

NUTRITION AND FOOD MANAGEMENT (DTN)

DTN 1000 – Basic Nutrition

Credit Hours: 2.00 Total Contact Hours: 2.00 Lecture Hours: 2.00

Provides opportunities to increase knowledge and understanding of basic nutrition concepts. Emphasis is on nutrients and the varied needs of individuals during the life cycle. Application of nutrition concepts to daily life should enable students to make decisions for healthful nutrition for self and others. Students are introduced to the principles and practices of basic nutritional screening. This course cannot be substituted for DTN 1220 Principles of Nutrition. 'C' grade policy applies.

Offered: Fall, Spring

Transfer: TAG.

DTN 1220 – Principles of Nutrition

Credit Hours: 2.00 Total Contact Hours: 2.00 Lecture Hours: 2.00

Studies each major class of nutrients as it relates to the maintenance of health. The emphasis is on the functions of each nutrient and the specific nutrient requirements to maintain health and prevent disease. Food composition of each specific nutrient to maintain health and prevent disease. Food composition of each specific nutrient is stressed. Students are introduced to the basic energy calculations, exchange system, food guides, and the basic issue of weight control.

Offered: Summer, Fall, Spring.