

NTN 368 : Nutrition

In this course students will learn how to recognize the major macro and micronutrients relevant to human health, and understand their roles and importance, understand the scientific grounds of determining the nutritional requirements of healthy individuals and communities, as well as specific populations, such as children, elderly, and pregnant and lactating women, discuss how nutrition relates to preventing or causing various illnesses, particularly chronic diseases, discuss major nutrition-related disorders and conditions and Suggest a community-based nutritional awareness plan.

Credits 2

Prerequisites

None