

Nutrition for Life Courses 2014/2015

HLNT 130. Nutrition for Life (P-2)	2 hours
HLNT 135. Nutrition for Life—Enhanced (P-2)	3 hours
HLNT 265. Topics in Nutrition	1 – 3 hours
HLNT 348. Food Preparation	3 hours
HLNT 365. Topics in Nutrition	1 – 3 hours

HLNT 130. Nutrition for Life (P-2) **2 hours**

A general education course that covers the basic principles of human nutrition. Includes the study of nutrients and the requirements for different age groups and normal physiological conditions. Attention will be given to religious and sociological influences, taking particular note of the counsel of E.G. White.

HLNT 135. Nutrition for Life—Enhanced (P-2) **3 hours**

A course introducing students to the basic principles of human nutrition. Includes study of the nutrients and the requirements for different age groups and normal physiological conditions, and goes into detail in areas of nutrition relating to chronic diseases, eating disorders, obesity, sports and supplements. Attention will be given to religious and sociological influences, taking particular note of the counsel of E. G. White.

HLNT 265. Topics in Nutrition **1 – 3 hours**

Topics selected from areas of nutrition not covered in other courses. This course may be repeated for credit.

HLNT 348. Food Preparation **3 hours**

A course designed to develop understanding, skills, and philosophy regarding healthy food preparation to include but not limited to: breads, cereals, salads, entrees, soups, and desserts. A vegan/vegetarian perspective will be emphasized. Lab fee 9 will be assessed for this course.

HLNT 365. Topics in Nutrition **1 – 3 hours**

Topics selected from areas of nutrition not covered in other courses. This course may be repeated for credit.