DEPARTMENT OF NUTRITION AND FOOD STUDIES COOKING CLASSROOM

Our History

Chefs Stephen P. Sands and Pete Snaith
WHY CHOOSE GEORGE MASON UNIVERSITY?

- **Reputation**
  - Ranked #36 in the nation by US News & World Report
  - Only MS in Nutrition program in the Commonwealth of Virginia
  - Faculty expertise in public health nutrition, community nutrition, maternal-child nutrition, metabolism, clinical nutrition, food science, food systems, and food studies

- **Location**
  - Close proximity to Washington, DC

- **Flexibility**
  - Classes in the evenings, on weekends, and some even online
  - Full and part-time study options

- **Capstone Practicum Course**
  - Gain experiential knowledge
  - Make connections that can lead to career opportunities after graduation
Mr. Joe Wilson (Department Manager)
Dr. Lisa Pawloski (Department Chair)
Dr. Constance Gewa
Dr. Margaret Slavin
Dr. Sina Gallo
Dr. Lilian De Jonge
Dr. Tammy Wagner
Dr. Kerri LaCharite
Ten adjunct professors
Department Manager
(703) 993-9709
jwilso25@gmu.edu
Room 339
Dr. LaCharite is a term Assistant Professor in the Department of Nutrition and Food Studies. Dr. LaCharite obtained her Ph.D. in 2014 in Sustainability Education from Prescott College and she received a Masters degree in Professional Writing from Chatham University. Dr. LaCharite’s dissertation research was on “Cultivating Sustainability: Impact of Campus Agriculture Projects on Undergraduate Student Connections to Nature, Environmentally Responsible Behaviors, and Perceptions”.

Dr. LaCharite has worked as a produce specialist for the greater Pittsburg Food Bank and at Chatham University she managed the campus organic gardens, greenhouse, and beehives. Dr. LaCharite is certified in ServSafe and Permaculture and has a .

Dr. LaCharite will be teaching Food and Culture, Cooking, and Urban Agriculture this fall.
Dr. Wagner is a term Assistant Professor in the Department of Nutrition and Food Studies. Dr. Wagner obtained her Ph.D. in 1994 in Nutritional Biochemistry from the Ohio State University. She is a registered dietitian with active membership in the US Academy of Nutrition and Dietetics and a board certified specialist in sports dietetics, as well as holding certificates in weight maintenance and prevention of childhood obesity.

Dr. Wagner has 18 years of higher education teaching experience at the undergraduate and graduate level, including positions at James Madison University and Lord Fairfax Community College. Dr. Wagner also has 10 years of Administrative experience where she served as Dean of Health Professions at Lord Fairfax Community College.

Dr. Wagner’s research interests include behavior modification techniques that assist adult overweight individuals in losing and maintaining weight; performance nutrition in athletes, and educating special population groups of the best nutrition practices for overall health and wellness.
Dr. Lilian de Jonge is an Assistant Professor at the Department of Nutrition and Food Studies. She also serves as the Practicum Coordinator for the MS Nutrition program. Dr. de Jonge obtained her Ph.D. degree in nutrition from the Université de Montréal, in Montréal, Canada. After receiving her PhD, Dr. de Jonge moved to the Pennington Biomedical Research Center in Baton Rouge, LA where she was a Faculty Member and the Director of the Metabolic Chambers Laboratory, a position she held until 2010.

Dr. de Jonge’s research interests include the adaptation of energy and substrate metabolism to short and long-term changes in diet composition and energy balance, the effects of specific dietary components on energy metabolism and body composition and the role of circadian rhythm on body weight and energy balance.
Dr. Sina Gallo, R.D., is an Assistant Professor in the Department of Nutrition and Food Studies. She earned her Ph.D. in Human Nutrition and B.S. in Dietetics from McGill University in Montréal, Québec, Canada. She is a registered dietitian in Canada with active membership in the US Academy of Nutrition and Dietetics.

Dr. Gallo’s doctoral research explored infant vitamin D supplementation practices, requirements and effects on bone development. Dr. Gallo has a strong research background in the use of dual-energy x-ray absorptiometry (DXA) in pediatrics, dietary assessment methods and coordination of clinical trials. She has published in well recognized nutrition and medical journals, presented at national and international conferences and has been awarded numerous awards for her work. Her current research interests include how nutritional changes during pregnancy and infancy can prevent the development of obesity and other chronic diseases later in life. The over-arching goal of her work is to design family based interventions during these critical life periods.
Margaret Slavin is an Assistant Professor in the Department of Nutrition and Food Studies. Her research investigates the minor chemical components of food and their health promoting bioactivity. Her research methods include analytical chemistry techniques to separate, purify and identify chemicals, as well as the use and development of cell culture assays to screen for bioactivity and elucidate their mechanisms of action.
Dr. Gewa, Associate Professor and Interim Chair in the Department of Nutrition and Food Studies, teaches courses in public health and nutrition. Dr. Gewa obtained her Ph.D. degree in public health from the University of California Los Angeles. Her research focuses on populations in less developed countries looking at dietary assessment methodologies, diet-related behaviors, the role of diet quality on health and developmental outcomes on women’s and children’s.
Dr. Pawloski is a Professor of Nutrition and Food Studies. She is an expert in childhood obesity and biocultural aspects of health and nutrition among children, adolescents, and young adults.
• Spring 2018 deadline: November 1, 2017
• Fall 2017 deadline: April 1st 2017

Required Application Materials:
• Completed online Application for Graduate Study
• Nonrefundable application fee
• Application for in-state tuition rates (*if applicable*)
• Unofficial transcripts from each institution (official transcripts required if admitted)
• Goals Statement
• Resume
• *Two Recommendations for Graduate Study*
• Transcript evaluations (*if applicable*)
• TOEFL score for those with undergraduate degrees outside the U.S.
Thank you for your interest in degree-seeking graduate study at George Mason University for Spring 2017. We look forward to reviewing your application!

Before you apply, please read the application instructions for information on requirements and deadlines for applying to a specific program of study.

**Sign In**

Before you create an account, please make sure you don't already have an account with us. Please avoid creating duplicate accounts unnecessarily as this will help your application process move faster.

Have you ever received an email from Mason or sent us test scores? You most likely already have an account with Mason using the email you used to sign up for an event or to send us test scores, such as the GRE or TOEFL. Check using our Forgot Username/Password link below. You can always update your email later if you don't want to continue with this email. If you still can't gain access, you can create a new account or contact our office for support.

Do you already have an in-progress application? If you have started an application already, you must continue to use the same user name and password to return to the application so you can complete and submit it. Please do not create multiple accounts/applications for individual programs.

**Create Account**

Is this your first time here? To get started, you'll need to create an account below. If you can't finish your application in one sitting, steps you take along the way will be saved for later submission by logging back in.

Do you want to apply to multiple programs in the same term? If you plan on applying to more than one program in the same term, each application requires you create a separate account login with a different email address each time. An application, fees, and all required application materials must be submitted for each application. Test scores only need to be requested once. Please record your name exactly the same way on each application to avoid delays in processing your application.

Tips on Account Creation:

1. Make sure you do not already have an account with us by checking the Forgot Username/Password link on the left. You might have one if you’ve ever received any emails from Mason or sent us test scores.
2. Be sure to use an email address which is unique to you. For example, do not use a school email address if you are applying after graduation.
Application process is self-managed
   Self Service Center portal – check regularly for updates
   Upload – goal statement, resume, unofficial transcripts, transcript evaluation, email addresses of recommenders

Non-degree application
   Maximum 9 credits
   Can take contract courses in degree status
   3.0 GPA required for eligibility

International transcript evaluation
   Detailed evaluation – course by course (NACES.org)
   Mason’s English Proficiency Requirement

If admitted:
   Must confirm Intent to Enroll through the Self Service Center (emailing the department WILL NOT confirm your enrollment.
   May defer once per application to consecutive semester
Office of Graduate Admissions
masongrad@gmu.edu
703-993-9700
admissions.gmu.edu/grad

CHHS Graduate Admissions
chhsgrad@gmu.edu,
703-993-1736
chhs.gmu.edu
Current programs

Graduate Certificate in Nutrition
18 credits
Focus on public health nutrition

Graduate Certificate in Food Security
21 credits
Joint program with the Department of Geography and Geoinformation Science
MS IN NUTRITION

- 39 credit program
- Option of practicum or thesis
  - Discuss options with advisor in a timely manner
- Focus on nutrition intervention, education, policy, and community nutrition
# NUTRITION CORE COURSES

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<th>Prefix</th>
<th>Course Number</th>
<th>Title</th>
<th>Credits</th>
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<td>515</td>
<td>Fundamentals of Cooking</td>
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<td>522</td>
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<td>GCH</td>
<td>601</td>
<td>Biostatistics</td>
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<td>Food Systems</td>
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<td>642</td>
<td>Macronutrients</td>
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<td>675</td>
<td>Nutrition Program Development, Interventions and Assessments</td>
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<td>788/799</td>
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<td>Nutrition and Weight Management</td>
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<td>Perspectives on Food Security</td>
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<td>GCH</td>
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<td>Nutritional Epidemiology</td>
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Total: 39 Credits

** Only required for Students opting to take the Practicum
Reflects 2016/2017 GMU Catalog
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<th>Title</th>
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<th>Cap</th>
<th>Act</th>
<th>Rem</th>
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<th>Instructor</th>
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**NUTR 788 001 enrollment is controlled. Contact the department for approval to register.**

| SR     | 13659| NUTR 788| 001    | QC   | 1.000| TBA  | Pre-Pacticum Seminar                                           | TBA  | 20  | 6   | 14  | 0  | Tammy Wagner (P)            | 01/23-05/17 | OFF CAMPUS | 1                 |

**NUTR 790 001 enrollment is controlled. Contact the department for approval to register.**

| SR     | 13548| NUTR 790| 001    | QC   | 2.000| TBA  | Nutrition Pacticum                                             | TBA  | 20  | 8   | 12  | 0  | Tammy Wagner (P)            | 01/23-05/17 | OFF CAMPUS | 1                 |

**NUTR 799 students must contact the department at 703-993-9709 for approval and CRN to register via Patriot Web.**

| C      | 13547| NUTR 799| XXX    | FX   | 1.000-6.000| TBA | Thesis Research                                                | TBA  | 0   | 0   | 0   | 0  | TBA                         | 01/23-05/17 | TBA      | 1                 |

Updated schedule available at http://patriotweb.gmu.edu
### SPRING 2017 SCHEDULE

For students attending full-time who wish to finish the program in 2 years

<table>
<thead>
<tr>
<th>1st Spring</th>
<th>1st Fall</th>
<th>2nd Spring</th>
<th>2nd Fall</th>
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<tbody>
<tr>
<td>NUTR 626 (Food Systems)</td>
<td>NUTR 620 (Nutrition Education)</td>
<td>NUTR 670 (Nutrition Research Methods)</td>
<td>NUTR 583 ** (Food and Culture)</td>
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<td>NUTR 644 (Micronutrients)</td>
<td>NUTR 642 (Macronutrients)</td>
<td>NUTR 675 (Nutrition program development, intervention, and assessment)</td>
<td>NUTR 790/799 (Practicum or Thesis)</td>
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<td>NUTR 651 (Nutrition Assessment)</td>
<td>NUTR 522 (Nutrition across the Lifespan)</td>
<td>NUTR 788/799 (Pre-practicum or Thesis 1)</td>
<td>** Practicum students only</td>
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<td>NUTR 515 (Introduction to Cooking)</td>
<td>GCH 601 or HAP 602 (Biostatistics)</td>
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** Practicum students only

Credit Hours:
- 1st Spring: 12 credits
- 1st Fall: 12 credits
- 2nd Spring: 7 or 12 credits
- 2nd Fall: 6 or 8 credits
Assigned advisers

- Reach out to your advisers
- Discuss your academic plan
  - Course schedule
  - Practicum versus thesis
  - Graduate GPA and grade requirements
NFS students can get involved outside of the classroom:

- Nu Phi Sigma, NFS Graduate Student Association
- Facebook page
- Work with faculty on outreach and research activities
- Graduate research assistantships
- Work-study opportunities
Current certificate programs

- Graduate Certificate in Nutrition
  - 18 credits
  - Focus on public health nutrition
- Graduate Certificate in Food Security
  - 21 credits
  - Joint program with the Department of Geography and Geoinformation Science
**GRA/WAGE EARNER OPPORTUNITIES**

- **Graduate Research Assistants (GRAs)**
  - Competitive, usually selected in fall semester
  - Students work closely with one or two faculty on research projects
  - Stipend, but no tuition assistance usually
  - Must be full-time and not working
  - Typically work 10 to 20 hours per week

- **Wage-Earners**
  - Often working with faculty as GRAs
  - Paid hourly, but less than GRAs
  - Do not need to be full-time and can have a part-time job
  - Hours vary, but less than 29 hours per week