

# 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