**Technical Food Courses for I-Certs students, Fall’16**

**IT-F 201** **Nutrition and Wellness**

**Course Description:** Introduction to the basic principles of nutrition and the relationship of the human diet to health. Overview of the nutrition profession, the biological uses of nutrients and tools for dietary planning and assessment in various settings. Examination of specific issues such as weight management, sports nutrition, food safety, the diet-disease relationship and global nutrition. Analysis of special nutritional requirements and needs during the life cycle.

**IT-F 301 Exploring Food Science and Technology**

**Course Description:**

In this course students will explore the wide array of disciplines in which engineering, biological, and physical sciences are used to study and produce food products. An overview of the relationship between food nutrition, chemistry, microbiology, safety, processing, engineering, sensory, and product development will be discussed. The food science and technology industry will be studied to understand food processing, food safety, quality and packaging of specific categories of foods. The course also provides a brief introduction to different career opportunities within the food and technology industry.

**IT-F 401 Nutrition, Metabolism and Health**

**Course Description:**

Study of the structures, types, properties, and metabolism of carbohydrates, lipids and proteins. Discussion of the biological roles of vitamins and minerals. Application and integration of metabolic knowledge with health promotion and chronic disease. 3-0-3

**Prerequisite:** College level basic biology OR chemistry OR biochemistry OR physiology class. Students are required to have mastered the fundamental science/chemistry/biology concepts as well as writing proficiency.

**IT-F 405 Food and Behavior**

**Course Description:**

The course aims to develop an understanding of food and food intake behavior by examining the intersection of nutritional science with other disciplines and expertise. The course will be an analysis of the factors that impact food choice/intake. Examination of physiological regulation, physiological and psychological moderators, food marketing, technology, economics, food policy and regulations, media, food safety, agricultural practices, as well as how food intake behavior feeds back and influences these factors. Influence of sex, BMI, age will also be considered. Lecture, discussion, and collaborative activities will be used to disseminate course content.

**Prerequisites:** PSYC 221 or PSYC 222, FST/FPE 201 Nutrition and Wellness or FST/FPE 401 Nutrition and Metabolism and Health (preferred).