

NUTRITION (NDMX)

NDMX 300 Lifecycle Nutrition I 3 credits

From preconception to adolescence, nutrition shapes our health trajectories. This course explores how early choices, like breastfeeding or formula feeding, impact a child's development milestones and potential food allergies. As children grow, we'll examine how dietary needs and relationships with food evolve, especially during adolescence. Learn about the pivotal role of nutrition during early life and how it can mold health and self-perception. This online class has optional live sessions. This course is offered through Rize. (Prerequisite: KHS 300)