

## **Common Course Outline for HLTH 1107 Principles of Nutrition**

### **A. Course Description**

1. 3 credits
2. Lecture hours per week: 3  
Lab hours per week: None
3. Prerequisites: None. Recommended: eligible for READ 1106
4. Co-requisites: None
5. MnTC Goals: None

### **Catalog Description**

Emphasis on physiological function of nutrients in the human body, including digestion, absorption and metabolism. Basic principles of nutrition are used to demonstrate and evaluate disease preventing diets that are determined by scientific criteria. Application of nutrition theories are illustrated by and in-depth dietary analysis utilizing data bases, calculations and scientific inquiry. Taught by Registered Dietitians.

**B. Date last revised:** January 2014

### **C. Outline of Major Content Areas**

1. Nutrition: everyday choices
2. Guidelines for a healthy diet
3. Digestion
4. Macronutrients: carbohydrates, lipids and proteins
5. Vitamins and minerals
6. Energy balance and weight management
7. Nutrition, fitness and physical activity
8. Nutrition throughout the lifecycle: pregnancy , lactation, infancy, toddler, child, teen, elderly
9. Food safety
10. Feeding the world

### **D. Course Learning Outcomes**

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

1. Identify specific nutrients and their contribution to health.
2. Select foods which supply essential nutrients in the daily diet.
3. Demonstrate the ability to use various food guides for planning and evaluating diets.
4. Identify reliable sources of nutrition information.
5. Analyze controversial food and nutrition practices.
6. Evaluate diets based on scientific criteria.

### **E. Methods for Assessing Student Learning**

1. Quizzes
2. Discussion
3. Group activities

4. Written assignments
5. Oral presentations

**F. Special Information:** None