



**KENTUCKY STATE
UNIVERSITY**

FOODS AND NUTRITION (FNU)

FNU 101: Introduction to Foods

A study of preparation and preservation of food products, with an emphasis on food science. Lab experiences incorporate principles of cookery and their application. (Two hours lecture and two hours laboratory per week)

Credit Hours: 3

Contact Hours: 4

FNU 104: Basic Nutrition

Principles of nutrition related to health; emphasis on understanding functions of nutrients and nutritional needs of people in health and disease conditions.

Prerequisite: BIO 107

Credit Hours: 3

Contact Hours: 3

FNU 203: Nutrition Hlth Grow Years

A study of nutrition education, formulation of eating habits, nutrition and health related problems, and concerns as related to growth cycles.

Credit Hours: 2

Contact Hours: 2