

NUTRITION AND FOOD SCIENCE (NFS)

NFS 101 (3 credit hours)

Human Nutrition and Wellness

Food composition, digestion, absorption, and metabolism as related to selection of nutrients essential for human life, growth, reproduction, lactation, wellness, and physical activity. Not open to NFS majors except hospitality management students. Lecture: 3 credits (45 contact hours).

Attributes: Other

Components: LEC: Lecture