

WINTER 2026 FSNH MAJOR UPPER-DIVISION ELECTIVES

FOOD SYSTEMS, NUTRITION, AND HEALTH MAJOR Upper-Division Electives List, 20 credits required

Many courses have restrictions based on class standing or major which may be enforced throughout registration or for only the first part of registration (i.e., "Period 1"). While the inclusion of these courses in our electives list indicates that they are pre-approved to count towards the Food Systems major, our students are not necessarily guaranteed access to these courses and course details/restrictions can change over time. When planning your schedule, **click the course schedule line number (SLN) or "view more details" in MyPlan to review any course restrictions.** Please note that we are not able to register you for courses taught outside our program.

- AIS 330 US-Indian Relations (5)
- AIS 340 Indian Children & Families (5)
- ANTH 302 Body and Soul: Introduction to Medical Anthropology and Global Health as Social Justice Praxis (5)
- ANTH 311 The Cultural Politics of Diet and Nutrition (5)
- ANTH 324 Current Issues in Medical Anthropology & Global Health (2)
- ANTH 325/CHSTU 322 Indigenous Knowledge and Public Health in Mexican and Latinx Origin communities* (5)
- ANTH 361 Anthropology of Food* (5)
- ANTH 377 Anthropology and International Health (5)
- ANTH 411 The Culture and Politics of Food: Study Abroad in Italy† (8-12, max 5 towards Food Systems electives)
- ANTH 479 Advanced Topics in Medical Anthropology (3-5)
- ANTH 488 Agroecology (5)
- ATMOS 358 Fundamentals of Atmospheric Chemistry (3)
- ATMOS 380 Weather and Climate Prediction* (3)
- B H 456 Social Justice and Health (5)
- BIO A 351 Principles of Evolutionary Medicine and Public Health (5)
- BIO A 355 Evolutionary Medicine and Public Health (3) NW
- BIO A 387 Ecological Perspectives on Environmental Stress, Adaptation, and Health* (5)
- CHSTU 320 Food Sovereignty Movements in Mexico and the United States (5)
- DIS ST/CHID/LSJ 332 Disability and Society (5)
- DIS ST/CHID/LSJ 430 Topics in Disability Studies* (1-5)
- DIS ST/CHID/LSJ 433 Disability Law, Policy, and the Community* (5)
- ECFS 315 Parenting and Child Development: Socioeconomic and Racial Inequities in the Early Life Course (5)
- ECFS 320 Childhood in Cultural Context: Theory and Practice (5)
- ECFS 419 Family and Community Influences on the Young Child* (5)
- ECON 300 Intermediate Microeconomics* (5)
- ECON 301 Intermediate Macroeconomics* (5)
- ENTRE 370 Introduction to Entrepreneurship (4)
- ENTRE 372 Grand Challenges for Entrepreneurship (4)
- ENTRE 440 Business Plan Practicum (2)
- ENTRE 443 Environmental Innovation Practicum (2)
- ENTRE 445 Health Innovation Challenge Practicum (2)
- ENVIR 439 Attaining a Sustainable Society (5)
- ENVIR/ESRM 460 Power, Privilege, and Preservation (5)
- ENV H 305 Environmental Poisons and Public Health (3)

- ENV H 311 Introduction to Environmental Health (3)
- ENV H 406 Disasters and Public Health (3)
- ENV H 417 Case Studies in Children's Environmental Health Disparities (3)
- ENV H 439 One Health: Human and Animal Health in a Changing Environment* (3)
- ENV H 440 Water, Wastewater, and Health (3)
- ENV H 441 Food Protection* (3)
- ENV H 444 Antibiotic Resistant Bacteria/Genes Impact on the Environment and Public Health (4)
- ENV H 445 Solid Waste Management (3)
- ENV H 451 Ecology of Environmentally Transmitted Microbiological Hazards (3)
- ENV H 452 Detection and Control of Environmentally Transmitted Microbiological Hazards (3)
- ENV H 473 Environmental Health Policy and Practice (4)
- EPI 320 Introduction to Epidemiology (4)
- EPI 330 Analyzing Epidemiologic Data: Basic Methods* (4)
- ESRM 320 Marketing and Management from a Sustainability Perspective (5)
- ESRM 321 Finance and Accounting from a Sustainability Perspective (5)
- ESRM 371/ENVIR 379/SOC 379 Environmental Sociology (5)
- ESRM 478/BIOL 424 Plant Ecophysiology* (5)
- FISH 406 Parasite Ecology* (5)
- FISH 424 Biology and Culture of Aquatic Organisms (5)
- FISH 445 Aquatic Foods in the Global Food System* (3/5)
- FISH/ESRM 447 Watershed Ecology and Management* (3)
- FISH 461 Resource Economics for Management and Policy* (4)
- FISH 464 Arctic Marine Vertebrate Ecology* (4)
- G H/LAW 305 Global Health and Justice (3)
- G H 307 Introduction to Implementation Science for Global Health (5)
- G H/ENV H 418 Understanding and Managing the Health Risks of Climate Change (3)
- GEOG 310 Immigrant America: Trends and Policies from a Geographic Perspective (5)
- GEOG 342 Geography of Inequality (5)
- GEOG 380 Geographical Patterns of Health and Disease (5)
- GWSS 300/AES 322 Gender, Race, and Class in Social Stratification* (5)
- GWSS/JSIS B 333 Gender and Globalization: Theory and Process (5)
- GWSS/ANTH/JSIS B 345 Women and International Economic Development (5)
- HSERV 343 Health Behavior and Health Promotion (5)
- HSERV 344 Health Systems Administration (5)
- HSERV 345 Community Health Assessment (5)
- HSERV 473 Topics in Indigenous Health (2/3)
- HSERV 479 Black Lives and Police Violence: Racism and the Public's Health (4)
- HSERV/G H 482 The Health of Populations (4)
- HSERV 488 Dark Empire: Race, Health, and British Society – Abroad†
- HSTAA/AIS/ENVIR 308 American Indians and the Environment (5)
- HSTAA 353 Class, Labor, and American Capitalism (5)
- IECMH 432 Introductions in Infant and Early Childhood Mental Health (5)
- JSIS B/LSJ/DIS ST 346 Disability in Global and Comparative Perspective (5)
- JSIS B 351 The Global Environment (5)
- L ARCH 341 Site Design and Planning (3)
- L ARCH 361 The Human Experience of Place (3)
- L ARCH 363 Ecological Design and Planning (3)
- LAW 310 Law, Science, and Technology (4)
- LSJ 422 Immigrants, Labor, and Legality (5)
- MKTG 305 Essentials of Marketing and Sales (5)
- MKTG 370 Retailing* (4)
- NUTR 310 Nutrition and the Life Course* (4)

- NUTR/ENVIR 312 Food System Sustainability and Resilience (3)
- NUTR 400 Food Systems, Nutrition, and Health Seminar (1), max 2 credits towards major
- NUTR 405 Physical Activity in Health and Disease* (3)
- NUTR 406 Sports Nutrition* (3)
- NUTR 411 Introduction to Nutritional Epidemiology* (3)
- NUTR 413 Sustainable Food Systems in Italy (5)-study abroad early autumn
- NUTR 415 Body Weight and Size Inclusivity: Clinical, Behavioral, and Societal Perspectives (5)
- NUTR 420 Global Nutrition: Challenges and Opportunities* (3)
- NUTR 440 Economics of Sustainable Food Systems (5)
- NUTR 446 Food Safety and Health (3)
- NUTR 495 Undergraduate Internship† (1-5)
- NUTR 499 Undergraduate Research† (1-5)
- PHG 301 Introduction to Genetic Epidemiology (5)
- PHIL/ENVIR 416 Ethics and Climate Change (5)
- POL S 328 International Organizations (5)
- POL S 368/LSJ 320 The Politics and Law of International Human Rights (5)
- POL S/ENVIR 384 Global Environmental Politics (5)
- POL S/ENVIR 385 Political Ecology of the World Food Systems (5)
- PUBPOL 313 Evidence-Based Policy Implementation* (5)
- PUBPOL 355 Special Topics in Nonprofits (3-4)
- PUBPOL 403 Professional Leadership (4)
- SOC 360 Introduction to Social Stratification (5)
- SOC 430 Determinants of Health & Disparities (5)
- SOC 459 The New Inequality (5)
- SPAN/JSIS B 457 Food, Ethnicity, and Identity in Hispanic Culture* (5)
- SPAN 459 Hispanic Food and Culture (5)

*Course has one or more prerequisites.

† No more than 5 credits combined of food-systems-related internship, study abroad, service learning, and research credits may be applied toward upper-division electives for the major. Please consult with [advising](#) if you have questions about applying these credits towards the electives requirement in your degree audit (DARS).

Declared Food Systems, Nutrition, and Health majors should check their UW email regularly for messages from advising regarding additional pre-approved upper division electives. If you are a declared Food Systems, Nutrition, and Health major and have taken a course that is not pre-approved and not listed above that you believe is related to the [Food Systems upper division electives concentration areas](#), you can submit the course for review using our [substitution request form](#). *Note: You must be logged into your @uw.edu account to access the form.*