

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

21/SP

Instructor

Schabes, Brandon

Location & Meeting Time

Synchronous Online-ONLI T/TH 02:35PM-05:25PM LEC

Petition

Y

Credits

1.00

Capacity

14

Total Students

14

Additional Information

<http://www.union.edu/chemdept>

Common Curriculum

SCLB Science w/Lab

Interdisciplinary Programs

Science, Medicine & Tech in Cu

Academic Department

Chemistry

Field Of Study

Chemistry (CHM)