

# Home Economics (HMEC)

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## Courses

### **HMEC 151 Nutrition and Meal Planning\* (3 Hours)**

**Prerequisites or corequisites:** RDG 126 or College Reading Readiness

This course covers the basic food groups, their use in meal planning, their functions and their nutritional values. In addition to the current trends in eating, this course covers diets and exercise, as well as fad diets, life-cycle nutritional needs, and the effects of nutrient intake on growth and development. This is a required course for the food and beverage program and the chef apprenticeship program. 3 hrs. lecture/wk. This course will meet the general education requirement for Health and/or Physical Education.