

BIOL 162R: Nutrition: the Science of Sustenance

This course is designed to teach the scientific principles behind the biological importance of nutrition to health and well being. It will establish a common understanding of nutrition basics and an appreciation of the importance for maintaining proper nutritional balance to maintain a healthy state. The course will focus on the study of basic biochemistry of food with an emphasis on nutrient functions to maintain normal physiological homeostasis. The laboratory component consists of face-to-face exercises that focus on digestion, macromolecular chemistry, and nutritional analysis of foods. The lab component will focus on student directed, hypothesis driven, scientific inquiry which will foster scientific literacy and an appreciation of the scientific process. Laboratory exercises are highly-sequenced, outcome-driven, and require cognitive, psychomotor, and application of technical laboratory skills.

Credits: 4

Lab Hours: 3

Lecture Hours: 3

Prerequisites:

None; high school Biology or Chemistry recommended.

Program: [Biology](#)