Courses

**NUT.100 Introduction to Nutrition**  

This course is intended to introduce students to basic knowledge of nutritional information. Included are the basic principles of nutrients, human body requirements, healthy food sources, cultural and social effects of food choices, and the basics of metabolism.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AAS, AGS and Certificates where applicable.

General Education -- Not Applicable

**NUT.110 Nutrition**

This course is designed to introduce the student to the concepts and principles of nutrition emphasizing the role of nutrition in health while being able to identify food nutrients and their functions. Cultural, religious and geographical influences are discussed. Emphasis on current dietary recommendations for maximizing well-being and minimizing risk of chronic disease, focus on use of tables, food guides, and guidelines for making healthy food choices is integrated. Discussion also includes nutrition needs for stages of the lifecycle, methods for evaluating creditability of nutrition claims, safe and economic use of supplements, principles of energy balance, basic elements of food safety, diet for exercise and sports. One year of high school chemistry or biology or equivalent is required.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable.

General Education -- Not Applicable Elective Only