

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

DEPARTMENT: Health **COURSE NUMBER:** 2240 **NUMBER OF CREDITS:** 3

COURSE TITLE: Basic Nutrition

CATALOG DESCRIPTION:

Introduces the study of food and human dietary patterns. Examines sources of nutrients, how they are processed in the body, body composition, current dietary guidelines and nutritional issues, the impact of socio-cultural factors on diet, and the impact of dietary choices on health.

FULFILLS MN TRANSFER CURRICULUM AREA(S): None

AUDIENCE: Anyone **PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE:** None

LENGTH OF COURSE: 16 weeks (one semester/3 hours per week/48 total class hours)

THIS COURSE IS USUALLY OFFERED:

every other year fall spring summer (on demand) undetermined

INSTITUTIONAL COURSE GOALS/THEMES:

Four goals are emphasized in courses at Minnesota West Community & Technical College:

ACADEMIC CONTENT: *This course will help you (the student) improve your knowledge-base in the area of basic nutrition through:*

- a) exposure to the continually updated academic course materials both in the classroom and via out-of-class assignments. (See "Topics To Be Covered" section.)
- b) planned learning activities designed to facilitate student academic outcomes. (See "Learning Teaching Techniques", "Assignments", and "Expected Student Learning Outcomes" sections.)

THINKING SKILLS: *This course will help you (the student) improve the effectiveness of your thinking skills through:*

- a) numerous dietary analysis activities throughout the course that require evaluation and interpretation of data.
- b) an emphasis on and practice of critical thinking skills in the assessment of nutritional information and health claims.
- c) the application of existing food choice and dietary planning tools within your own diet (especially in regards to academic objectives #4, #9, and #12).

COMMUNICATION SKILLS: *This course will help you (the student) improve your oral and written communication skills through:*

- a) small group and large group discussions and interactive activities.
- b) oral reports and presentations.

HUMAN DIVERSITY: *This course will help you (the student) to recognize, understand and appreciate human diversity through:*

- a) the fostering of a classroom socio-economic climate that is sensitive, respectful, and "safe" for the exploration of diversity issues as they relate to nutrition.
- b) a purposeful welcoming of the global/ethnic variety seen in foods and food customs.

- c) routinely presenting multiple perspectives on nutrition issues, extending the invitation to share opinions and recognizing the impact of cumulative experiences in shaping perspectives.
- d) the text, which integrates gender, developmental, and ethnic information throughout.
- e) (See also “Expected Student Learning Outcomes” #1 and #8.)

TOPICS TO BE COVERED:

I. Relationships Between Food, Nutrition, and Health

- A) Food Significance
- B) Food-Related Behaviors
- C) Health consequences of Dietary Choices and Practices
 - 1) Overnutrition
 - 2) Undernutrition
 - 3) Specific Disease-Nutrition Links
 - 4) Specific Nutrient Deficiencies/Overdoses
 - 5) Food Safety
 - 6) Global/Social Concerns and Holistic Health Connections

II. Food and Dietary Assessment/Planning

- A) Nutritional Math Tools
- B) Methods for Food and Dietary Analysis
- C) Dietary Plans and Guides
 - 1) Food Guide Pyramid
 - 2) Recommended Dietary Allowances (RDA's)
 - 3) Dietary Guidelines for Americans
 - 4) Daily Values
 - 5) Nutrient Density
 - 6) The Exchange System
 - 7) Other Specific Guidelines for Targeted Groups and/or Health Outcomes
- D) Evaluating Nutritional Information/Products/Practices

III. Food in the Body

- A) Digestion
- B) Absorption
- C) Metabolism
- D) Elimination

IV. Specific Nutrients

- A) Carbohydrates
 - 1) Digestible Carbohydrates
 - 2) Fiber
- B) Lipids
- C) Proteins
- D) Vitamins
- E) Minerals
- F) Water
- G) Phytochemicals

V. Energy Balance

- A) Body Composition/Weight
- B) Physical Fitness and Nutrition

C) "Eating" Disorders

VI. Nutritional Needs and Issues of Specific Populations

- A) Gender Differences in Nutrition
- B) Developmental Nutrition
 - 1) Nutrition for Pregnant and Lactating Women
 - 2) Infant's Nutrition
 - 3) Children's Nutrition
 - 4) Adolescent's Nutrition
 - 5) Nutrition for Adults
 - 6) Geriatric Nutrition
- C) Nutrition for Athletes
- D) Nutrition in America and Abroad

VII. Dietary Improvement

- A) Behavior Change Processes
- B) Consumer Skills
- C) Food Preparation Techniques
- D) Ethnic Contributions

LIST OF EXPECTED COURSE OUTCOMES:

1. See "Institutional Course Goals/Themes" section above.
2. See "expected Student Learning Outcomes" section below.

LEARNING/TEACHING TECHNIQUES used in this course are:

<input checked="" type="checkbox"/> Collaborative Learning	<input checked="" type="checkbox"/> Problem Solving
<input checked="" type="checkbox"/> Student Presentations	<input checked="" type="checkbox"/> Interactive Lectures
<input checked="" type="checkbox"/> Creative Projects	<input type="checkbox"/> Individual Coaching
<input checked="" type="checkbox"/> Project Critiques	<input checked="" type="checkbox"/> Films/Videos/Slides
<input checked="" type="checkbox"/> Lecture	<input checked="" type="checkbox"/> Labs
<input checked="" type="checkbox"/> Demonstrations	<input checked="" type="checkbox"/> Other (Individual Computer Dietary Analysis)

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:

<input checked="" type="checkbox"/> Reading	<input checked="" type="checkbox"/> Tests	<input checked="" type="checkbox"/> Individual Projects
<input checked="" type="checkbox"/> Oral Presentations	<input checked="" type="checkbox"/> Worksheets	<input checked="" type="checkbox"/> Collaborative Projects
<input checked="" type="checkbox"/> Textbook Problems	<input checked="" type="checkbox"/> Papers	<input type="checkbox"/> Writing Portfolio
<input checked="" type="checkbox"/> Group Problems	<input type="checkbox"/> Term Paper	<input type="checkbox"/> Art Portfolio
<input checked="" type="checkbox"/> Other (Individual Computer Dietary Analysis Portfolio)		

EXPECTED LEARNING OUTCOMES:

1. Examine factors that play a role in individual food choice as well as the dietary patterns of population groups.
2. Describe the nutritive and non-nutritive components of foods.
3. Analyze the roles of poor dietary patterns and individual nutrients in disease and quality of life.
4. Demonstrate the use of various dietary design tools for assessing and improving your own diet.

5. Explain the bodily processes of food digestion, absorption, metabolism, and elimination.
6. Describe and acknowledge the vital relationships between your physical activity level, nutritional habits, and body composition/weight.
7. Explore the nutrition-related activities of several types of health agencies and health professionals.
8. Explore and appreciate the nutritional needs and issues of diverse population groups such as athletes, those with eating disorders, males, females, pregnant and breastfeeding women, children, adolescents, aging adults, and people of varying ethnic heritages.
9. Explore the behavior process in relation to your own diet.
10. Identify food safety concerns at all levels of food production and seek to eliminate own unsafe food handling practices.
11. Recognize that variety, balance, and moderation are key principles in making healthy food choices in anyone's diet while at the same time appreciate your own idiosyncratic nutritional needs.
12. Select and practice healthier food choices, food preparation techniques, and eating behaviors.

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

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The information in this course outline is subject to revision.

Revised Fall '03