

**FDNT 61 Course Outline as of Fall 2022****CATALOG INFORMATION**

Dept and Nbr: FDNT 61 Title: NUTRITION ISSUES

Full Title: Nutrition Issues

Last Reviewed: 1/22/2018

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	17.5	Lecture Scheduled	17.50
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.00		Contact Total	17.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 35.00

Total Student Learning Hours: 52.50

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

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

Also Listed As:

Formerly:

**Catalog Description:**

Current nutrition concepts and controversies. The changing American diet and its relation to longevity and quality of life. Safety and nutrition value of processed foods and government agencies responsible for food safety. A critical evaluation of U.S. dietary goals, health foods, and food advertising.

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

Eligibility for ENGL 100 or ESL 100

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

Description: Current nutrition concepts and controversies. The changing American diet and its relation to longevity and quality of life. Safety and nutrition value of processed foods and government agencies responsible for food safety. A critical evaluation of U.S. dietary goals, health foods, and food advertising. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

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:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify and describe dietary and lifestyle factors that are recommended for optimal health.
2. Use valid and accurate scientific information to develop presentations on nutrition issues.

**Objectives:**

Upon completion of this course, students will be able to:

1. Describe how environmental circumstances influence food choices and patterns of eating.
2. Recognize the need for today's citizen to learn about nutrition and assume responsibility for good nutritional choices.
3. Discuss the pros and cons of establishing national dietary guidelines.
4. Explain what types of diets are considered dangerous or useless.
5. Explain effective methods for weight control and obesity prevention.
6. Distinguish the validity or lack thereof of claims made by purveyors of supplements.
7. Discuss the possible roles of diet in the etiology of cancer, and develop a personal strategy to reduce cancer risk.
8. Discuss the dietary guidelines for cancer risk reduction as formulated by the National Cancer Institute.
9. List dietary factors related to coronary heart disease (CHD) and describe diet and lifestyle factors that might reduce CHD risk.
10. Discuss the roles of calcium, magnesium, potassium and sodium in hypertension and formulate personal strategies to make practical dietary modifications, if needed.
11. Discuss the pros and cons of "organic" foods.
12. Evaluate individual daily diet according to the Recommended Dietary Allowances and the Senate Dietary Guidelines and formulate personal strategies to make needed modifications.
13. Discuss the benefits and concerns of genetically modified food.
14. Evaluate research specific to the discipline and use appropriate citation style.

## **Topics and Scope:**

- I. Changing American Diet
  - A. Identification
  - B. Relationships
- II. Dietary Goals: a Response to the Changing American Diet
  - A. Explanation
  - B. Critical evaluation
  - C. Practical application with specific foods
- III. Fad Diets/Nutrition Fads
  - A. Definition
  - B. Evaluation
- IV. Weight Control and Obesity
  - A. Prevention
  - B. Health risks of popular weight-loss methods
  - C. Effective methods for weight control
- V. Cancer and Foods
  - A. Nutrition and cancer relationships
  - B. Current recommendations for reducing risk
- VI. Coronary Heart Disease and Nutrition
  - A. Concepts
  - B. Controversies
  - C. Practical applications
- VII. Hypertension and Nutrition
  - A. Concepts
  - B. Controversies
  - C. Practical applications
- VIII. Organic Foods
  - A. Definition
  - B. Evaluation
- IX. Food Safety
  - A. Causes of food-borne diseases
  - B. Prevention
  - C. Pros/cons regarding safety of genetically modified food
- X. Introduction to discipline-specific research tools, including seminal books, important periodicals, major indexing sources, professional or trade organizations, standard reference tools, discipline specific tools and major web sites.

## **Assignment:**

1. Reading chapters and answering assigned questions of approximately 10 pages per week
2. Written report based on Internet search of selected nutrition topic
3. Scientific poster preparation and presentation
4. Quizzes (2 - 3)

## **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.

Assigned questions; research report	Writing 20 - 40%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
Scientific poster	Problem solving 20 - 30%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Scientific poster presentation	Skill Demonstrations 5 - 20%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes	Exams 20 - 40%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
None	Other Category 0 - 0%

**Representative Textbooks and Materials:**

Annual Editions Nutrition. Colson, Janet. McGraw Hill Education. Current Edition