

Course Number

CHM-060-01

Course Description

What is a healthy diet? This course will discuss human nutrition from a molecular perspective. Readings from the textbook and laboratory exercises will familiarize the student with the components of foods and how these components are used by the human body. In addition, the course will examine the benefits and pitfalls of supplementation of the diet with vitamins, etc., and discuss how to interpret health claims.

Academic Term

22/SP

Petition

Y

Credits

1.00

Capacity

14

Total Students

0

Common Curriculum

SCLB Science w/Lab

Interdisciplinary Programs

Science, Medicine & Tech in Cu

Academic Department

Chemistry

Field Of Study

Chemistry (CHM)