

# SOCS-210 : Food, Nutrition & Public Health

This course will explore the expanding role of chefs as facilitators of positive health behavior change among diverse individuals and groups. Students will be introduced to some of the major theories, models, and frameworks commonly used in nutrition and public health interventions that target behavioral changes at the individual, community, and societal levels. The course will give students a theoretical foundation for designing, implementing, and evaluating community-based health promotion programs.

**Credits** 3

**Prerequisite or Corequisite**

Science of Food ([CUSC-120](#)), Nutrition ([CUSC-110](#)) Nutrition (ARTS-243) or Food Science ([CUSC-105](#))