

# BIOL 310 Nutrition

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## **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

**AA/AS Degree Requirements:** Area E1

**Transfer Credit:** CSU (CSU GE Area E1), UC

**C-ID:** NUTR 110

