

NUTR 511. NUTRITION AND BEHAVIOUR.

Credits: 3

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

Terms offered: Fall 2025

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

Description

This course will integrate biological, social and psychological determinants of eating and food choices in both health and disease. Topics will include behavioural theories relevant to eating and food choice, neurobiology of appetite regulation, mental health, obesity, chronic disease and effectiveness of behaviour-change intervention strategies.

- 2 lectures and one seminar
- Prerequisite: NUTR 337 and NUTR 344

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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