

CHEM 120: FUNDAMENTALS OF NUTRITION (N)

This course discusses both macro- and micro-nutrition and their effect on human health. Topics include metabolism of nutrients, the relationship between energy intake and expenditure, metabolic disorders, nutrition and disease and supplements. Students will be able to evaluate their own energy intake and assess its effectiveness with their daily energy expenditure. Cross listed as BIOL 120, EXSS 120, and HSCI 120."

Credits: 3

Department: [Chemistry](#)