

FOOD & NUTRITION (FN)

FN 225: Human Nutrition (4)

This course introduces nutrition science, its role in wellness and disease, and its practical application. It covers how nutrients, food, and dietary patterns affect health, including food sources, functions, requirements, digestion, absorption, and metabolism of nutrients. Using a body-positive approach, students will learn how to use evidence to evaluate the validity of nutrition information to improve dietary habits. Basic biology and chemistry preferred

Terms Typically Offered: Fall, Winter, Spring