



FN 2 - Nutrition

Catalog Description

Transfer Status: CSU/UC

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course examines the scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. (C-ID NUTR 110).

Objectives

Upon successful completion of this course, the student should be able to:

1. Identify function and sources of nutrients for each stage of the life cycle.
2. Demonstrate basic knowledge of nutrient digestion, absorption, and metabolism.
3. Apply dietary guidelines and current nutrition recommendations.
4. Scientifically analyze and evaluate nutrition information.
5. Relate nutrition to health, fitness, and disease.
6. Utilize a computer database to analyze a personal diet record and evaluate its strengths and weaknesses through a written diet project.
7. Describe the scientific method and how it is used in nutrition research.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Introduction	3.00
Dietary Guidelines and Nutrition Recommendations	3.00
Digestion and Absorption	3.00
Carbohydrates and Diabetes	5.00
Lipids and Heart Disease	5.00
Protein and Vegetarian Diets	5.00
Metabolism	3.00
Vitamins	4.00
Water and Minerals	4.00
Energy Balance, Weight Management, and Eating Disorders	6.00
Fitness	3.00
Pregnancy and Infant Nutrition	3.00
Child and Adolescent Nutrition	2.00
Elderly Nutrition	2.00

Total Hours: 51.00

Methods of Instruction

- A. Class Activities
- B. Discussion
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Lecture
- E. Multimedia Presentations
- F. Reading Assignments

Methods of Evaluation

- A. Exams/Tests
- B. Quizzes
- C. Homework
- D. Written Assignments
- E. Class Discussion

Examples of Assignments

Reading Assignments

1. Read two articles about childhood obesity and be prepared to discuss the causes and treatment strategies in class.
2. Read about two nutrition-related gastrointestinal (GI) disorders and be ready to describe each disorder including risk factors and treatment options in class.

Writing Assignments

1. Research a current and controversial issue in nutrition and write a three- to five-page essay on the topic. Refer to the International Food Information Council's (IFIC) website to review publications on nutrition controversies. Your discussion should contain both pros and cons of the topic and include your position based upon the scientific evidence identified in your research. Be prepared to discuss your findings in class.
2. Complete a five page written evaluation of your diet based on an analysis of your three-day food records. Identify nutrient deficiencies and discuss food sources for the missing nutrients. Develop a one-day menu that will meet recommended levels for all nutrients.

Out-of-Class Assignments

1. Obtain nutrition information from a fast food restaurant and calculate the calorie, fat and sodium levels of a typical meal. Design a new meal from this restaurant that is one-third lower in all three nutrients.
2. Go to the WebMD website and complete three different nutrition related quizzes. For each quiz, report your score and determine two things that you can do, that will raise your score (improve your health).

Recommended Materials of Instruction

Smith, A.M. (2019). *Wardlaw's Contemporary Nutrition*. McGraw-Hill Education, 11h.

Schiff, W.J. (2019). *Nutrition for Healthy Living*. McGraw-Hill Education, 5th.

Other Learning Materials

Materials Other Than Textbooks:

- A. Connect for Smith: *Wardlaw's Contemporary Nutrition*, 11th ed.
- B. Connect for Schiff: *Nutrition for Healthy Living*, 5th ed.
- C. Handouts, supplementary materials and Internet websites

Minimum Qualifications

Family & Cons Study/Home Ec

Nutritional Science/Dietetics (Masters Required)

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