

# FOOD & NUTRITION (FN)

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**FN-110 Personal Nutrition**

3 credits, Summer/Winter/Spring

This course explores how nutrition affects health and fitness for the individual and the family. Students apply knowledge of nutrition guidelines to analyze personal diet and improve current food preparation and habits. It is a basic nutrition course for students with little or no science background.

**FN-225 Nutrition**

4 credits, Fall/Winter/Spring/Summer

This course explores the role of nutrients in the development and maintenance of a healthy body. The course examines the relationship between diet and health. Students apply knowledge of nutritional adequacy through computer-aided diet analysis. It discusses current nutrition recommendations and controversies. The course meets requirements for most nursing programs.

Recommended: A strong background in anatomy and physiology, biology or chemistry