

FN 110: Personal Nutrition

Explores personal food habits and beliefs. Emphasizes practical application of nutrition knowledge to enhance general health. Includes analyzing one's present diet and evaluating it according to latest nutritional guidelines. Covers basic nutrition and little or no science background is necessary to succeed.

Course Student Learning Outcomes

Upon completion of the course students should be able to:

- Use credible nutrition information to promote individual and community health.
- Apply nutrition principles to implement and follow a healthy and sustainable eating plan.

Credits: 3

Program: [Food & Nutrition](#)