

MICROPROGRAM FOOD, NUTRITION, AND HEALTH

Overview

The Microprogram in Food, Nutrition, and Health builds on the knowledge acquired in the Microprogram in Introduction to Human Nutrition.

Designed for students who already have a foundation in nutrition and food science, it expands into the study of nutritional needs at different stages of life, metabolism, and the biochemistry of nutrients. This 12-unit program is intended for those who wish to develop scientific skills related to food components and their effects on health and well-being.

Program Requirements

This microprogram cannot be combined with the Honours Bachelor of Science Food Sciences.

Compulsory Courses at the 2000 level

NUT 2301	Nutrition Through the Life Stages	3 Units
NUT 2321	Nutrition and Metabolism	3 Units
NUT 2333	Nutritional Biochemistry	3 Units

Optional Courses

3 course units from:	3 Units	
NUT 2110	Principles of Management in Nutrition	
NUT 2331	Food Carbohydrates	
NUT 3130	Micronutrients and Phytochemicals	
NUT 3131	Food Lipids	
NUT 3132	Food Proteins	
NUT 4107	Functional Foods and Nutraceuticals	
NUT 4130	Nutrition, Behaviour and Mental Health	
NUT 4132	Diet, Microbiota and Intestinal Health	

Total: **12 Units**