BIOL 310 Nutrition

BIOL 310 NUTRITION
Comprehensive introduction to scientific principles of nutrition and the interrelationships of metabolism; nutrient functions, structure and food sources; health consequences of nutrient excesses, deficiencies and diet related chronic diseases. Emphasis is placed on evaluating the nutrient content of foods, applying information to personal diet, and using reference tools. Letter Grade Only. Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Recommended: Eligibility for MATH 110. Eligibility for ENGL 100.
AA/AS Degree Requirements: Area E1
Transfer Credit: CSU (CSU GE Area E1), UC
C-ID: NUTR 110