WHY STUDY NUTRITION & ALLIED HEALTH AT BENEDICTINE MESA?

The Benedictine University Mesa Nutrition & Allied Health major is designed to provide students with a strong foundation in nutrition and science that prepares them for careers in public, community or private health programs or clinical and graduate programs. Courses in written and oral communications, ethics, research, and social and behavioral sciences provide a strong interdisciplinary foundation.

Students develop their skills by practicing their craft in a fully stocked and operating kitchen laboratory. They develop an understanding of food science, cultural foods and experimentation with food. Their coursework is strong not only in nutrition, but also in anatomy, physiology, chemistry and microbiology. Specialty courses in health education, program evaluation, group process, food systems and policy are designed to develop knowledge and skills as a health educator. Students gain understanding of nutrition through case studies, laboratories, and finally a field experience designed to apply learning in a real-world setting.

FOR MORE INFORMATION, VISIT OUR WEBSITE AT BEN.EDU/MESA

State-of-the-Art Nutrition Lab
Our nutrition lab, located in Gillett Hall, contains three full operating kitchens where three courses are offered: Food Science and the Food Science Lab, Cultural Foods and Experimental Foods. The lab is also used for special projects, such as the creation of educational videos in collaboration with our Communication Arts department.

Capstone
Your Benedictine career will be capped off with a senior Capstone class. Our Nutrition majors will gain hands-on experience at a local assisted living community or a clinic where they provide and assist with nutritional education. This course puts BenU Mesa students one step ahead of their competition and provides them with practices that future employers are looking for.

SAMPLE COURSES:
- CHEM 1101: Introduction to Chemistry
- BIOL 3258: Human Physiology
- THEO 2252: Business Ethics
- NUTR 3244: Food Science + Lab
- NUTR 3300: Nutrition Aspects of Disease
- NUTR 3359: Capstone

BENEDICTINE IS IN CO+HOOTS
The CO+HOOTS Institute for Entrepreneurship at Benedictine will begin in the Fall of 2020 and offer BenU Mesa students a safe environment to learn and launch a potential business under the guidance of practicing, experienced, and successful entrepreneurs. The four-year intensive immersion program will develop and support the growth of our students’ innovative and creative ideas. Applications are now being accepted!
At Benedictine Mesa you will find not only academic excellence in a well-rounded liberal arts environment, but also a values-based community in the Catholic, Benedictine tradition. You will receive individual attention and unique opportunities to build a resume that will prepare you to step out into the world upon graduation. Our faculty, who are experts in their fields, will inspire you, while our academic and career counselors will help guide and prepare you for life after college.

I decided I wanted to become a sport psychologist when I realized how much nutrition plays into the physical and mental health of an athlete. It’s true when they say that “baseball is 80% mental and 20% physical.” Giving the body the nutrients it needs to compete at a high level can drive someone’s career from being good to great. I have learned so much just in the nutrition lab alone. Learning how to cook my own food, what ingredients are in food and the time management needed to put into a healthy lifestyle has been something that has not only benefited me personally, but will be something I will take with me in my career. Playing baseball is my passion and because of BenU I have found my other passion and my future career.”

TRAVIS HUNT, ‘20 | NUTRITION | PSYCHOLOGY
Moreno Valley, Calif. | Benedictine Baseball

GET INVOLVED
Benedictine offers over 20 different clubs and organizations to join!

Redhawk Student Association  Black Student Union
Bowling  eSports
Rotaract  Women’s Fellowship
Hispanic Student Association  Men’s Fellowship
Peer Ministry Team
Jo Wilson Leadership Institute
CO+HOOTS Entrepreneurship
Institute at Benedictine

SCHOLARSHIPS AVAILABLE
Benedictine offers over 100+ scholarships to our current and future students!

All scholarships can be found online at ben.edu/mesa/admissions/scholarships

APPLY TO BENEDICTINE MESA ONLINE AT BEN.EDU/MESA/APPLY