

You are invited!

NUTR 299:

Applications in Food & Nutrition: Healthy Meals

Apply healthy eating guidelines and meal planning techniques using hands-on learning activities. If you want to talk about food, learn about meal planning, and practice preparing and eating healthy meals and snacks, this class is for you!

Prerequisites: HHS 231; NUTR 225 or NUTR 240
CRN 60053. Meets every other Thursday, 2-3:50pm



Oregon State
University



Registration is quickly approaching - be sure to fit NUTR 299 into your schedule. This 1-credit class meets every other Thursday of the upcoming 2019 Spring term. NUTR 299 is a fantastic opportunity to develop meal planning strategies that will support your overall health and wellbeing!