



Illinois Institute of Technology is offering a new Nutrition Course in Spring 2013

What will you learn? This course will provide you with an introduction to the basic principles of nutrition and the relationship of the human diet to health and wellness. You will learn about nutrients, their function in the body and why food is the best place to get them. You will learn about specific topics, such as appetite control, weight management, sports nutrition, psychology of eating, food safety, and special nutritional requirements and needs during the lifecycle. Come learn and apply your knowledge to yourself. No prerequisites needed.

FST/FPE 201

Nutrition and Wellness

*This is an introductory course
No prerequisites required.*

Class Schedule:

Day: Tuesday & Thursday
1:00pm-2:15pm
Main Campus

Required Resources:

1. *Nutrition: An Applied Approach 2nd edition* by Janice Thompson and Melinda Manore

**Classes will be taught
using presentations,
class discussions and
hands-on assignments.**

For information, please contact:

Britt Burton-Freeman, PhD, MS
Director, Center for Nutrition Research
Institute for Food Safety and Health
Illinois Institute of Technology

Phone: 708-341-7078
Email: bburton@iit.edu