

NUR 125 : Nutrition

This course provides a foundation of the basic principles of nutrition. Introduced within the course will be the interrelationship amongst nutrition, food, and the environment and the related impact this has on health. Topics include the basics of nutrition, macronutrients, micronutrients, phytonutrients, and wellness along with the impact they have on health promotion and maintenance, disease and injury prevention, and illness management.

Credits 1

Prerequisites

None