

Nutrition for Life Courses 2016/2017

HLNT 130. Nutrition	2 hours
HLNT 135. Nutrition	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 **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.

FALL | WINTER

HLNT 135. Nutrition **3 hours**

A study of basic nutrition principles, examining the role of foods and their nutrients in the human body. Includes practical application of nutrition principles for maintaining health as well as for combating chronic diseases. Includes food records analysis and nutrition knowledge application.

FALL | WINTER

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.

FALL | WINTER

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 (\$180).**

FALL | WINTER

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.

FALL | WINTER