

# VUSC 0010: Cooking&Nutrition I

Cooking and Nutrition: Part I This class will help you learn how to incorporate nutrition into a hectic college lifestyle. Recipes for nutrition meals and cooking classes will be each class. By the end of the semester, a cookbook with nutritional meals will be created. The importance of weight maintenance, health, wellness and food selection as well as dietary habits, plant ? based diets, sports nutrition, dietary intolerances and food allergies will be discussed.

**Credits:** 1.9