

Enrollment
Fall 2022
Board Approval
October 2022

CB04 Credit Status
Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
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Health Care Ancillaries (Any Degree and Professional Experience)

Subject Code
HEOC - Health Occupations
Course Number
172

Department
Health Occupations (HEOC)

Division
Health Occupations (HEOC)

Full Course Title
Basic Nutrition

Short Title
Basic Nutrition

Course Prerequisites
171 - Health Professions, Transfer Core Curriculum

Course Prerequisites
Nursing - Basic Skills

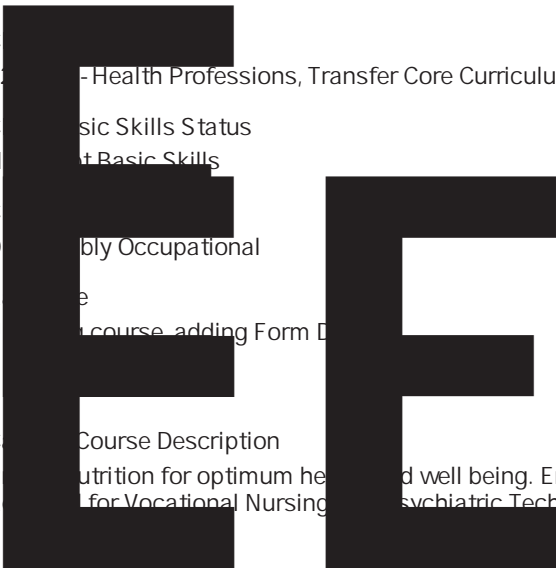
Course Prerequisites
Dietary Occupational

Registration
Use course adding Form D

Course Description
Provides nutrition for optimum health and well being. Enables the student to plan proper food selections in health care settings. Prerequisite: Nutrition for Vocational Nursing or Psychiatric Technician Program.

Open Entry/Open Exit
No

Repeatability
Not Repeatable



2 Nutrition
G Options
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Y

E

N

Is this course variable unit?

No

Units

2.00

Lecture Hours

36.00

Outside of Class Hours

72

Total Contact Hours

36

Total Student Hours

108

Is this course offered through Distance Education?

Yes

Online

Distance

Emergency Only

Hybrid

Permanent or Emergency Only?

Emergency Only

Emergency Only

N

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Develop proper food selection plans.
2. Identify food selections that promote optimum nutrition and health.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Differentiate the four basic food groups and identify at least four common foods belonging to each group.
2. Construct a menu for three meals per day for three days based on proper nutritional standards and adjust that diet for varying age groups, disease entities and cultural preferences.
3. Analyze a specific menu, identify type of diet and describe the physical condition with which that diet is associated and write a paragraph explaining the reason for that diet.

Course Content

1. Factors Effecting Food Choice
2. Function of Food in the Body
3. Nutritional Requirements
4. Protein
5. Carbohydrates

- 6. Fats
- 7. Minerals
- 8. Water
- 9. Digestion
- 10. Labeling and Consumer Education
 - a. Labeling
 - b. Budgeting
 - c. Sources of Additional Information
- 11. Meal Planning
- 12. Food Facts: Fats, Fats, Fats
- 13. Special Feeding
 - a. Prenatal
 - b. Lactation
 - c. Infant and Child
 - d. Aging Citizen
 - e. Diets in Disease
- 14. Problems in the USA
 - a. Over-fed but Undernourished
 - b. High Percentage of Carbohydrates
 - c. Need to Cut Down on "Empty Calories"
 - d. Need to Reduce Fats - Especially Saturated

Methods of Instruction

Types	Examples of learning activities
Lecture	
Other	Projects

Instructor-Initiated Online Contact Types

- Announcements/Bulletin Boards
- Chat Rooms
- Discussion Boards
- E-mail Communication
- Telephone Conferences
- Video or Teleconferencing

Student-Initiated Online Contact Types

- Discussions
- Group Work
- Course design, if possible
- Yes

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Examples of test items: 1. Compare and contrast "good" versus bad

~~CB11~~ Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

All o N o