

HUN-HUMAN NUTRITION

HUN 1201 Nutrition with Diet Therapy (3 Credits)

This course emphasizes the role of nutrition in health and disease while introducing the students to the scientific principles of nutrition. It integrates the nutritional components of natural science, life science, social sciences, economics, and psychological implications of food and intake patterns. It focuses on real life application of nutrition in a wide spectrum of population groups, diseases, treatment plans, and interventions for chronic and emerging diseases that are related to nutrition. Medical nutrition therapy is presented as an important tool and life skill for maintaining health. It seeks to present to the student, applicable methods to prevent and forestall preventable chronic disease.