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# SUBJECTS AND COURSES

## COURSE DESCRIPTIONS - HOME ECONOMICS (HEC)

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### **HEC 100 Principles of Design**

CODE - C PREREQUISITE: As required by program. This course surveys elements and principles of design and offers experience in creative and original design. Influences of various art forms are studied.

**3 Credit Hours**

### **HEC 140 Principles of Nutrition**

This course introduces students to the principles of nutrition and the role and functions of nutrients in man's food. Basic information concerning food selection and nutrition as a factor in health, ecology, and economy is included. Implications of nutrition for children may be stressed.

**3 Credit Hours**

### **HEC 221 Principles of Food Preparation**

CODE - C PREREQUISITE: As required by program. This course is the study of basic principles underlying the fundamental process and standards of food preparation. Emphasis is on development of skill in preparation and in identifying factors affecting food quality. **3 Credit Hours**

### **HEC 222 Meal Management**

CODE - C PREREQUISITE: As required by program. This is a study of planning, preparation, and serving meals with an emphasis on principles of nutrition, aesthetic value, management of time, energy, materials and the food budget on various economic levels. **3 Credit Hours**