

BIO-155 : Nutrition

Credits 3

Lab 0

Lecture 3

Clinical/WkExp 0

Session Cycle

Fall & Spring

Description

This course covers the biochemistry of foods and nutrients with consideration of the physiological effects of specialized diets for specific biological needs. Topics include cultural, religious, and economic factors that influence a person's acceptance of food, as well as nutrient requirements of the various life stages. Upon completion, students should be able to identify the functions and sources of nutrients, the mechanisms of digestion, and the nutritional requirements of all age groups.