

**FDNT 61 Course Outline as of Summer 2003****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	1.50	12	Lecture Scheduled	18.00
Minimum	1.00	Lab Scheduled	0	11	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	1.50		Contact Total	18.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 36.00

Total Student Learning Hours: 54.00

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 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. Includes three-day computer analysis of nutrient intake.

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

Eligibility for ENGL 100 or ESL 100.

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

Description: Nutrition concepts & controversies, critical evaluation of dietary goals, health foods, food advertising. Individual dietary analysis. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Transfer Credit: CSU;  
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:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 1981	Inactive: Fall 2022
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**  
Not Certificate/Major Applicable

## **COURSE CONTENT**

### **Outcomes and 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/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 own daily diet according to the Recommended Dietary Allowances and the Senate Dietary Guidelines and formulate personal strategies to make needed modifications if any.
13. Discuss the benefits/concerns of genetically modified food.
14. Perform research specific to the discipline and use appropriate citation style, if different than MLA.

### **Topics and Scope:**

1. Changing American Diet
  - a. Identification
  - b. Relationships
2. Dietary Goals: A response to changing American Diet
  - a. Explanation
  - b. Critical Evaluation
  - c. Practical Application with Specific Foods
3. Fad Diets/Nutrition Fads
  - a. Definition
  - b. Evaluation
4. Weight Control and Obesity
  - a. Prevention
  - b. Health risks of popular weight-loss methods
  - c. Effective methods for weight control
5. Cancer and Foods
  - a. Nutrition and Cancer Relationships
  - b. Current recommendations for reducing risk
6. Coronary Heart Disease and Nutrition
  - a. Concepts
  - b. Controversies
  - c. Practical Applications
7. Hypertension and Nutrition
  - a. Concepts
  - b. Controversies
  - c. Practical Applications
8. Organic Foods
  - a. Definition
  - b. Evaluation
9. Personal Nutrition Study
  - a. 3-Day Dietary Intake Record
  - b. Computer Analysis of Calories and Nutrients
  - c. Practical Application
10. Food Safety
  - a. Causes of food-borne diseases
  - b. Prevention
  - c. Pros/cons regarding safety of genetically modified food
11. 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. Read chapters and answer assigned questions.
2. Complete 3-day food record and analyze on computer.
3. Write evaluation of 3-day food intake with changes indicated, if any.
4. Written report based on Internet search of selected nutrition topic.
5. Exams.

## 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.

Written homework

Writing  
20 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Exams, COMPUTER DIET ANALYSIS

Problem solving  
20 - 30%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances

Skill Demonstrations  
10 - 20%

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

Completion, Essay exams.

Exams  
20 - 40%

**Other:** 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 (McGraw Hill/Dushkin), current edition (01/02)