

Minnesota State College Southeast

HLTH 1220: Wellness Through Nutrition

A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 1

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to introduce the basic principles of nutrition in relationship to general health and well-being. Students will learn to evaluate nutrition information from varied sources and apply this information to make informed decisions about dietary choices for individual and family well-being. Topics include tools for assessing general health, USDA dietary recommendations, meal planning, diet and disease associations and nutrition controversies and fads. No science background or prerequisites required for class enrollment. (Prerequisite: none) (1 credit: 1 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 02/02/2017 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Assessment of physical health, diet and nutritional status
2. Associations of Diet and Disease Risk
3. Healthy Eating Patterns and USDA Dietary Recommendations
4. Meal planning for individuals, families, and unique dietary needs
5. Nutrition Fads, Myths and Controversies

D. LEARNING OUTCOMES (General)

1. Understand the general quality of your diet by completing a dietary assessment from USDA
2. List several health assessment techniques used to measure nutritional status
3. Describe the impact of calories on weight maintenance
4. Describe the components of a healthy diet and identify key nutrients that may be missing in your diet
5. Understand different dietary needs by preparing a meal plan for: a) you and your family and b) an alternative diet or unique dietary needs (i.e., vegan, gluten-free, diabetic, nut allergy)
6. Understand your family's health history and describe how diet may impact chronic diseases
7. Describe the weight loss theory behind popular diets
8. Outline potential arguments for and against current marketing trends in nutrition

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted