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# NUTRITION

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## NUTRITION

**NUTR 121 Human Nutrition****3 Credits**

An introductory nutrition course for the beginning student. Course will center on the major nutrients and their roles in maintaining good health. Students will learn to recognize well-balanced diets and acquire shopping tips and preparation techniques for optimum utilization of food dollars. Class includes four required labs. Prerequisite: Must have completed MATH 95 or higher or earned a satisfactory score in the placement test, ACT, SAT for placement into MATH 96 or MATH 116.