**Course Description**

Presents basic nutrition concepts and application in planning nutritional meals for persons of various age groups. Consideration is given to physiological, economic, psychological, geographic, and cultural factors of food acceptance and availability. Special and therapeutic diets and their rationale are studied.

<table>
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<tr>
<th>Hours per Week</th>
<th>Number of Weeks</th>
<th>Total Hours</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Lecture</td>
<td>3</td>
<td>16</td>
<td>48</td>
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<tr>
<td>Laboratory</td>
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<tr>
<td>Clinical</td>
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<td>Seminar</td>
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**Total Credit Hours** 3

**Purpose of Course:**

- Degree Requirement X
- Degree Elective
- Certification
- Developmental
- Other

**Prerequisite(s)**

ENG 101, C or better

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**Signature, Curriculum & Assessment Committee Chairperson**

**Signature, Dean of Academic Affairs**

**Signature, Vice President for Academic and Student Affairs**

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Last date reviewed or revised: November 2012
I. **Nutrition**

Course Title

II. **Course Objectives**

A. General Outcomes

   Students who complete this course will:
   1. Explain the importance of nutrition to the health of the individual, family, and community (NURS 1)
   2. Apply knowledge of cultural and psychological influences when assessing dietary habits (NURS 1, 2, 3)
   3. Apply knowledge of local menu pattern, traditional and nontraditional food availability when planning nutritionally adequate meals (NURS 1, 3)

B. Student Learning Outcomes

   Upon completion of this course, the student will be able to:
   1. Provide nutrition education to individuals, family, and community groups
   2. Incorporate cultural and psychological considerations in the assessment of adequate caloric intake
   3. Describe special nutritional requirements during health and illness for various age and developmental age groups
   4. Plan meals that show the nutritive value of locally grown food as compared to imported food

III. **Course Content**

   The student will understand the basic principles of nutrition and its influences on health and illness

   1. Principles of nutrition
   2. The nutrients, their characteristics, functions, and food sources
   3. Guidelines for healthy eating
   4. Assessing nutritional status
   5. Cultural influences on food choices
   6. Nutritional needs throughout the life cycle
   7. Nutrition in health promotion
   8. Nutrition in diseases and disorders

IV. **Methods of Instruction**

   1. Lectures
   2. Class discussion
   3. Written and oral reports – individual and groups
   4. Field trip to grocery stores

V. **Equipment and Materials**

   1. White board with markers
   2. TV with DVD and VCR
   3. Vehicle for field trips
VI. Suggested Methods of Evaluation

1. Participation in class discussions
2. Tests
3. Written and oral projects

Letter grades will be assigned per CMI Grading System.