FOODS & NUTRITION

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pcc.edu/programs/food-nutrition

CAREER AND PROGRAM DESCRIPTION

Foods and Nutrition (FN) includes the study of personal, social, environmental and cultural influences on nutrition-related health and wellbeing, from basic science of human metabolism to food justice and government policy to connections between food production and environmental impacts. Critical inquiries are made into social and economic disparities, how foods and nutrition are marketed and how nutrition recommendations are developed.

Students are encouraged to discuss with academic advisors how FN courses may support them to:

- develop cultural appreciation and basic nutrition skills through practical and delicious applications in a kitchen lab course (FN 114 Cultural Food Studies);
- meet application requirements for health-related programs such as Dental Hygiene or Nursing, for example (FN 225 Nutrition);
- enhance pursuit of associate degrees;
- fulfill a general education requirement for Science, Math and Computer science (FN 110 Personal Nutrition or FN 114 Cultural Food Studies);
- transfer credits to pursue degrees in dietetics/nutrition, food science or other pursuits.