Bemidji State University

HLTH 5300: Nutrition

A. COURSE DESCRIPTION

Credits: 3
Lecture Hours/Week: 0
Lab Hours/Week: 0
OJT Hours/Week: *.*
Prerequisites: None
Corequisites: None
MnTC Goals: None

Fundamentals of food utilization in the body and diet planning including discussion of the relationship between dietary habits and disease. Also included are discussions of current trends in nutrition, dietary changes for special conditions such as pregnancy, infancy, aging, athletes and teenagers, and cultural differences in dietary practices.

B. COURSE EFFECTIVE DATES: 11/18/1997 - Present
C. OUTLINE OF MAJOR CONTENT AREAS

1. Nutrients
   Nutritious Diet? How will you know?
   MyPyramid, Daily Food Guide
   DRIs, RDAs
   Nutrient density

2. Carbohydrate terminology
   Digestion, absorption, Transport, Energy Production
   Fiber
   DRI for carbohydrates

3. Introduction to weight management
   Eating disorders

4. Weight management and energy balance
   Causes of Obesity
   Amino Acids and muscle mass
   Fluid replacement beverages

5. Role of nutrition in disease
   Heart disease, hypertension, cancer
   Food safety
   Food Microbes, Food additives

6. Pregnancy
   Lactation and breastfeeding
   Infant feeding

7. childhood, teen and elderly nutrition
   Global issues and hunger
   Environment and food
   Overpopulation and food supply

8. Diabetes,
   Glycemic foods
   Diabetes, Lactose intolerance

9. Introduction to lipids

10. Functions of fat
    Lipid structures
    Fat intake recommendations

11. Fats in foods
    Cholesterol, Saturated Fat And disease
    Hydrogenation and Trans fatty acids
    Reading labels
    Protein Structure
    Digestion and Protein Synthesis

12. Protein Quality, Protein Deficiency Disease
    Nitrogen balance

13. Introduction to vitamins
    Fat soluble vitamins

14. Water soluble vitamins
    Water
    Diet analysis ¿ how to use diet analysis software

15. Introduction to minerals
    major minerals
D. LEARNING OUTCOMES (General)

1. demonstrate a basic knowledge of digestion, metabolism, sources and functions of carbohydrates, fats and proteins.
2. be able to describe the sources, functions and deficiency diseases associated with several vitamins and minerals.
3. demonstrate a basic knowledge of nutritional needs for active and sedentary populations including calories and nutrient needs.
4. demonstrate a basic knowledge of the difference in nutritional needs between normal healthy adults and infants, children, pregnant women, and the elderly.
5. demonstrate a basic knowledge of other nutritional issues including world hunger, disordered eating, weight control, food safety and diseases related to food safety.
6. demonstrate a basic knowledge of the relationship between diet and common diseases such as heart disease, some cancers and Type II diabetes.
7. demonstrate a basic knowledge of weight management techniques.
8. demonstrate the ability to assess diets with online software programs.
9. demonstrate the ability to plan a diet to meet the dietary guidelines.
10. demonstrate the ability to read, understand and share nutritional information.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted