



# Food and Nutrition Management



Benedictine University  
College of Education  
and Health Services

## Excellent Academic Preparation

This new food and nutrition management major at Benedictine University was designed by practitioners and educators in food and nutrition management to prepare students to meet the competencies of food and nutrition managers so program graduates have the opportunity to pursue related certifications.

## Hands-on Learning

We strongly believe in real-life application of topics. Nutrition and management courses use multiple methods of interaction and assessment, including authentic case studies, presentations, lesson plans, group activities, and discussions. Food and nutrition management majors gain on-the-job experience, confidence, and a professional network through the field experience.

## Strong Job Outlook

According to the Bureau of Labor Statistics Occupational Outlook Handbook, job growth for food service managers from 2018-2028 is estimated to be 11 percent (much faster than the average).

## SAMPLE COURSES:

- NUTR 2298: Cultural Foods Lab
- NUTR 2364: Food Systems and Policy
- NUTR 4297: Quantity Foods Field Experience
- NUTR 4350: Food Service Management

## SIMILAR MAJORS:

Students interested in using nutrition to intervene in medical conditions are encouraged to explore the nutrition and dietetics major. Complementary minors include nutrition and food sciences, management, or entrepreneurship.

**CAREERS:** Food and nutrition managers work in a variety of settings, including restaurants, hotels, school cafeterias, bakeries, hospitals, long-term care facilities, companies or corporations, factories, the military, spas, cruise ships, and adventure and entertainment companies.

## WHY STUDY FOOD AND NUTRITION MANAGEMENT AT BENEDICTINE?

The undergraduate food and nutrition management program provides and promotes a high-quality education for the preparation of competent future food and nutrition service management professionals. The program provides learners with evidence-based comprehensive knowledge and applications of food science, food sustainability, facility operations, and business management to promote the health and well-being of people served in hospitals, restaurants, and the food industry. The program is unique in its emphasis on the science of food as basis for manipulation and healthier eating as well as the inclusion of sustainability.

FOR MORE INFORMATION, VISIT [BEN.EDU/COEHS](http://BEN.EDU/COEHS)

# COLLEGE OF EDUCATION & HEALTH SERVICES

Improving health and education is a critical concern for every community. The College of Education and Health Services is dedicated to producing effective practitioners committed to scholarship, lifelong inquiry, leadership, and social responsibility. Health Services undergraduate majors are offered in Food and Nutrition Management, Health Education and Promotion, Nutrition and Dietetics, and Sports & Exercise Science. Careers within these fields continue to be some of the fastest-growing in the country, and we pride ourselves on preparing our students to take advantage of those opportunities. Can't decide on a major? Our faculty and staff are committed to creating a decision-making framework through which students can identify and realize their educational goals.



## FIELD EXPERIENCE

Field experiences are built into the curricula, allowing our students to learn more about their future professions first hand.



## CAREER PROSPECTS

Our programs are designed to give students the tools they need to succeed in careers in some of the fastest-growing fields in the country.



## MASTER'S PRE-MATCH

In their senior year, students have the opportunity to pre-match to our combined M.S. in Nutrition and Dietetics/ Dietetic Internship program.

The majority of classes for the College of Education and Health Services are held in Kindlon Hall of Learning or Birk Hall of Science. Our nutrition majors benefit from their own food services lab, while sports and exercise science majors take advantage of Benedictine's state-of-the-art, 11,000-square-foot fitness center, which is housed in the Dan and Ada Rice Center.

“ I would describe the BenU nutrition program as intellectually rich and stimulating. I joined the program because it is one of the strongest in the state of Illinois. BenU's degree in dietetics provided me with the foundation that helped me match to my dietetic internship at Edward Hines, Jr. VA Hospital; embark on my career as a clinical outpatient dietitian at Captain James A. Lovell Federal Health Care Center; and start making a difference in people's lives.”

## HRISTINA TASEVSKI, B.S.'18, NUTRITION

Clinical Outpatient Dietitian at Captain James A. Lovell Federal Health Care Center



## MAJORS WITHIN THE COLLEGE OF EDUCATION & HEALTH SERVICES

Elementary Education  
Food and Nutrition  
Management+  
Health Education and  
Promotion  
Nutrition and Dietetics

Secondary Education  
(minor)  
Special Education  
Sport and Exercise  
Science

## GET INVOLVED *College-Related Student Clubs and Organizations*

Student Association of  
Nutrition and Dietetics  
Club (SAND)

+ Denotes majors that are also available as minors