GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 03/22/2022

GCCCD Governing Board Approval: 04/19/2022

NUTRITION 155 - INTRODUCTION TO NUTRITION

1. Course Number Course Title Semester Units

NUTR 155 Introduction to Nutrition 3

Semester Hours 3 hours lecture: 48-54 hours 96-108 outside-of-class hours 144-162 total hours

2. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

3. Catalog Description

This course is an introduction of the fundamentals of nutrition as it relates to personal health and wellbeing. Current nutrition information (and misinformation) will be discussed to determine optimal dietary choices. Students will analyze their personal diets using evidence-based dietary goals and guidelines. Other topics include weight maintenance techniques, eating disorders, food labeling, food safety and special needs at various stages in the life cycle. The information covered will be practical and relevant to assist students in achieving a healthy, balanced relationship with food.

4. Course Objectives

The student will:

a. Evaluate the relationship between nutrition and health.

b. Classify the nutrients essential for health by their physiological functions, food sources, and deficiency/toxicity effects.

c. Compare a variety of dietary planning guides (e.g., Food Guidance Systems, Recommended Dietary Allowance, Dietary Guidelines for Americans, etc.)

d. Record their own dietary intake, compare it to appropriate standards and goals, and plan appropriate dietary improvements based on individual requirements.

e. Examine the special nutritional needs of various stages in the lifecycle from conception through old age.

f. Evaluate a variety of eating styles for their nutritional content and sufficiency (e.g., vegetarianism, a variety of cultural and ethnic food ways).

5. Instructional Facilities

Standard classroom

6. Special Materials Required of Student

None

7. Course Content

a. The six essential nutrients (protein, lipids, carbohydrate, vitamins, minerals, and water) and their effect on human health.

b. Food sources of the essential nutrients.

c. Current evidence-based dietary guidelines and recommendations.

d. Other components of food which contribute to health (i.e., phytochemicals), their food sources and relationship to diseases like cancer and heart disease.

e. Energy value of various nutrients and foods.

f. Relationship between energy intake (kilocalories), metabolism and activity as it relates to weight management.

g. Eating disorders such as bulimia, anorexia nervosa, pica and compulsive eating.

h. Use of nutritional supplements including vitamins and minerals.

i. Current developments and controversies in nutrition

j. Role of government in the food supply, industry regulation, labeling and food safety.

k. Nutritional needs across the life cycle from pregnancy through senescence.

8. Method of Instruction

1. Lectures
2. Group work (projects and discussions)
3. Demonstrations
4. Multimedia presentations

9. Methods of Evaluating Student Performance

a. Periodic examinations and final examination including both objective and essay questions.

b. Reading assignments on current issues in nutrition, such as a review of a current popular fad diet and discussion of the nutritional content and sufficiency of this diet.

c. Personal dietary record and computer analysis which compares intake to individualized goals, with a plan of appropriate changes and improvements based on dietary requirements.

10. Outside Class Assignments

a. Reading of text and current periodicals.

b. Computer analysis of personal dietary intake.

c. Weekly homework assignments on various nutrition related topics. For example, students will evaluate the relationship between diet and hypertension by reading a case study on high blood pressure and identifying the patient’s risk factors and recommending dietary strategies to improve this health condition, such as reducing sources of sodium in the diet.

11. Representative Texts

a. Representative Texts

Schiff. *Nutrition for Healthy Living*. 6th edition. New York, NY: McGraw Hill, 2022.

b. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

a. Identify the functions and sources of macronutrients and micronutrients and water

1. Recognize the relationship between nutrition, health, and wellbeing
2. Identify basic principles and behaviors for achieving and maintaining energy balance