

NTR 201 : Foundations of Nutrition Science

This course provides an integrated overview of the physiological requirements and functions of carbohydrates, proteins, lipids, vitamins and minerals and their relevance to health and disease in human populations. The role of energy intake and dietary choices in the development of chronic diseases, such as obesity, cardiovascular disease, cancer and diabetes are also discussed. Throughout the course, students will be introduced to the dietetics profession and begin to establish their own career goals. An experiential learning project is incorporated.

Credits 4