
NONCREDIT NUTRITION

NONCREDIT NUTRITION COURSES

NNTR 201 Introduction to Nutrition Science

0 UNITS

This nutrition course provides an understanding of healthy diet patterns as it relates to human health, healthy aging, and development. We will cover topics such as healthy digestion, vitamin and mineral content of various foods, healthy meal planning, fad diets, supplements, how to fuel fitness, and healthy aging strategies. Practical skills will also be covered, such as reading food labels, deciphering whether nutrition advice/information on the internet is credible, and how to eat right when the money is tight (budgeting). At the end of this course, students will better understand how to promote optimal health and longevity with a healthy diet and lifestyle modifications. 54 hours lecture.

Recommended Course Preparation: Eligibility for college-level composition as determined by college assessment or other appropriate method.

- Noncredit
- Grading Option: Letter or Pass/No Pass