

# BIOL 222

---

**BIOL 222 Human Nutrition**

3 Credits

This is an introductory course to human nutrition. Learners will examine the basic principles of human physiological processes as far as they relate to nutrition. This includes an overview of carbohydrate, lipid, and protein metabolism. The water and fat soluble vitamins and their role in metabolism are examined along with nutritional aspects of water, electrolyte, and mineral balances. Also, this course presents First Peoples food practices, their role in a healthy diet, and nutritional matters from the context of First Peoples. These basic concepts are integrated in the study of energy balance, weight control and its relation to physical exercise. Additional topics include variations in nutritional needs during life, as well as malnutrition, alcohol use, food additives, eating disorders, and food preservation and safety.

**Prerequisites**

BIOL 101 and BIOL 102; or BIOL 131 and BIOL 132

**Transfer Credits**

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

