

FSHN 185 : Human Nutrition

An introductory level biological science course which integrates basic concepts of science with the study of human nutrition. Designed for students who want an introduction to nutrition, as well as those who later choose to major in it.

Credits 3

Lecture Hours 3

Designation

DB

Prerequisites

Placement in ENG 100 and credit in Math 25, 26, 29, or 82 or higher, placement into Math 103 or higher, or consent of instructor.

Course Outcomes

- Describe the six categories of nutrients and evaluate the nutrient adequacy of a diet.
- Identify factors influencing eating habits.
- Correctly interpret and evaluate information on food labels, packages and product advertising based on generally accepted scientific methods and standards.
- Define various types of malnutrition and discuss their causes, cures, and associated health effects.
- Discuss current issues related to the safety of the food supply, using concepts from toxicology.
- Describe physiological changes that occur during the lifecycle and explain the changes in nutrient needs that accompany these changes.
- Discuss various environmental and ecological conditions, which interact with human nutrition, both locally and globally.