

Recommended Courses for FCS Agents Assigned to Expanded Food and Nutrition

Department and Course Number	Course Name	Hours
Develop programming and teach nutrition, food safety practices, and health to limited resource families with children including the children in those families.		
Nutrition 100	Introductory Nutrition	3
Nutrition 300	Fundamentals of Nutrition	3
Nutrition 302	Life Span Nutrition	3
Nutrition 412	Food and Nutrition in the Community	3
Develop programming and teach health education focusing of self-responsibility, community issues and health care providers.		
Health 110	Personal Health and Wellness	3
Health 305	Health of Adolescents	3
Health 306	Health Instruction in Elementary Grades	3
Health 330	Wellness Through Health, Leisure, and Physical Activity	3
Health 400	Consumer Health	3
Develop programming, teach and enable individuals and family members with children to manage food dollars, save and manage resources.		
Child and Family Studies 345	Family Resource Management	3