

BASIC NUTRITION

COURSE TITLE: MW 6320 BASIC NUTRITION

Course hours: 25 hours (5 classes) each class is 5 hours

Course Description: This course will cover basic components of human nutrition. How human growth and development are affected during the prenatal, infant, and beyond by nutrition. Physiological and cultural aspects will also be covered.

Course Objectives: Given pertinent information, supported by instructional resources, the student will be capable of performing a variety of related skills. In order to demonstrate mastery of these objectives, the student must respond correctly on instructor-revised evaluations, achieving a percentage of accuracy that meets the requirements for academic performance as published in the school catalog

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

MW 6320.01 describe sources of calories, including carbohydrates, fats and protein

MW 6320.02 derive nutrient

MW 6320.03 derive vitamin and mineral

MW 6320.04 discuss the importance of water

MW 6320.05 demonstrate an understanding of nutrients, including importance, symptoms of deficiency, RDA, and toxicity level

MW 6320.06 describe nutrients that complement each other

MW 6320.07 define natural and synthetic nutrients

MW 6320.08 describe sources of nutrients

MW 6320.09 describe the role nutrients play in illness and stressful conditions

MW 6320.10 derive herbs and their importance

MW 6320.11 discuss foods, beverages and supplementary foods

MW 6320.12 demonstrate an ability to assess food composition

MW 6320.13 explain essential amino acids and enzymology

MW 6320.14 demonstrate an ability to assess a diet

MW 6320.15 define nutrition

MW 6320.16 discuss fasting and detoxifying

MW 6320.17 describe different categories of vegetarianism.

MW 6320.18 describe digestion, absorption and metabolism

MW 6320.19 discuss the importance of exercise and good nutrition

MW 6320.20 demonstrate an ability to perform diet counseling

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Required Text: Nutrition Almanac and Lecture

Course Outline:

Class 1

Introduction

Chapter 1-2

MW 6320.01 describe sources of calories, including carbohydrates, fats and protein

MW 6320.02 describe nutrient

MW 6320.03 describe vitamin and mineral

MW 6320.04 discuss the importance of water

Class 2

Chapter 3-4

MW 6320.05 demonstrate an understanding of nutrients, including importance, symptoms of deficiency, RDA, and toxicity level

MW 6320.06 describe nutrients that compliment each other

MW 6320.07 describe natural and synthetic nutrients

MW 6320.08 describe sources of nutrients

MW 6320.09 describe the role nutrients play in illness and stressful conditions

Class 3

Chapter 5-7

MW 6320.10 describe herbs and their importance

MW 6320.10 discuss foods, beverages and supplementary foods

MW 6320.11 demonstrate an ability to assess food composition

MW 6320.12 explain essential amino acids and enzymology

MW 6320.13

Class 4

Chapter 8-9

MW 6320.14 demonstrate an ability to assess a diet

MW 6320.15 define nutrition

MW 6320.16 discuss fasting and detoxifying

MW 6320.17 describe different categories of vegetarianism.

Class 5 Chapter 9-10

MW 6320.18 describe digestion, absorption and metabolism

MW 6320.19 discuss the importance of exercise and good nutrition

MW 6320.20 demonstrate an ability to perform diet counseling