

WILLIAM RAINEY HARPER COLLEGE
LIFE SCIENCE AND HUMAN SERVICES DIVISION
GENERAL COURSE OUTLINE

DIT	101	Basic Nutrition	(3-0)	3
Course Prefix	Course Number	Course Title	(Lec-Lab)	Semester Hours

COURSE DESCRIPTION:

Introduces the principles of human nutrition and their application to the needs of normal individuals of all age groups.

TOPICAL OUTLINE:

- I. Food Choices and Human Health
- II. Nutrition Standards and Guidelines
- III. Nutrients and Nutrient Utilization
- IV. Energy Balance and Weight Control
- V. Nutrition and Physical Activity
- VI. Nutrition and Disease Prevention
- VII. Nutrition Throughout the Life Cycle
- VIII. Food Safety and Food Technology

METHODS OF PRESENTATION:

1. Audio Visual tools
2. Lectures
3. Discussions
4. Computerized diet analysis

STUDENT OUTCOMES: (The student should...)

1. recognize the socio-cultural, psychological and ethnic factors that influence food behavior.
2. distinguish between factual nutrition claims and food misinformation.
3. use a combination of food guides in planning a healthy and nutritionally adequate diet.
4. explain basic concepts of chemistry and physiology as it applies to normal nutrition.
5. identify the nutrients, their functions, common food sources and interactions.
6. explain the relationship between energy balance and weight control.
7. explain the relationship between nutrition and physical activity.
8. discuss the relationship between diet and chronic diseases.
9. describe the impact of age, growth and normal development on the nutrition needs of individuals.
10. identify the causes of food borne illness and safe food handling practices.

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11. recognize current issues and economics which impact the food supply and world hunger.
12. evaluate personal food intake and energy use.

METHODS OF EVALUATION:

1. Quizzes and Tests
2. Evaluation of written assignments and/or class presentation
3. Computerized diet analysis assignments.

TEXTBOOKS/INSTRUCTIONAL MATERIALS:

Sizer, Whitney, Nutrition Concepts and Controversies and Diet Analysis CD, 9th ed., Thomson/Wadsworth, 2002.

Whitney, Rolfe's Understanding Nutrition and Diet Analysis CD, 9th ed., Thompson/Wadsworth, 2002.

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