

MICROPROGRAM INTRODUCTION TO NUTRITION SCIENCES

Overview

The Microprogram in Introduction to Nutrition Sciences introduces students to knowledge about the fundamentals of nutrition, food science, and eating behaviors. It focuses on acquiring skills related to food properties and processing, psychological factors that influence eating, and understanding the links between nutritional intake, health, and well-being.

Program Requirements

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

Compulsory Courses at the 1000 level

NUT 1104	Food Sciences I	3 Units
NUT 1150	Food Psychology	3 Units
NUT 1304	Introduction to Nutrition	3 Units
Total:		9 Units