FOOD AND NUTRITION (FN)

FN 205 Concepts In Human Nutrition (3 credits)
Cross-listed with : CORS 255
Nutrition principles with their application to nutrition in life cycle; nutrition problems and controversies such as weight control and nutrition for athletes; individual computerized study of student's dietary intake. Typically Offered: Fall.

FN 270 Scientific Principles of Food Preparation (3 credits)
Exploration of the scientific principles, basic concepts, and techniques of food preparation; food safety principles; sensory evaluation of food. Typically Offered: Spring.

FN 271 Scientific Principles of Food Preparation Lab (2 credits)
Exploration of food preparation and application of underlying scientific principles through laboratory experiments. Applied sensory evaluation of food products; recipe modification and testing for special dietary considerations. Typically Offered: Spring.
Prereqs or Coreqs: FN 270

FN 305 Nutrition in the Life Cycle (3 credits)
General Education: Senior Experience. Maternal nutrition and fetal development; lactation; nutritional needs and dietary patterns from conception to end of life. Typically Offered: Fall.
Prereqs: FN 205; and Food and Nutrition major; or Permission

FN 370 Meal Management (3 credits)
Principles of meal management for individual and family meals including menu planning, purchasing, preparation, and service. Includes cultural, social, economic, and environmental aspects of food selection and menu planning and the role of food in promotion of a healthy lifestyle. Typically Offered: Fall.

FN 376 Food Preservation (1 credit)
Online course explores foodborne illness, food safety and food science behind high quality, shelf-stable home preserved foods; topics include water bath canning, pressure canning, pickling, freezing, and drying. Typically Offered: Summer.

FN 415 Advanced Nutrition (3 credits)
Joint-listed with : FN 515
Principles of nutrition; physiology of digestion, absorption and metabolism of nutrients. Additional projects/assignments required for graduate credit. Typically Offered: Spring.
Prereqs: FN 205, BIOL 300, BIOL 227 and BIOL 228

FN 450 Global Nutrition (3 credits)
General Education: International. The history of food, hunger, and the global nature of food systems. Food & culture, environmental impact of food decisions, agricultural production, world populations relative to food supply, hunger, biotechnology, safety of our food supply, sustainability, effects of urbanization, and problems of under- and over-nutrition will be examined. Typically Offered: Spring.

FN 451 Eating Disorders (2 credits)
Joint-listed with : FN 551
Examination of anorexia nervosa, bulimia nervosa, compulsive eating, obesity, and weight preoccupation; discussion of cultural and nutritional factors, family issues, and psychological consequences, as well as preventative and therapeutic interventions. Additional projects/assignments required for graduate credit. Typically Offered: Spring.
Prereqs: Family and Consumer Sciences major or Permission

FN 453 Research Methods in Food Nutrition (3 credits)
Research methodology currently used in food and nutrition; critical review of the literature; use of electronic surveys; research proposal and presentations. Typically Offered: Spring.
Prereqs: FN 205 and STAT 251

FN 459 Sport Nutrition (3 credits)
Cross-listed with : PEP 459
Joint-listed with : FN 559, PEP 559
This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit. Typically Offered: Fall.
Prereqs: Permission

FN 464 Nutrition Counseling (3 credits)
Application and integration of behavior change theoretical approaches and strategies in nutrition and dietetics. Development of communication skills. This course requires role-playing and real-playing. Students are assessed on the knowledge and skills they have acquired. Typically Offered: Fall.
Prereqs: FN 205

FN 465 Clinical Dietetics (3 credits)
Nutritional assessment; review and application of the American Dietetic Association's Nutrition Care Process; introduction of nutrition therapies for disease. Typically Offered: Spring.
Prereqs: FN 361

FN 466 Nutrition Assessment Lab (1 credit)
Application of clinical nutrition principles. Three hours of lab per week. Typically Offered: Fall.
Prereqs: FN 415 or FCS 361
Coreqs: FN 465 or FCS 362

FN 470 Quantity Food Production and Equipment (3 credits)
Principles and practices of food production in large volume; foodservice systems and management; use and selection of institutional foodservice equipment. Three hours of lecture per week. Typically Offered: Fall.
Prereqs: FN 271 and FN 370

FN 471 Quantity Food Prod & Equip Lab (2 credits)
Quantity food production lab and supervised practice experience including equipment training, recipe development and testing, theme meal production, and foodservice facility rotations. Typically Offered: Fall.
Prereqs: FN 271 and FN 370
Coreqs: FN 470

FN 484 Vegetarian Food and Nutrition (3 credits)
Vegetarian food and nutrition principles with their application to health benefits and life cycles stages. Typically Offered: Varies.
Prereqs: FN 205

FN 491 Community Nutrition (3 credits)
Identification of current public health nutrition problems; influence of socioeconomic, cultural and psychological factors on food and nutrition behavior; available community programs; program development and marketing; and the implications of public policy legislation; teaching/counseling methods for the nutrition education of small groups and individual clients/patients. Typically Offered: Fall.
Prereqs: FN 270
FN 492 Nutrition Education (3 credits)
Principles and theories of learning, curriculum development, evaluation methods, and applied food and nutrition education. Typically Offered: Spring.
Prereqs: FN 205 and Food and Nutrition major; or Permission

FN 509 Nutrition and Dietetics Professional Skills (1 credit)
Prepares dietetic students to assume professional responsibilities to provide safe, ethical, and effective nutrition services and to use effective communication, collaboration, and advocacy skills. Typically Offered: Fall

FN 510 Gastrointestinal Physiology and Immunology (3 credits)
This course starts with review of basic anatomy and physiology of the gastrointestinal (GI) tract. The course then takes a deeper dive into cellular components, perfusion, enteric nervous system, and the resident immune system within the GI tract in relation to nutrient digestion and absorption in health and disease. Current supplementary research articles will be evaluated to encourage students to think critically about the application of these concepts in research and practice. Recommended preparation: A human anatomy and physiology course and/or a concepts in human nutrition course. Typically Offered: Fall.

FN 515 Advanced Nutrition (3 credits)
Joint-listed with: FN 415
Principles of nutrition; physiology of digestion, absorption and metabolism of nutrients. Additional projects/assignments required for graduate credit. Typically Offered: Spring.
Prereqs: FN 205, BIOL 300, BIOL 227 and BIOL 228

FN 511 Eating Disorders (2 credits)
Joint-listed with: FN 451
Examination of anorexia nervosa, bulimia nervosa, compulsive eating, obesity, and weight preoccupation; discussion of cultural and nutritional factors, family issues, and psychological consequences, as well as preventative and therapeutic interventions. Additional projects/assignments required for graduate credit. Typically Offered: Spring.
Prereqs: Family and Consumer Sciences major or Permission

FN 519 Sport Nutrition (3 credits)
Cross-listed with: PEP 559
Joint-listed with: FN 459, PEP 459
This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit. Typically Offered: Fall.
Prereqs: Permission

FN 565 Nutrition Therapy and Disease (3 credits)
Course content includes evidence-based practice in nutritional management of diseases. Elements of pathology and biochemistry of the nutrition related problems are integrated into course topics. Students will apply the entire nutrition care process through a variety of clinical cases and simulations. Recommended preparation: FN 465. Typically Offered: Fall.

FN 566 Applied Clinical Dietetics (7 credits)
Applied Clinical Dietetics takes place in hospitals in Idaho or Washington. Students spend 320 hours of supervised experiential learning implementing the nutrition care process with a diverse patient population. Typically Offered: Spring. Dietetics program.
Prereqs: Enrolled in the M