

# ESS 211 : Nutrition Principles

The focus of the course is to introduce the principles of nutritional sciences as related to human physiology, health promotion and disease prevention. Topics are selected from areas of normal and therapeutic nutrition and include issues of contemporary interest and concern. The course offers a framework for students to understand the potential role of nutrition in health and disease by providing an overview of the biological significance of food and nutrition. There are opportunities for students to make personal and professional connections through the analysis and development of nutrition plans.

**Credits** 4

**Semester Offered**

Offered fall and spring