



Course Outline

2026-2027 Catalog

FN 50 - Nutrition and Diet Therapy

Catalog Description

Transfer Status: CSU

Unit(s): 4.00

Lecture: 68.00 Contact hours/136.00 Out of class hours/204.00 Total hours/4.00 Unit(s)

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Course Description: This course introduces the basic principles of nutrition related to health and disease. The course focuses on the diseases that affect nutritional status and the medical nutrition therapy that is used to manage and treat these conditions.

Objectives

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

1. Describe the six classes of nutrients and explain the functions of each in the human body.
2. Discuss key nutrients required for each stage of the life cycle (pregnancy, infants, children, adolescents, adults, and seniors) and identify food sources for each nutrient.
3. Identify the organs of the digestive system and summarize their specific functions related to the digestive and absorptive process.
4. Describe digestive disorders and explain nutrition interventions for each.
5. Compare the characteristics of type 1 and type 2 diabetes and outline the medical nutrition therapies for each.
6. Recognize the risk factors for cardiovascular disease and discuss lifestyle modifications to reduce risk.
7. Describe the primary causes of acute and chronic renal disease. Compare and contrast the medical nutrition therapy for each.
8. Utilize a computer database to analyze a personal diet record and evaluate its strengths and weaknesses through a nutrition project.
9. Modify menus for individuals with specific nutritional requirements associated with chronic diseases.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Introduction / Orientation	1.00
Nutrition and Health	1.00
Food Guides, Dietary Guidelines	1.00
Carbohydrates	3.00
Lipids	3.00
Protein	4.00
Vitamins	4.00
Minerals	4.00
Water and Electrolytes	2.00
Digestion, Absorption and Metabolism	3.00
Energy Balance	2.00
Food Safety	1.00
Nutrition in Pregnancy & Lactation	2.00
Nutrition in Infancy	2.00
Nutrition in Childhood and Adolescence	2.00
Nutrition for the Aging and Aged	2.00
Nutrition Assessment / Counseling	3.00
Nutrition Support	2.00
Diet for Gastrointestinal Illness	3.00
Obesity and Weight Control	2.00
Diabetes	5.00
Cardiovascular Disease: Restricted Sodium Diet	5.00
Renal Diseases	3.00
Diets for Liver, Gall Bladder and Pancreatic Disease	2.00
Nutrition in Surgery, Infections & Burns	3.00

Topics**Lec Hrs**

Nutrition, Cancer, and AIDS

3.00

Total Hours: 68.00**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. Projects
- D. Homework
- E. Class participation
- F. Class Discussion

Examples of Assignments**Reading Assignments**

1. Read about type 1 and type 2 diabetes and be prepared to discuss the differences in pathophysiology and treatment of each.
2. Read about cardiovascular disease and be ready to describe risk factors and treatment options.

Writing Assignments

1. Complete a four-page evaluation of your diet based on a food record analysis. Identify nutrient deficiencies and discuss food sources for the missing nutrients. Determine how your diet can be improved by using current nutrition recommendations.
2. Select a pregnancy case study and complete a two- page nutrition care plan applying appropriate medical nutrition therapy recommendations.

Out-of-Class Assignments

1. Interview a person age 55 or older and assess their nutritional status and drug nutrient interactions. Evaluate current eating habits and make written recommendations to improve the nutritional content of their diet.
2. Find an article about herbal supplements. Research and evaluate whether this supplement is safe and effective and be prepared to discuss in class.

Recommended Materials of InstructionDeBruyne, L.K. (2017). Nutrition and Diet Therapy. *Cengage, 9th*.**Other Learning Materials**

Handouts, supplementary materials and Internet websites

My Diet Analysis (an online nutrition analysis program)

Minimum Qualifications

Nutritional Science/Dietetics (Masters Required)

Created/Revised by: Stagner, Brenda**Date:** 04/30/2018