

# NUTR 214. FOOD FUNDAMENTALS.

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Credits: 4

Offered by: Human Nutrition (Faculty of Agric Environ Sci)

Terms offered: Fall 2025

[View offerings for Fall 2025 in Visual Schedule Builder.](#)

## Description

Food composition and structure. Scientific principles underlying physical, chemical, and nutrient content changes during food preparation. The role of ingredients and nutrients, and their interaction in food preparation. Culture of food including historical context and sustainability. Sensory evaluation and food safety.

- Fall
- One 3-hour lecture and one 4-hour lab
- Prerequisite: FDSC 230 or corequisite with instructor's permission.
- Corequisite(s): LSCI 211 and NUTR 207
- Not to be charged in Fall 2020. This course includes a fee of \$350 for a culinary tool kit, chef coat, hairnet, food ingredients, supplies and laboratory manual. The fee is refundable as long as the kit and supplies have not been opened, used or scratched and the manual is intact. Students who drop this course during the course add/drop period may return the kit (if already received) to their department, who will then advise the Student Accounts Office to reverse the charges for the fee once they have inspected the materials and found them to be in acceptable condition.
- Restriction(s): Enrolment restricted to Dietetics, Nutrition and Concurrent degrees or permission of instructor.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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