

# FN 225 : Nutrition

Introduces components of an adequate diet, nutrient availability and utilization. Analyze dietary intake and compare to current scientific guidelines. Examines peripheral factors influencing diet such as global and local issues, cultural environment, and elements of food safety. Strong background in life sciences recommended.

**Credits** 4

**Prerequisites**

MTH 60 or higher accepted.

**Subject**

[Food & Nutrition](#)

**Course Outcomes**

Understand major functions, characteristics and food sources of nutrients and connect pertinent factors between an individual's lifestyle and diet in order to choose foods that will provide a varied, adequate diet.

**Prerequisite Courses**

[WR 121Z](#)

[MTH 60](#)

[BI 112](#)