

# Anoka-Ramsey Community College

## IHH 2102: Food as Medicine/Biologically Based Therapies

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

(Cross-listed as MASG 2102)

Recommended Skills, Abilities, or Coursework: Placement into college-level reading and writing as demonstrated by meeting enrollment requirements for ENGL 1121

This course provides an introduction to the importance of nutrition basics for a healthy body, mind, and spirit. Students will learn the role food can play in both prevention and treatment of most chronic illnesses. Discussions will involve how environmental, social, economic, emotional, and cultural issues affect nutrition. Students will also learn about dietary supplements and herbs including the history, regulation, scientific research, and indications and contraindications for use.

**B. COURSE EFFECTIVE DATES:** 10/02/2006 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Important role of nutrition for a healthy body, mind, and spirit and the role nutrition plays in both the prevention and treatment of most chronic illnesses
2. Basics of micro- and macro-nutrients
3. Models of nutrition and nutritional therapy including medically recommended diets and current popular and alternative diets
4. Food origins from seed to table, including how it is grown and the benefits of fresh, whole, chemical-free foods, and labeling practices
5. Effect and influence of environment, society, emotion, and culture on nutrition and food choices
6. Use of dietary supplements and herbs
7. The role of food and food choices in the development of disease and the inflammatory process
8. Conventional versus holistic nutritional practices
9. Self-care dietary planning incorporating food choices and strategies
10. Social, economic, and political influences on standardized nutritional practices

#### **D. LEARNING OUTCOMES (General)**

1. Demonstrate an understanding of the important role of nutrition for a healthy body, mind and spirit and the role nutrition plays in both the prevention and treatment of most chronic illnesses
2. Describe the basics of micro- and macro-nutrients
3. Evaluate models of nutrition and nutritional therapy including medically recommended diets and current popular and alternative diets
4. Demonstrate an understanding of food origins from seed to table, including how it is grown and the benefits of fresh, whole foods, and labeling practices
5. Discuss how environment, society, emotion, and culture affect nutrition and influence food choices
6. Examine dietary supplements and herbs including the history, regulation, scientific research, the indications and contraindications for use
7. Demonstrate an understanding of herbs and their effect upon health and wellness
8. Examine the role of food and food choices in the development of disease and the inflammatory process
9. Compare and contrast conventional versus holistic nutritional practices
10. Create a self-care dietary plan incorporating food choices and strategies
11. Understand the social, economic, and political influences on standardized nutritional practices

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

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted