

# FN - FOOD & NUTRITION

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## FN225 Nutrition

Credits 4

**Registration Requirement:** RD090 and WR090, or IECC201R and IECC201W, each with a grade of "C" or higher.

Co-requisite: MTH058 or MTH065; or placement above stated course levels. Recommended prerequisite: Biology with genetics (BI102, BI112, or BI212), CH104 and WR121Z.

This course is an introduction to the science of nutrition. The biological functions and dietary sources of essential nutrients and non-nutrients are studied, as well as the relationship of diet to health. Contemporary national and international nutritional concerns are presented. The student is required to complete a computer-assisted, three-day diet survey and written evaluation.

Students cannot earn credit for both HE225 and FN225.

**This course fulfills:** Health & Physical Education; Non-Lab Science

*Course fees are subject to change. Additional section fees (web, hybrid, etc.) may apply.*

- ★ Course offered online
- 🌐 Cultural Literacy course