

COURSE OUTLINE

Date Prepared: July 20, 2000

 New x Revised

Effective Date: August 21, 2000

1. **COURSE PREFIX NUMBER:** DIT 121 **CREDIT HOURS:** 3
2. **COURSE TITLE:** Nutrition I
3. **PREREQUISITES:** None
4. **COURSE DESCRIPTION:** Studies food composition, dietary guidelines, and nutrients essential to healthy human life. Analyzes nutrient function and metabolism. Lecture 3 hours per week.
5. **CONTENT:** (Major Headings)

- a. A study of food composition, dietary guidelines, and nutrients essential to healthy human life.

6. **GENERAL COURSE OBJECTIVES:**

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

- a. Explain the body's basic needs and how newly available food choices complicate the problem of designing and consuming an adequate and balanced diet.
 - b. Discuss basic human physiology, body systems, and anatomy, as they relate to dietetics.
 - c. Discuss the background for study of food and diet.
 - d. Explain the most commonly used food-grouping system and add some guidelines for designing diets.
 - e. Discuss the background for the study of the nutrients and human nutrient needs.
 - f. Explain the Recommended Dietary Allowances (RDA) and other such recommendations.
 - g. State the functions, the kind, and the sources of carbohydrates, sugar, starch, and fiber.
 - h. List the functions, the kinds and the sources of lipids, fats and oils.
 - i. Identify the functions, the kind, and the sources of protein and amino acids.
 - j. Explain how energy is processed in the body and the body's need for energy.
 - k. Identify the functions and sources of water-soluble vitamins, and their metabolism in the body.
 - l. Name the functions and sources of fat-soluble vitamins, and their metabolism in the body.
 - m. List the functions and sources of minerals and water and the metabolism of these nutrients in the body.