

FOOD SCIENCE AND NUTRITION (FSNC)

FSNC 200 Human Nutrition

A study of human nutrition, including the intake, digestion, metabolism, and utilization of nutrients and their interactions. The course examines nutritional requirements across the lifespan and their relationship to common chronic diseases. Students will learn to critically evaluate diet trends, health claims, and nutrition information, apply evidence-based guidelines, and develop balanced dietary plans. Practical applications include understanding the elements of a balanced diet and contemporary food technologies. 3 credits.