

San Juan College
HLTH 118
Introduction to Nutrition
3 credits

Nutrition is a fascinating and broad field of study relative to students in many disciplines. It includes the biochemistry of the essential nutrients, nutritional needs within the life cycle, nutritional status assessment of individuals and populations, food policies and regulatory agencies, nutritional aspects of disease, and current nutritional issues. Nutrition information continues to grow as knowledge of foods and their components keep expanding, resulting in an abundance of information and misinformation to the public. This course prepares students to become sophisticated consumers of nutrients and nutrition information so they might make informed decisions about personal nutrition, health, and fitness.

Semester Offered: Fall, Spring, and Summer
Prerequisites: None

Common Student Learning Outcomes

Upon successful completion of San Juan College programs and degrees, the student will....

<i>Learn</i>	<i>Students will actively and independently acquire, apply and adapt skills and knowledge to develop expertise and a broader understanding of the world as lifelong learners.</i>
<i>Think</i>	<i>Students will think analytically and creatively to explore ideas, make connections, draw conclusions, and solve problems.</i>
<i>Communicate</i>	<i>Students will exchange ideas and information with clarity and originality in multiple contexts.</i>
<i>Integrate</i>	<i>Students will demonstrate proficiency in the use of technologies in the broadest sense related to their field of study.</i>
<i>Act</i>	<i>Students will act purposefully, reflectively, and respectfully in diverse and complex environments.</i>

GENERAL LEARNING OBJECTIVES

1. Recognize the relationship of food and nutrients to nutrition.
2. Study the evolution of nutrition as a science and the historical relationship of modern practices.
3. Explore the essential nutrients, their functions, physiology, dietary sources, deficiency and toxicity symptoms, and health benefits.
4. Develop and evaluate healthful diets using meal planning tools and dietary recommendations established by governmental criteria.
5. Identify specific health benefits, health risks, and chronic diseases relative to nutrition and body systems.
6. Recognize state and federal agencies, programs, and policies that directly impact food consumption, food safety, and public health.

7. Examine labeling and health claims.
8. Recognize reliable sources of nutrition information by critiquing nutrition literature and news for scientific credibility.
9. Utilize nutritional computer software to evaluate personal diet data to compare with recommended dietary guidelines.
10. Evaluate trends, fads, and controversies in nutrition.

EXPECTED LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to ...

1. Develop meal plans with food that provide variety, balance, and moderation to meet the minimum requirement of the recognized meal planning tools. (Food Pyramid, Dietary Guidelines for Americans, and Exchange System.)
2. Identify information on food labels and calculate nutrient values, and nutrient composition of foods and meals.
3. Critique food labels and health claims for compliance with package and labeling laws.
4. Assess personal nutritional health using various nutritional assessment techniques.
5. Identify major nutrient classes and the functions of the individual nutrients in the processes of digestion, absorption, metabolism involved in human health.
6. Collect personal diet history for a three day period to use in a nutritional analysis.
7. Utilize nutritional analysis software data and integrate nutrition information to evaluate student's personal diet.
8. Review three nutrition articles, summarize the main points, and provide a critical evaluation of the reliability of the author and source.
9. Identify common food safety issues and health risks.
10. Write a critique on a controversial diet or nutrition trend published in a popular publication.

Assessment Techniques for Student Outcomes:

- Written exams
- Classroom discussions
- Small group activities
- Peer views
- Classroom presentations
- Written assignments
- Three day diet analysis and evaluative report

Syllabus developed by: Gail Muncrief Date: November 1, 2006

Syllabus reviewed by: Dr. Beverlee A. Rice Date: November 24, 2006

Accommodations Statement- Students who need accommodations (i.e., note taker, interpreter, special seating, etc.) need to provide accommodation notices to the instructor. Students can contact the Students with Disabilities on Campus (SDOC) Coordinator in the Counseling Center, located in the Clocktower Building, to make arrangements and provide documentation in accordance with the Americans with Disabilities Act of 1990

