

Nutrition for Life Courses 2018/2019

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 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