

# FOOD & NUTRITION (FN)

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**FN 225: Human Nutrition (4)**

A study of the biochemical nature of food nutrients; the physiological means of digestion, absorption, and transport; and the metabolic pathways involved in their disposition by the body. Includes fundamental chemical and biological concepts relevant to nutrition, diet-assessment procedures, and the relationship between diet and health, body composition, and physical fitness/athletic performance. Basic biology and chemistry preferred. 4 lecture hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring