

Common Course Outline
BIOL 256
Nutrition
3 Semester Hours

The Community College of Baltimore County

Description

Nutrition

Studies the science of foods, nutrients and other substances they contain, the interaction and balance of foods in relation to health, and the processes by which the organism utilizes nutrients; provides preparation for a four-year degree in nursing and transferable to nearby B.S.N. programs.

3 credits: 3 lecture hours per week.

Prerequisite: BIOL 220 with a grade of “C” or better

Overall Course Objectives

Upon successful completion of this course, the student will be able to:

1. Describe the importance of nutrition in regulating personal health, that of the family, the growing individual, the adult, and the pregnant and lactating female.
2. Explain the types of health problems that arise from poor nutrition throughout the world.
3. Demonstrate the use of tabular material and calculation of diet using food exchange lists.
4. Apply the physiology of digestion, absorption, and metabolism to carbohydrates, proteins, fats, vitamins, and minerals.
5. Interpret the principles of nutrition in the selection of an adequate diet by knowing the food sources of nutrients and applying consumer information to meal planning and the selection of food for quality and economics.
6. Describe the interrelationship of nutrients, the nutrient requirements of individuals, and the requirements imposed by activity, climate, disease, and age.
7. Describe the factors influencing food choices such as economic, psychological, cultural, and religious factors.
8. Locate valid journal sources of nutritional information and evaluate articles on food and nutrition, and product advertising.
9. Demonstrate a working knowledge of the content of foods in order to plan adequate diets for various individuals in health and disease.
10. Read, calculate, and interpret food labels.

Major Topics

1. Overview of Nutrition
2. Planning a Healthy Diet
3. Digestion, Absorption, and Transport
4. Carbohydrates
5. Lipids
6. Proteins
7. Metabolism, energy Balance and Weight control
8. Water Soluble Vitamins
9. Fat Soluble Vitamins
10. Trace Minerals, Osteoporosis, and Calcium
11. Pregnancy and Lactation
12. Nutrition in the Later Years

Course Requirements

Specific assignments and procedures for evaluating student performance in the class will be described in the individual class syllabus, but will include the following:

1. Four interim exams and one comprehensive final exam.
2. One manually prepared and one computer generated 24 dietary recall.
3. Four journal article evaluations on food and nutrition.

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

Date Revised: 2/21/00