

PVN122J: Nutrition

Credit Hours: 2

Clock Hours: 45/0/0

This course discusses the functions and food sources of proteins, carbohydrates, and fats and identifies current recommendations for intake of each. This course discusses the changes in nutrient needs throughout the life cycle and suggestions to ensure adequate nutrition during each stage of life. Students are exposed to standard diets and modifications of diets for disease processes.

Prerequisites:

PVN101J, PVN102J, PVN103J, PVN104J, PVN105J