- Principles & Practice of Community Food Security LFS 350
- Food Laws, Regulations & Quality Assurance FNH 403

Biology
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201
- Fundamentals of Cell Biology BIOL 200
- Food Microbiology FNH 313

Chemistry
- Structure & Bonding in Chemistry CHEM 121
- Thermodynamics, Kinetics & Organic Chemistry CHEM 123
- Organic Chemistry Laboratory CHEM 235
- Organic Chemistry for the Biological Sciences CHEM 233
- Integral Calculus with Applications to Life Science MATH 103
- Differential Calculus with Applications to Life Sciences MATH 102
- Quantitative Data Analysis LFS 252
- Introduction to Biochemistry BIOL 201

Math
- Integral Calculus with Applications to Life Science MATH 103
- Differential Calculus with Applications to Life Sciences MATH 102
- Quantitative Data Analysis LFS 252

Elective options for each year level*

- Non-science electives (3 credits)
- Restricted electives (6 credits)
- Unrestricted electives (6 credits)
- Health elective (3 credits)
- Restricted electives (9 credits)
- Unrestricted electives (6 credits)
- Elective options are the same in the 3rd & 4th year
- Health elective (3 credits)
- Restricted electives (9 credits)
- Unrestricted electives (6 credits)

*See the Academic Calendar for more information, or https://www.landfood.ubc.ca/undergraduate/restricted-elective/ to see specific elective courses

Core Courses
- Environmental Sciences
- Social Sciences
- Engineering/Statistics
- Food and Science
- Health
- Food, Nutrition, & Health
- Pharmacology & Therapeutics
- Chemistry
- Economics
- Chemical & Biological Engineering
- Physics
- Microbiology
- Biology
- Anthropology
- Sociology
- Kinesiology
- Land & Food Systems
- Classical Studies
- Pathology
- Kinesiology
- Family Studies
- Food & Resource Economics
- Chemical & Biological Engineering
- Counselling Psychology
- Early Childhood Education
- Adult & Higher Education
- Psychology
- Educational Psychology & Special Education
- Curriculum & Pedagogy
- Philosophy
- Social Work
- Family Studies
- Sociology
- Anthropology
- Gender, Race, Sexuality and Social Justice
- Health & Society
- Political Sciences
- Forestry
- Environmental Sciences
- Community & Regional Planning

Yr 1
- Introduction to Land, Food & Community LFS 100
- Scholarly Writing & Argumentation in LFS LFS 150
- Introduction to Food Systems & Sustainability LFS 250
- Principles & Practice of Community Food Security LFS 350
- Food Laws, Regulations & Quality Assurance FNH 403

Yr 2
- Nutrition Concepts & Controversies FNH 250
- Exploring Our Food FNH 200
- Vitamins, Minerals, and Health FNH 351
- Fundamentals of Cell Biology BIOL 200
- Food Microbiology FNH 313
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201

Yr 3
- Introduction to Food FNH 200
- Introduction to Food Systems & Sustainability LFS 250
- Principles & Practice of Community Food Security LFS 350
- Food Laws, Regulations & Quality Assurance FNH 403
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201
- Fundamentals of Cell Biology BIOL 200
- Food Microbiology FNH 313
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201

Yr 4
- Introduction to Food FNH 200
- Introduction to Food Systems & Sustainability LFS 250
- Principles & Practice of Community Food Security LFS 350
- Food Laws, Regulations & Quality Assurance FNH 403
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201
- Fundamentals of Cell Biology BIOL 200
- Food Microbiology FNH 313
- Genetics, Evolution, & Ecology BIOL 121
- Human Biology: Physiology & Introductory Anatomy BIOL 155
- Introduction to Biochemistry BIOL 201