

## HDFS-250 : International Food & Nutrition

A look at the importance of food and nutrition in individual lives, communities and nations with emphasis on non-western and third world countries. It allows students to develop an understanding of food customs and the influence of culture and religion on food habits and health beliefs (ex. Edible/non-edible foods) while focusing on how these health beliefs and cultural influences impact one's actions and nutritional behaviors. Problems in nutrition as malnutrition and obesity along with food shortages/excesses and solutions currently being tried or projected through national, international and voluntary agencies are studied. Questions as to what one's health beliefs and cultural influences are and how these impact ones' actions are discussed. Laboratory experiences emphasize cultural influence on political, ethical, geographic, social and finally food choices. FILA general education: global dynamics.

**Credits** 3

**Prerequisites**

[FILA-150](#) or [FILA-350EW](#)

**Term Offered**

Fall and Spring

**Session Cycle**

FS