

VUSC 0010: Cooking and Nutrition, Part 1

This class will help you learn how to incorporate nutrition into a hectic college lifestyle. Recipes for nutrition meals and cooking classes will be held 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.

Discipline: [VUnited Scholars](#)

Clock Hours per Week: 1

Military Price: \$24,543.75