



CAREER INFUSED DEGREE MAP

Bachelor of Science: Culinary &
Community Nutrition
Total Credits: 120

The B.S. in Culinary & Community Nutrition prepares students to promote health and wellness through nutrition, food systems, culinary management, and community engagement. The career infused degree map allows students to commit to their career exploration by aligning coursework with career readiness milestones.

FRESHMAN

SOPHOMORE

ACADEMICS

CAREER READINESS

CREDITS

- 3
- ENG 111 - English Composition I
- 4.5
- CHE 114 - Essentials of General Chemistry Lecture **AND**
CHE 115 - Essentials of General Chemistry Laboratory
- 3
- MAT 126 - Quantitative Reasoning
- 3
- LEH 250 - First-year Seminar
- 4
- BIO 181 - Anatomy and Physiology I

17.5 TOTAL CREDITS

1ST SEMESTER

- ☐
- Activate your [Handshake](#) to begin exploring career resources and opportunities available through your college's [Career Exploration and Development Center](#).
- ☐
- Join a [Lehman student club or organization](#) to begin building your network and developing soft skills (Lehman College Nutrition Club, SNA, AFC ASN).
- ☐
- Create a resume to begin documenting your achievements. Review resume samples for your major in the Resources section of the Career Center page on Handshake.
- ☐
- Enroll in free introduction to MS 365 computer skills workshops, tutoring/writing support, and/or leadership training ([Lehman IT Center](#), [Lehman Tutoring Center](#), [Office of Campus Life](#)).

2ND SEMESTER

- 3
- ENG 121 - English Composition II
- 4.5
- CHE 120 - Essentials of Organic Chemistry Lecture I **AND**
CHE 212 - Essentials of Organic Chemistry Laboratory II
- 4
- MAT 132 - Introduction to Statistics
- 4
- BIO 182 - Anatomy and Physiology II

15.5 TOTAL CREDITS

- ☐
- Create a [LinkedIn](#) account to establish your professional presence online, build industry connections, and follow developments and trends.
- ☐
- Take the [Focus 2 Career Assessment](#) (code: Lightning), and explore [employment options](#), subfields, career paths, and research opportunities in Culinary and Community Nutrition. ([ASN](#))
- ☐
- Create a first-draft cover letter you can use to apply to professional development opportunities ([scholarships](#), [CUNY pipeline programs](#)).
- ☐
- Meet with your CEDC Career Specialist for a resume & cover letter review and action plan.
- ☐
- Participate in an early career skills training program ([America Needs You](#), [Year Up](#), [CUNY Beyond](#)).

CREDITS

- 3
- General Education Foreign Language Option (Course Set) *
- 3
- Flexible Core - Creative Expression (Course Set)
- 3
- Flexible Core - Individual and Society (Course Set)
- 3
- Flexible Core - U.S. Experience in Its Diversity (Course Set)
- 3
- Elective
- 3
- CED 102 - Introduction to Career Development
Note: This class is optional

15 TOTAL CREDITS

1ST SEMESTER

- ☐
- Identify a mentor in your field with whom you can check-in periodically within the [School of Health Sciences, Human Services and Nursing](#).
- ☐
- Start preparing for the ServSafe Certification.
- ☐
- Apply for internships or volunteer work that provide hand-on experience in culinary and community nutrition (Handshake, CUNY industry partnerships, POTS, Bronx Food Pantries, City Harvest, Rethink Food, GLWD, Crossroads Community Services, Isaacs Center, Columbia University Institute of Human Nutrition, NY Common Pantry, CityMeals on Wheels, Food Bank for NYC, GrowNYC).
- ☐
- Attend the 'Mastering the Art of Interviewing' workshop to learn the fundamentals of interviewing for internships and entry-level jobs. Register on [Handshake](#).

2ND SEMESTER

- 3
- General Education Foreign Language Option (Course Set) *
- 3
- Flexible Core - World Cultures and Global Issues (Course Set)
- 3
- Flexible Core - Any Area (Course Set)
Note: No more than two courses from the same discipline may be used to satisfy the Distribution Requirement
- 1
- DNF 200 - ServSafe Certification
- 3
- Elective

13 TOTAL CREDITS

- ☐
- Take your ServSafe certification and add it to your resume after passing.
- ☐
- If applicable, start tracking your hours from internship or volunteering work.
- ☐
- Explore summer internships or volunteer opportunities if you have not done so.
- ☐
- Meet with a faculty or academic advisor to apply to research opportunities for sophomores via the School of Health Science, Human Services and Nursing.
- ☐
- Identify skills and certifications you can earn to specialize or supplement your studies ([CUNY Upskilling](#); [LinkedIn Learning](#), free with an [NYPL](#) card; [Coursera](#), free via [NYS DOL](#)).
- ☐
- Become a student member of a professional organization in your field (Lehman College Nutrition Club, SNA, ASN).

**Note: Students are required to take two foreign language courses in the same language. Kindly contact the Languages and Literatures department for proper placement*

ACADEMICS

CAREER READINESS

CREDITS

- 3
- LEH 352 - Studies in Literature OR
LEH 353 - Studies in the Arts OR
LEH 354 - Studies in Historical Studies OR
LEH 355 - Studies in Philosophy, Theory and
Abstract Thinking *
- 3
- DFN 215 - Introduction to Nutrition
- 3
- DFN 248 - Nutrition in Health Care
- 3
- DFN 221 - Social and Cultural Determinants of Food and Health
- 3
- Elective
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Attend career fairs and industry conferences to network with professionals and meet recruiters in healthcare/mental health services, education, corporate/businesses, research, government, and law enforcement/legal.
- ☐
- Mark your calendar and register for the annual fall CEDC Internship Fair at Lehman.
- ☐
- Meet with your CEDC Career Specialist to practice your elevator pitch and update your resume and cover letter.
- ☐
- Attend the ‘Networking Strategies’ workshop on Handshake and widen your network of contacts across Lehman and platforms like LinkedIn.
- ☐
- If pursuing graduate study, begin exploring the process for applying to graduate school.

2ND SEMESTER

- 3
- LEH 352 - Studies in Literature OR
LEH 353 - Studies in the Arts OR
LEH 354 - Studies in Historical Studies OR
LEH 355 - Studies in Philosophy, Theory and Abstract Thinking
- 3
- DFN 321 - Food Science and Microbiology
- 3
- DFN 340 - Community Nutrition and Food Justice
- 3
- DFN 341 - Nutrition Throughout the Life Cycle
- 3
- DFN 120 - Laboratory Special Topics I **OR**
DFN 220 – Laboratory Special Topics II **OR**
DFN 260 – Food Culture Laboratory **OR**
DFN 270 – Lifecycle and Therapeutic Foods
Laboratory **OR**
DFN 280 – Food Production and Management
Laboratory **OR**
DFN 290 – Sustainability In Food and Food
Systems Laboratory
- 3
- DFN 120 – Laboratory Special Topics I **OR**
DFN 220 – Laboratory Special Topics II **OR**
DFN 260 – Food Culture Laboratory **OR**
DFN 270 – Lifecycle and Therapeutic Foods
Laboratory **OR**
DFN 280 – Food Production and Management
Laboratory **OR**
DFN 290 – Sustainability In Food and Food
Systems Laboratory
- 15
- TOTAL CREDITS

- ☐
- Mark your calendar and register for the annual spring CEDC Job & Internship Fair at Lehman.
- ☐
- Become familiar with key job sites - (NutritionJobs.com, PublicHealth.org, USAJOBAS.gov).
- ☐
- Take a project or leadership role in the club or professional organization you belong to or engage in relevant volunteerism.
- ☐
- Secure a summer internship in nutrition or food systems.
- ☐
- Ask professors for potential recommendation letters.

CREDITS

- 3
- DFN 369 - Research Methods in Nutrition
- 3
- DFN 430 - Management of Food and Nutrition Services
- 3
- DFN 347 - Intriduction to Diet Therapy
- 3
- DFN 437 - Nutrition Education & Counseling
- 3
- Elective
- 15
- TOTAL CREDITS

1ST SEMESTER

- ☐
- Meet with your Career Specialist for full-time job search preparation: finalize your professional resume and cover letter and prepare for interviews. Make sure your field experiences are reflected on your resume.
- ☐
- As graduation nears, connect with mentors for career advice, job leads, references, and continued mentorship post-graduation.
- ☐
- If applicable, begin drafting your application materials and identify your faculty references for graduate school or other postgraduate opportunities.

2ND SEMESTER

- 2
- DFN 469 - Critical Issues in Food and Nutrition **OR**
DFN 471 - Field Experience in Clinical Nutrition **OR**
DFN 472 - Field Experience in Food Nutrition
- 3
- DFN 447 - Advanced Community Nutrition
- 3
- DFN 435 - Community Engagement and Leadership in
Foods Nutrition
- 2
- DFN 441 - Seminar in Professional Practice of Nutrition
and Dietetics
- 4
- Elective
- 14
- TOTAL CREDITS

- ☐
- Attend employment fairs, professional panels, in culinary and community nutrition to widen your network and connect with recruiters.
- ☐
- Mine job sites and apply for career-related roles. Record your progress and remember to follow up on your applications.
- ☐
- Join the Lehman Alumni Network and CUNY Alumni Network for valuable career resources and continuous support.
- ☐
- Complete the Cap and Gown Survey in CUNYfirst.
- ☐
- If applicable, complete the process of applying to graduate school.

*** Notes:** these are variable topics courses, where each section covers a special topic. Pre-requisite: You must have achieved 60 credits and declared your major. Integration Courses: LEH 352: Studies in Literature, LEH 353: Studies in Arts, LEH 354: Studies in Historical Studies, LEH 355: Studies in Philosophy, Theory & Abstract Thinking (LEH 351: Studies in Science & Applied Perspectives, is NOT a College Option for this Major).