Sign up for Nutrition Courses!

Fulfill your science requirement AND be healthier too!  
Take Nutrition (NTR 1010) or Food Science (NTR 1100)

**Intro to Nutrition (NTR 1010) Face-to-Face Sections** – Covers the U.S. Government guidelines for a healthy diet, the basic principles of digestion, absorption and utilization of nutrients, nutrient function, dietary analysis, disease prevention, energy balance and weight management.

**Intro to Nutrition (NTR 1010) Hybrid Sections** – NTR 1010 hybrid courses combine weekly face-to-face meetings and online instruction. This course is modeled on a traditional face-to-face course, however some of the on-campus class meetings are replaced with online assignments. Hybrid courses are great for students who want in-person interaction with their instructor and peers but also can work independently on assignments.

**Intro to Nutrition (NTR 1010) Online Sections** – NTR 1010 online courses are taught completely online (except for exams) and cover the same material as a typical face-to-face course. Online courses are perfect for those who need a more flexible schedule and are independent learners, well organized, and disciplined.

**Intro to Food Science (NTR 1100) Face-to-Face Sections** – Covers the chemical and biological nature of food from raw material through processing to produce food that is safe and of high quality. Hot topics such as sustainable agriculture, genetic engineering, food safety, and more, will be covered.