FOOD & NUTRITION

CAREER AND PROGRAM DESCRIPTION

Foods and Nutrition includes the study of human metabolism, foods and other forms of nutrient delivery that support human health, factors that can affect nutrient availability, the food supply and human health behaviors. Critical inquiries are made into how food and nutrition are marketed and how nutrition recommendations are developed. At PCC, Foods and Nutrition offerings include 100-level courses: Personal Nutrition which emphasizes basic nutrition principals and personal health behaviors as well as an applied nutrition course Everyday Cooking; and a 200-level course: Nutrition tailored to students pursuing careers in the life sciences and allied health.

FN 110. Personal Nutrition. 3 Credits.
Explores personal food habits and beliefs. Emphasizes practical application of nutrition knowledge to enhance general health. Includes analyzing one’s present diet and evaluating it according to latest nutritional guidelines. Covers basic nutrition and little or no science background is necessary to succeed. Audit available.

Provides an opportunity to apply foundational knowledge of food composition and nutritional values to food preparation. Explores skills in meal planning, recipe modification and basic cooking techniques. Prerequisite/concurrent: FN 110 or FN 225 or FT 103. Audit available.

FN 114. Cultural Food Studies. 3 Credits.
Investigates cultural, spiritual, economic, and social influences on food choices. Provides awareness and understanding of diverse populations within our society and knowledge of food customs of peoples with different ethnic backgrounds. Explores food traditions from a variety of cultures through hands-on cooking instruction. Recommended: FN 110 or FN 113. Audit available.

FN 211. Personal & Social Frameworks for Nutrition & Healthy Aging. 3 Credits.
Provides an overview of the impact of nutrition on aging and the impact of aging on nutrient needs. Examines food access, procurement, preparation, and enjoyment using a socio-ecological framework of health and wellness. Evaluates age-associated psycho-social, economic, and environmental influences on individual food security and institutional program delivery. Emphasizes nutrition and food for healthy aging. Recommended: FN 110, PSY 236, or SOC 230. Prerequisite: (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

FN 225. Nutrition. 4 Credits.
Introduces components of an adequate diet, nutrient availability and utilization. Analyze dietary intake and compare to current scientific guidelines. Examines peripheral factors influencing diet such as global and local issues, cultural environment, and elements of food safety. Strong background in life sciences recommended. Prerequisite: WR 121, MTH 60 or higher; and BI 231 or FT 131. Audit available.