

NUTR 161: Introduction to Nutrition

Examines how the body uses nutrients for optimum health, emphasizing the cell as the basic unit of nutrition and development. This course prepares students of all disciplines to improve the nutritional health for themselves, their families, and their communities. Factors that affect the food choices of individuals across cultural groups will be emphasized.

Credits: 3

Prerequisites/Permissions:

concurrent with CHEM: 003

Program:

Nutritional Sciences

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices