

Health and Nutrition: a sustainability approach

Course code: HHD 1070

Total contact hours: 60 hours

Pre-requisite: None.

Course Overview

This course introduces people to human nutrition, integrating basic concepts of sustainability science with human nutrition.

No college-level science background is required; instead, the course will provide elementary aspects of the several socio-biological sciences needed. Its main aim is to provide a nutrition background that will help students make appropriate, informed choices from the vast array of foods available in today's marketplace.

This course is an introduction to nutrition and who may later choose a major in it, or wants to improve their health and wellbeing, especially considering the impact that each of us is making on Earth.

Students will have a better overview of the importance of nutrients and foods for humans. They will understand how healthy people can best get the amounts of nutrients and foods they need throughout their lifetime, how people –mainly in current times– alter foods and their nutrient content, and food and sustainability issues of current interest.