# HLTH 285 : Human Nutrition

**Credits:** 3
**Class Hours:** 3 lecture
**Prerequisites:** Qualified for ENG 100.
**Description:** This course emphasizes nutrient requirements of healthy individuals, nutrient categories, physiological functions, and food sources. The course integrates natural science concepts to the study of human nutrition and addresses current nutritional issues and personal analysis of dietary intake.
**Semester Offered:** Fall, Spring
**Designation:**
Diversification: Biological Sciences — DB
**Course Student Learning Outcomes (CSLOs):**
1. Analyze dietary intake and make recommendations for ways to address nutrient deficiencies.
2. Research and evaluate evidence of nutritional impact on human health.
3. Evaluate the nutritional adequacy of food products based on the recommended dietary allowances and food labels.
4. Identify local and global issues that impact nutritional choices.
5. List and describe the six classes of nutrients, their functions, the risk of excesses/deficiencies, sources, and guidelines for intake.