

FSHN 285 : The Science of Human Nutrition

Provides an overview of the principles of nutritional science. Includes descriptions and functions of nutrients, digestion and absorption, effects of deficiencies and toxicities, requirements throughout the life cycle, food sources, nutrient interactions, dietary assessment, cultural sensitivity, sports nutrition, eating disorders, global health issues, drug interactions, and nutrition as it pertains to dental health. Required for UHMC Dental Hygiene program.

Credits 3

Lecture Hours 45

Teaching Equivalent 3.00

Designation

DB

Prerequisites

ENG 22 with grade C or better or placement at ENG 100, and MATH 75X with grade C or better or placement at least MATH 82, or consent.