HLTH120N: Nutrition Health and Well Being

This course addresses scientific principles of human nutrition to promote health and well-being. Students will learn the body's demands for nutrients, food and nutrition and how the supply and demand of food impacts a human's health and well-being. This course will show how diet relates to health, wellbeing and disease throughout each stage of life.

Class Hours 3

Lab Hours 0 Credits 3

1 NCC Catalog