

# FOOD AND NUTRITION (FON)

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**FON100 / Introductory Nutrition****3 Credits / 3.0 Periods for Lecture**

Introduction to the science of food and human nutrition. Current sustainable dietary recommendations and applications for maximizing well-being and minimizing risk of chronic disease throughout the life cycle. An overview of the nutrients, emphasizing the importance of energy and fluid balance, and optimal functioning of the digestive system. Understanding factors that influence food intake in different cultures. Methods for evaluating credibility of nutrition claims, a focus on modern food safety and technology practices, and a worldview of nutrition are included. Emphasis is on personal dietary behavior change for a holistic life of wellness. Prerequisites: None.

**Division:** Health Science and Public Service

**FON125 / Introduction to Professions in Food, Nutrition, and Dietetics****1 Credit / 1.0 Periods for Lecture**

Overview and discussion of career opportunities in the fields of food, nutrition, and dietetics. Includes information about history, ethics, standards of practice, communication and counseling skills. Emphasis on how to become a Registered Dietitian Nutritionist or a Dietetic Technician Registered. Prerequisites: None.

**Division:** Health Science and Public Service

**FON142AB / Science of Food****3 Credits / 5.0 Periods for Lecture & Lab**

Exploration and Application of Scientific Principles of Food; experiences with ingredient functionality and application in cooking techniques.

Prerequisites: None.

**Division:** Health Science and Public Service

**FON241 / Principles of Human Nutrition****3 Credits / 3.0 Periods for Lecture**

Scientific principles of human nutrition. Emphasis on scientific literacy and the study of nutrients for disease prevention. Includes macronutrients and micronutrients, human nutrient metabolism and nutrition's role in the health of the human body throughout the life cycle. Addresses nutrition principles for prevention of nutrition-related health conditions. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241LL

**Division:** Health Science and Public Service

**FON241LL / Principles of Human Nutrition Laboratory****1 Credit / 3.0 Periods for Laboratory**

Self-evaluative laboratory experience to complement FON241, Principles of Human Nutrition using anthropometric, biochemical, clinical, and dietary analysis. Includes the use of qualitative and quantitative methodology to determine nutritional status and evaluate methodological applications. Prerequisites: A grade of C or better in FON241 or Corequisites: FON241. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241

**Division:** Health Science and Public Service