

# NUTR 121 : Nutrition in Healthcare I

**Credits** 3

**Quarter Offered** Fall

Nutrition in Healthcare I provides an introduction to nutritional concepts in healthcare with a focus on holistic assessment, health promotion and wellness across lifespan. The role of the nurse is emphasized. This class may include students from multiple sections.

**Prerequisites**

Nursing Program Admittance

**Course Outcomes**

- Identify nutritional concepts in the context of health and wellness across the lifespan.

- Discuss nutrition-related health promotion topics with a focus on wellness.

- Identify the influence of ethnicity, culture and spiritual/religious beliefs on food choice.