

HMN

HMN Classes

HMN 201 : Food, Culture and Nutrition

Students will study the evolution of attitudes and behaviors concerning nutrition and eating within a particular culture, incorporating historical and geographic shaping of that culture. Students will undertake a nutritional evaluation of the diet particular to a culture, highlighting how nutritional needs are met. The laboratory component allows students to demonstrate/experience different foods, prepared and served as practiced by the cultural group(s) being studied.