

RESEARCH AND EXTENSION



BIDANI
www.bidani.uplb.edu.ph



The Food, Nutrition and Dietetics Review Course (FNDRC)
www.fndrc.com



Southeast Asian Conference on Econutrition (SEACone)
www.seacone.org



Nutrition and Wellness Clinic
@UPLBIHNFOneOnlineNutritionClinic

CAREER OPPORTUNITIES



- Nutritionist-Dietitians
- Pre-Medicine



- Foodservice Management & Training



- Academe



- Research

“Leadership and excellence in the study and practice of human nutrition and food”

ADMISSIONS

Undergraduate Students

Applicants for the BSN are generally through the University of the Philippines College Admission (UPCA). For more information, you may proceed to upcollegeadmissions.up.edu.ph or send an email to upcollegeapplications.oadms@up.edu.ph

Graduate Students

Graduates with BS degree in foods/food science, nutrition and dietetics, public health, human ecology, home economics/home technology, agriculture and related fields shall be qualified for acceptance for MS or MPS program.

The PhD program accepts qualified graduates who holds a master's degree in nutrition, applied, or community nutrition, animal nutrition and related fields.

For all admission requirements, please see the UPLB Graduate School.
uplbgraduateschool.org

Contact Us



ihnf.uplb.edu.ph



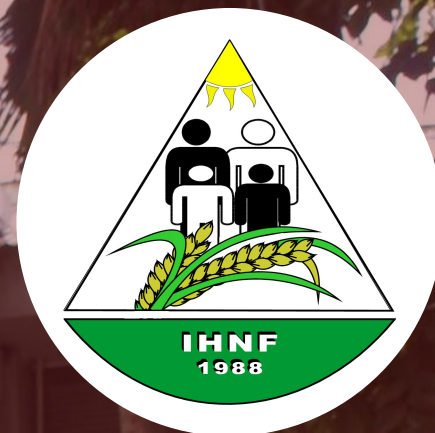
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Institute of Human Nutrition and Food

UNIVERSITY OF THE PHILIPPINES LOS BAÑOS



“Promote optimum nutrition by advancing knowledge, innovative research, and dynamic public service”



ABOUT US

HISTORICAL BACKGROUND

1950's. Food and Nutrition was already a well-defined area in the Department of Home Technology.

1974. Department of Home Technology was converted into the Institute of Human Ecology. Nutrition was one of the operational areas of the Institute.

1983. The Institute of Human Ecology became College of Human Ecology.

1988. The Department of Human Nutrition and Food was elevated to the Institute of Human Nutrition and Food (IHNF).

GOALS

The IHNF aims to:

- Produce competent graduates in human nutrition and food;
- Conduct innovative research on food, nutrition, and dietetics;
- Deliver dynamic public services and quality administrative services; and
- Create venue and opportunities for holistic development of faculty and staff.

FUNCTIONS

The three divisions of the Institute conduct *instruction, research, and extension.*

FOOD MANAGEMENT AND ADMINISTRATION

- Offers courses on food selection, preparation, production, food service management and food research with emphasis on the physicochemical properties and sensory qualities of food.
- Provides opportunities for manpower development through trainings and seminars in foodservice management.

NUTRITION POLICIES AND PROGRAMS

- Offers courses with integrative and multisectoral development programs
- Conducts action research on nutrition-oriented development programs
- Provides technical assistance to local government units and development organizations engaged in nutrition and related projects.

NUTRITIONAL SCIENCES

- Conducts courses on basic nutrition, nutrition in human development, nutritional assessment, methodologies and dietetics.
- Extends nutrition education to targeted population groups.

DEGREE PROGRAMS

UNDERGRADUATE

Bachelor of Science in Nutrition

A four-year program with academic load of 145 units. It has a holistic approach considering its ecological, rural, and agricultural orientations and strong linkage with the food system. It provides training in managing nutrition programs, assisting in nutrition programs at macro- and micro- levels, operating food service institutions, planning and preparing therapeutic diets, nutrition counseling, training nutrition workers, and conducting research in nutrition and related fields.

The BSN curriculum includes general education and foundation courses in mathematics, economics, social sciences, ethics, history, arts and humanities, agriculture, biology, and chemistry.

The core courses in the BSN curriculum include:

- Food Selection and Preparation
- Meal Management
- Food Preservations
- Food Service Systems I and II
- Food and Nutrition
- Sports Nutrition
- Nutrition in the Life Stages
- Nutritional Assessment
- Medical Nutrition Therapy I and II
- Food and Nutrition System
- Public Health Nutrition
- Nutrition Education
- Food and Nutrition Research
- Undergraduate Seminar
- Undergraduate Thesis
- Practicum I (Hospital Dietetics)
- Practicum II (Foodservice and Community Nutrition)

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Master of Professional Studies in Food and Nutrition Planning

This program is an advanced, interdisciplinary course integrating nutrition into the overall national socio-economic development plans.

A total of 44 units is required in which can be completed in three semesters and one midyear. The courses are distributed as follows:

Core Courses (20 units):

- Ecology of Food and Nutrition
- Food and Nutrition Planning
- Field Studies (Microplanning)
- Economic Analysis and Planning Agricultural Projects
- Food and Nutrition Economics
- Special Topics (Macro Planning)

Supportive Courses (15 units):

- Workshop in Food and Nutrition Planning
- Communication Theory
- Special Problem (Food Science)
- Special Topics (Research Design and Data Analysis)
- Graduate Seminar

Elective Courses (9 units):

Prescribed Electives (3 units): Economics of Agricultural Development or Advanced Human Nutrition

Free Electives (6 units): courses can be chosen in any field of interest: Evaluation of Nutritional Status, Food Biochemistry, Marketing, Economics of Agrarian Reform and Management, and Experimental Designs.

Master of Science in Applied Nutrition

This program is designed to broaden the student's perspective and increase effectiveness in the application of scientific knowledge to the solution of nutritional problems in families and communities. Hence, the program provides experience to enhance competencies in applied research in food and nutrition and related fields.

A total of 30 units which may be completed in one year and one midyear by a full time student. The courses are distributed as follows:

Course Courses (12 units):

- Evaluation of Nutritional Status
- Ecology of Food and Nutrition
- Nutrition in Health and Disease
- Research Problems and/or
- Special Topics
- Graduate Seminar

Supportive Courses (3 units) can be selected from the following courses:

- Advanced Human Nutrition
- Food and Nutrition Research
- Nutrition Programs
- Food and Nutrition Planning
- Food and Nutrition Planning Workshop
- Food and Culture
- Nutrition Epidemiology
- Nutritional Physiology

Cognate or minor Courses (9 units) can be selected from the following: Development Communications, Agricultural Economics, Animal Science, Horticulture, Chemistry, Agricultural Chemistry, Statistics, Food Science and Technology, and Agricultural Education

Master's Thesis (6 units)

Doctor of Philosophy in Human Nutrition

The degree program envisions to provide the students knowledge and skills to enable them to explain recent trends in nutrition science as well as plan, conduct, and evaluate basic and applied nutrition research. With an orientation highlighting the importance of incorporating nutrition in agriculture, and rural development, students will also be able to critically analyze food and nutrition problems and alternative solutions as well as design projects/programs and recommend policy options for nutrition improvement.

The course requirement for the PhD is 42 units above the Masteral Degree.

Core Courses (12 units);

- Biochemical Aspects of Human Nutrition
- Nutritional Epidemiology
- Food and Culture
- Dynamics of Population, Resources and Environment

Major Courses (9 units) may be selected from the following:

- Nutrition in Health and Disease
- Evaluation of Nutritional Status
- Ecology of Food and Nutrition
- Food and Nutrition Planning
- Nutrition Programs
- Nutritional Physiology
- Special Problems
- Special Topics
- Food and Nutrition Economics

Cognate courses (9 units) to choose from include: Agronomy, Agricultural Economics/Management, Animal Science, Chemistry/Biochemistry, Community Development/Extension Education, Development Communication, Environmental Studies, Family Studies, Food Science, Genetics, Horticulture/Veterinary Medicine, and Public Health.