

Home Economics (HMEC)

Courses

HMEC 151 Nutrition and Meal Planning (3 Hours) nbsp;

This course covers the food groups, their function and nutritional values as applied to meal planning. Assessment of personal dietary intake will also be explored. In addition to the current trends in nutrition this course covers energy balance, sustainability and nutrition in the lifespan. This is a required course for the food and beverage management, chef apprenticeship and dietary manager programs. This course meets the general education requirement for Health and/or Physical Education. 3 hrs. lecture/wk.

HMEC 151H HON: Nutrition and Meal Planning (1 Hour)

One-credit hour honors contract is available to qualified students who have an interest in a more thorough investigation of a topic related to this subject. An honors contract may incorporate research, a paper, or project and includes individual meetings with a faculty mentor. Student must be currently enrolled in the regular section of the courses or have completed it the previous semester. Contact the Honors Program Office, COM 201, for more information.