

## **BIOL112W : Nutrition**

Nutrition covers basic biochemistry and human physiology as they relate to nutritional concepts. Students learn how to manage their own diets and evaluate macro- and micronutrients found in foods. Students analyze nutritional information, differentiate between sound nutritional practices and deceptive ones, learn about the nutritional implications for major disease categories, learn how to maintain energy balance and weight control, and learn how to practice food safety and nutrition throughout the life cycle.

**Lecture Hours** 3

**Lab Hours** 0 **Credits** 3