

PVN122: H: Nutrition

Credit Hours: 2

Clock Hours: 45/0/0

Functions and food sources of proteins, carbohydrates, and fats are identified as well as current recommendations for intake of each. Discussion on changes in nutrient needs throughout the life cycle and suggestions to ensure adequate nutrition during each stage. Students learn standard diets and modifications of diets for disease processes.

Prerequisites:

PVN102H, PVN103H