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Course Outline for NUTR 3
NUTRITION FOR HEALTH/WELLNESS
Effective: Fall 2002

I. CATALOG DESCRIPTION:

NUTR 3 — NUTRITION FOR HEALTH/WELLNESS — 3.00 units

Optimal diet and food choices to promote health, and prevent disease. Role of nutrition and fitness in health. Impact of harmful eating patterns. Evaluation of diets and nutrition information. Issues of current interest.

3.00 Units Lecture

Grading Methods:

Letter Grade

Discipline:

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. Use Dietary Goals, Guidelines and the Food Pyramid to plan personal diets with optimal nutrient intakes;
2. Describe the influence of personal food choices on health and nutritional status;
3. Describe the nutritive processes of the body;
4. Name major nutrients, their food sources and functions;
5. Relate energy balance and body weight to caloric intake and levels of physical activity;
6. Evaluate eating patterns for harmful or beneficial factors;
7. Discuss nutrient retention and loss during food processing;
8. Evaluate specific nutrition resources including books, magazines, and the mass media;
9. Identify current issues in nutrition.

V. CONTENT:

- A. Assessment of personal food choices
 1. Dietary Goals, Guidelines, Pyramid Food Groups
 2. Analysis and evaluation of personal nutrient intake
 3. Analysis of body fat and energy intake
- B. Overview of processes of digestion, absorption, and metabolism of nutrients
 1. Physical processes
 2. Factors enhancing or inhibiting those processes
- C. Essential nutrients: carbohydrates, fats, proteins, vitamins, minerals, water
 1. Dietary sources
 2. Functions in the body
 3. Recommended intakes
 4. Interactions
 5. Effect on health of deficiencies and/or excesses
- D. Energy balances
 1. Weight gain and loss
 2. Body fat
 3. Obesity and eating disorders
 4. Fad diets
- E. Nutrition for Fitness
 1. Optimal intakes and caloric needs
 2. Recommendations for before, during, and after exercise food intake
- F. Nutrition to promote health and prevent disease
 1. Nutrient intakes and their effects on:
 - a. Heart disease
 - b. Diabetes
 - c. Cancer
 - d. Stress
 - e. Osteoporosis

- f. Immune system
 - g. anemia
- G. Drugs and nutrient needs
 - 1. Effects of smoking, alcohol, caffeine, oral contraceptives, prescription drugs, controlled substances on nutrient status
- H. Stress and immunity
 - 1. Effects of stress on nutrient metabolism
 - 2. Effects of nutrient status on the immune system
 - 3. Meal planning for optimal stress management and immune function
- I. Food processing and Food Safety
 - 1. Effects of processing on nutrient content of foods
 - 2. Food choices
 - 3. Food labels
 - 4. Food budgets
 - 5. Factors influencing food safety
- J. Reliable sources of nutrition information
 - 1. Analysis of advertising
 - 2. Methods of analysis of information in the media
- K. Current issues and/or controversies in nutrition

VI. METHODS OF INSTRUCTION:

- A. Read text and handouts
- B. **Discussion** -
- C. **Lecture** -
- D. **Guest Lecturers** -
- E. **Projects** -
- F. Media presentations

VII. TYPICAL ASSIGNMENTS:

1. Read the section of the chapter on the U.S. Food Guide Pyramid 2. Read about serving sizes represented on the U.S. Food Guide Pyramid B. Discussion 1. Is 6-11 servings from the "bread, cereal, rice and pasta" group of the Food Guide Pyramid a large quantity of food? 2. What does one serving of vegetable look like? 3. How can we prepare vegetables to enhance their flavors, textures, nutrients, and appeal? C. Practical application 1. At the grocery store, choose one vegetable you would not normally eat, and prepare it in a "new" way. How did the flavors and textures appeal to you? What was your family's response (if applicable)?

VIII. EVALUATION:

- A. **Methods**
 - 1. Exams/Tests
- B. **Frequency**

IX. TYPICAL TEXTS:

- 1. Boyle, Marie *Personal Nutrition*. 4th ed., Wadsworth/Thomson Learning, , 2001.
- 2. Duyff, Roberta. *The American Dietetic Association's Complete Food and Nutrition Guide.*, The American Dietetic Association, 1998.
- 3. Kowtaluk, Helen, and Alice Kopan *Food for Today.* ., Glencoe - McGraw Hill, 2000.

X. OTHER MATERIALS REQUIRED OF STUDENTS: