

**FDNT 10 Course Outline as of Fall 1981****CATALOG INFORMATION**

Dept and Nbr: FDNT 10 Title: ELEM NUTRITION

Full Title: Elementary Nutrition

Last Reviewed: 2/10/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Introduction to the basic principles of nutrition and the relationship of the human diet to health and lifestyle related diseases. Descriptions of individual nutrients, optimal daily intakes, food sources, and drug interactions. Discussions of factors that influence nutrient bioavailability, results of nutrient deficiencies and excesses, consumer food issues, reliable sources of food and nutrition information.

**Prerequisites/Corequisites:****Recommended Preparation:**

Completion of ENGL 100B or ENGL 100 and eligibility for CSKL 371 or equivalent.

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Critical study of nutrients, means of assimilating and use in human nutrition; discussion of consumer nutrition issues and scientific methods of investigation. (Grade Only)

Prerequisites/Corequisites:

Recommended: Completion of ENGL 100B or ENGL 100 and eligibility for CSKL 371 or

equivalent.

Limits on Enrollment:

Transfer Credit: CSU;UC. (CAN FCS2)

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>		Effective:	Inactive:
	C	Natural Sciences	Fall 1981	
<b>CSU GE:</b>	<b>Transfer Area</b>		Effective:	Inactive:
	E	Lifelong Learning and Self Development	Fall 1989	
<b>IGETC:</b>	<b>Transfer Area</b>		Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:

### **CID:**

CID Descriptor: NUTR 110 Introduction to Nutrition Science

SRJC Equivalent Course(s): FDNT10

### **Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

1. differentiate between opinion and scientifically accepted fact;
2. describe the sources, intake recommended for well-being, and uses by the human body, including results of over and under consumption, for the following nutrients:
  - carbohydrate, including dietary fiber
  - lipids
  - protein
  - vitamins and minerals
  - water
  - alcohol and caffeine
3. describe the sources and uses of energy for the human body;
4. translate the Dietary Goals for Americans, the American Heart Association and the American Cancer Society's advice into a basic balanced diet for well-being;
5. identify potential problems in a poorly constructed daily diet;
6. demonstrate the difference between physiological need for nutrients and hype related to commercial interests in selling nutrients;
7. analyze a personal diet and critically evaluate the results related to topics covered in class;
8. relate the importance of good nutrition to quality of life and describe the long term damage to the body caused by poor nutrition including eating disorders such as anorexia nervosa and bulimia;

9. examine and refute spurious claims related to nutrition myths; apply course principles to justify criticism of unfounded claims and practices;
10. develop an ongoing incentive and ability to gather and apply information relevant to a personal concern for good health and quality life.

### **Topics and Scope:**

- I. Nutrients and Physiology Related to Nutrient Use
  - A. General Anatomy and Physiology of the Digestive Tract
  - B. Energy nutrients
  - C. Vitamins and Minerals
  - D. Water and water homeostasis
  - E. Assessment of nutritional status, (over/under nutrition)
  - F. Why we eat as we do
- II. Recommended nutrient Intake and Diet Planning Guides
  - A. U.S. Dietary Guidelines and Goals
  - B. Recommended Dietary Allowances
  - C. Food Planning Guides (food groups, exchange patterns, nutrient density)
  - D. "natural" foods, processed foods
- III. Nutrition for Life Span
  - A. Pregnancy, infants, children, teens, adults, elderly.

### **Assignment:**

1. Nutrient intake self-study and critical evaluation based on text.
2. Written report styled as a research paper.
3. Exams related to assigned reading and class activities.
4. Short written assignments on current nutrition topics.
5. Daily assigned reading in text and in associated nutrition publications.

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Essay exams, Term papers
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Writing 15 - 35%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Quizzes, Exams
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Problem solving 10 - 20%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
40 - 60%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

USE OF COMPUTER FOR NUTRITION EVALUATION;  
CRITICALLY EVALUATE FINDINGS IN TERMS OF  
TEXT AND LECTURE

Other Category  
15 - 25%

**Representative Textbooks and Materials:**

UNDERSTANDING NUTRITION, Whitney and Hamiltom  
a good medical dictionary (as Tabors)  
NUTRITION, annual editions