

Las Positas College  
3000 Campus Hill Drive  
Livermore, CA 94551-7650  
(925) 424-1000  
(925) 443-0742 (Fax)

**Course Outline for NUTR 3**  
**NUTRITION FOR HEALTH/WELLNESS**  
**Effective: Fall 2017**

**I. CATALOG DESCRIPTION:**

NUTR 3 — NUTRITION FOR HEALTH/WELLNESS — 3.00 units

Optimal diet and food choices to promote health and prevent disease throughout the lifespan. Role of nutrition and physical activity in acquiring optimal health, along with the impact of harmful eating patterns and lifestyle choices as it relates to chronic disease. Evaluation of credible nutrition information, marketing and current research.

3.00 Units Lecture

**Grading Methods:**

Letter Grade

**Discipline:**

	<b>MIN</b>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	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 Reference Intakes, USDA Dietary Guidelines and USDA's MyPlate to plan individualized diets with optimal nutrient intakes;
2. Describe the influence of food choices on health and nutritional status;
3. Name major nutrients, their food sources and functions;
4. Relate energy balance and body weight to caloric intake and levels of physical activity;
5. Evaluate eating patterns for chronic disease prevention and optimal health;
6. Evaluate the credibility of nutrition information from resources including books, magazines, and the mass media;
7. Describe the importance and content of optimal nutrition throughout the lifespan, including: pregnancy, lactation, infancy, childhood and the older adult;
8. Analyze his/her current nutrient intake compared to established recommendations and make nutrient specific recommendations for improvement.

**V. CONTENT:**

- A. Assessing individualized food choices and planning diets with current nutrition tools
  1. Factors that influence food choices
  2. Dietary Reference Intakes
  3. Dietary Guidelines for Americans 2015
  4. USDA MyPlate
  5. Food Labels
    - a. Nutrition Facts Label
    - b. Nutrient claims permitted on label
    - c. Health claims permitted on label
- 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. Healthy weight management
  2. Screening tools
    - a. Body Mass Index (BMI)
    - b. Anthropometric measures
  3. Factors that promote weight loss and weight gain
  4. Fad diets and disordered eating

- E. Nutrition for Fitness
  - 1. Optimal intakes and caloric needs
  - 2. Recommendations for before, during, and after exercise food intake
- F. Nutrition for chronic disease prevention
  - 1. Risk factors for chronic disease
    - a. Obesity
    - b. Metabolic Syndrome
    - c. Nutrient intakes and their effects on:
      - 1. Heart disease
      - 2. Diabetes
      - 3. Cancer
      - 4. Osteoporosis
      - 5. Hypertension
- G. Supplements and functional foods
  - 1. Definitions
  - 2. Role in health and fitness
  - 3. Benefits and concerns
- H. Food processing and food safety
  - 1. Effects of processing on nutrient content of foods
  - 2. Risks of unsafe food practices
  - 3. Food safety and sanitation practices
- I. Reliable sources of nutrition information
  - 1. Analysis of advertising
  - 2. Methods of analysis of information in the media
- J. Food Insecurity
  - 1. Food security, hunger, overview of US programs
  - 2. Populations at risk for malnutrition
  - 3. Effects of chronic undernutrition
  - 4. Public policy efforts to reduce food insecurity
  - 5. Eating healthy on a budget
- K. Nutrition through the lifespan
  - 1. Nutrition needs for all stages of human growth, including:
    - a. Pregnancy
    - b. Early childhood and childhood
    - c. Adolescence
    - d. Older adult
- L. Food Systems and the Global Environment
  - 1. Conventional agricultural practices
  - 2. Environmental degradation
  - 3. Sustainable agriculture
  - 4. Organic foods
  - 5. Genetically Modified Organisms (GMO's)

#### VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Projects** - Research, Diet Analysis Project
- C. **Guest Lecturers** -
- D. **Discussion** -
- E. Multimedia
- F. Class activities

#### VII. TYPICAL ASSIGNMENTS:

- A. Reading
  - 1. Read the chapter on 'Tools for Healthy Eating'
  - 2. Read the section on how to use MyPlate
- B. Discussion
  - 1. What are the Dietary Guidelines for Americans and how do they apply to your life?
  - 2. What are the different types of nutrient dense foods included on MyPlate?
- C. Food Label activity
- D. Diet Analysis Projects
  - 1. Food Record
  - 2. Analyze nutrient intake via computer software program
  - 3. Compare intakes to recommendations
  - 4. Make recommendations to improve/maintain diet

#### VIII. EVALUATION:

- A. **Methods**
  - 1. Exams/Tests
  - 2. Quizzes
  - 3. Research Projects
  - 4. Papers
  - 5. Projects
  - 6. Class Work
- B. **Frequency**

##### Frequency

- 1. Daily participation in activities
- 2. Assigned readings weekly
- 3. 1-2 course projects/research papers per semester
- 4. 2-3 exams per semester

#### IX. TYPICAL TEXTS:

- 1. Blake, Joan. *Nutrition and You*. 3rd ed., Pearson, 2015.
- 2. Schiff, Wendy. *Nutrition for Healthy Living*. 4th ed., McGraw-Hill, 2016.
- 3. Thompson, Janice. *Nutrition: An Applied Approach*. 4th ed., Pearson, 2015.

- X. OTHER MATERIALS REQUIRED OF STUDENTS:
- A. Internet access