

Food Science & Human Nutrition (FSHN)

FSHN 100: Concepts in Nutritional Science

Students will learn about the relationship of food and nutrition to health. Students will study the characteristics, physiological functions, and food sources of the six categories of nutrients, as well as other nutrition-related topics. Special emphasis is placed on understanding the nutrients in relationship with the needs of the human body. This course is required for the Associate in Science Degree in Culinary Arts.

Credits: 3

Recommended Prep: Basic computer, Internet, and keyboarding skills

FSHN 185: The Science of Human Nutrition

A biological science course which integrates the basic concept of science and human nutrition. Emphasis is placed on the nutrient requirements of healthy individuals, nutrient categories and their characteristics, physiological functions, and food sources. Includes a review and adaptation of dietary practices to reflect current nutritional concerns and issues.

Credits: 3

Prerequisites: Placement in ENG 100