

# HESC108: Fundamentals of Nutrition

Introduction to human nutrition, including classes, sources and functions of nutrients; digestion, absorption and metabolism with application to normal developmental and therapeutic nutritional needs. Topics include the sources and function of the macro and micronutrients needed to promote health, well-being, and aid in disease prevention and treatment. Students will explore how cultural influences, attitudes, and behavior affect nutrition status and how to incorporate and utilize information technology and computer applications to assess and improve nutritional health.

**Credits:** 3

**Lab Hours:** 0

**Lecture Hours:** 3

**Program:** [Health Science](#)