
SECTION HEADING

HLTH 2240: Basic Nutrition

Description

Basic Nutrition introduces the study of food and human dietary patterns. Examines sources of nutrients, how they are processed in the body, body composition, current dietary guidelines and nutritional issues, the impact of socio-cultural factors on diet, and the impact of dietary choices on health.

Credits

3

Prerequisite

STSK 0095 or placement by multiple measures

Credit Details

Lecture: 3

Lab: 0

OJT: 0