

# PED 224: Principles of Nutrition

This course introduces students to the principles of nutrition and the role and functions of nutrients in man's food. Basic information concerning food selection and nutrition as a factor in health, ecology, and economy is included. Implications of nutrition for children may be stressed. NOTE: This course is a suitable substitute for HEC 140.

**Credits:** 3

**Transfer Code:** Transfer Code

Code C

**Lab Hours:** 0

**Lecture Hours:** 3

**Prerequisites:**

None

**Co-Requisites:**

None