
Nutrition (NUT)

NUT 001 Basic Nutrition

(3)

*Class Hours: 54 Lecture**Advisory(s): ENG 051A**Transfers to: UC/CSU*

Basic Nutrition

NUT 001 is an introductory course emphasizing the basic nutrient needs of the human body and the body's use of these nutrients. Concepts of nutrition and diet planning are applied to specific life situations.