FOODS & NUTRITION

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pcc.edu/programs/food-nutrition

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:

- 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);
- meet application requirements for health-related programs such as Dental Hygiene or Nursing (FN 225 Nutrition), or for Gerontology (FN 211 Nutrition for Healthy Aging);
- transfer credits to pursue degrees in dietetics/nutrition, food science or other pursuits;
- develop cultural appreciation and basic nutrition skills through practical, hands-on applications via online or in-person cooking instruction, which is then completed from your home (FN 114 Cultural Food Studies).