

## BIOL150N : Nutritional Science

Examines the scientific principles of human nutrition to promote health and well-being. This course aims to provide students with an understanding of the science behind nutrition, exploring the intricate relationships between food, health, and the human body. Students will cover essential topics in nutrition science, including macronutrients and micronutrients, energy metabolism, digestion, absorption, and the physiological impact on various body systems.

**Class Hours** 3

**Lab Hours** 2 **Credits** 4