

BIO103 : Consumer Nutrition

This course presents information on nutrients and their use by the body. Topics include digestion, nutrient intake and usage, consequences of nutrient deficiencies or excesses, energy exchanges and production, analysis of individual diets, food-borne illnesses and nutritional misinformation. This course does not have a lab component.

Credits 3

Prerequisites

[ENL025](#): Reading & Writing Essentials or satisfactory basic skills assessment scores

Semester Offered

Fall

Spring

Summer

Notes

Satisfies a Natural or Physical Science general education requirement.