

Nutrition

Students learn basic human physical nutritional requirements from four perspectives: the field of nutritional anthropology; the scientific discoveries of the twentieth and twenty-first centuries; direct experience; and intuition. Students acquire information and tools to determine a diet that currently suits them, as well as how to alter that diet as personal health requirements change. We study the dietary changes in the twentieth century that underlie the most common causes of chronic disease and death. Nutritional strategies are studied to prevent those diseases.

Course Number: PSYB239

Unit: 3.0

Program: UNDG Contemplative Psych