

HUMAN NUTRITION LEC/LAB (HUNC)

HUNC 1203 Culinary Nutrition**Credit Hours:** 3**Prerequisites:** FSSC 1202 with a grade of "C" or higher**Lab Fee:** Yes

Culinary nutrition combines a study of the basic principles of nutrition with demonstrations of practical application for the food production industry. Students will study the characteristics and functions of nutrition, the effect of food processing on nutrients, body performance, nutrition and the American diet. In lab the students will analyze nutrients in recipes and menus; the use of good nutrition to help prevent disease; and plate presentations utilizing the food guide pyramid.