

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**NUTRITION 155 –INTRODUCTION TO NUTRITION**

3 hours lecture, 3 units

**Catalog Description**

Introduction to the basic principles of nutrition and its relationship to good health. Evaluation of current nutritional information (and misinformation) with emphasis on critical thinking to determine optimal dietary choices. Study of the major dietary goals and guidelines. Examination of weight maintenance techniques, eating disorders, food labeling, food safety, and special needs at various stages in the life cycle.

**Prerequisite**

None

**Course Content**

- 1) Basic classes of nutrients (protein, lipids, carbohydrate, vitamins, minerals and water) and their effect on health
- 2) Food sources of basic nutrients
- 3) Major dietary guidelines and recommendations
- 4) Other components of food which contribute to good health (i.e., phytochemicals), their food sources and relationship to diseases like cancer and heart disease
- 5) Energy value of various nutrients and foods
- 6) Relationship between energy intake (kilocalories), metabolism and activity as it relates to weight management
- 7) Eating disorders such as bulimia, anorexia nervosa, pica and compulsive eating
- 8) Use of nutritional supplements including vitamins and minerals
- 9) Current developments and controversies in nutrition including biotechnology, food safety, fat , sugar substitutes, additives
- 10) Role of government in the food supply, industry regulation, labeling and food safety
- 11) Nutritional needs across the life cycle from pregnancy through senescence

**Course Objectives**

Students will be able to:

- 1) Evaluate the relationship between good nutrition and good health.
- 2) Classify the nutrients essential for good health by their physiological functions, food sources, and deficiency/toxicity effects.
- 3) Compare a variety of dietary planning guides (e.g., food guidance systems, dietary reference intakes, exchange lists, etc.) in order to make informed dietary decisions.
- 4) Evaluate current diet utilizing a dietary intake log to determine appropriate nutritional content to meet personal needs/goals.
- 5) Examine the special nutritional needs of various stages in the life cycle from conception through old age.
- 6) Evaluate a variety of eating styles for nutritional content and sufficiency (e.g., vegetarianism, cultural and ethnic foodways).

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of nutritionally balanced foods and healthy eating habits.
- 2) Daily food log assignment in which students record their daily personal diets and compare their nutritional intake to daily recommended allowances.
- 3) Reading assignments on current issues in nutrition, such as a review of a current popular fad diet and discussion of the nutritional content and sufficiency of this diet.

**Special Materials Required of Student**

None

**Minimum Instructional Facilities**

Smart classroom

**Method of Instruction**

- 1) Lecture and group discussion
- 2) Multimedia
- 3) Individual projects

**Out-of-Class Assignments**

- 1) Assigned reading
- 2) Food journal
- 3) Dietary analysis
- 4) Identify valid and reliable sources of nutrition information on the Internet

**Texts and References**

- 1) Required (representative example): Wardlaw, *Contemporary Nutrition*. 12th edition. McGraw-Hill, 2021.
- 2) Supplemental: None

**Student Learning Outcomes**

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

- 1) Examine the sources and roles of macronutrients and micronutrients utilizing food labels, dietary intake logs and evaluation/reflection questions.
- 2) Explain the nutritional needs and challenges throughout the human lifespan and the role of dietary planning to make informed dietary decisions for each age category (including but not limited to plant-based diets, cultural and ethnic practices, etc.)
- 3) Describe the relationship between good nutrition and good health and the importance of variety, balance, adequacy, moderation, and calorie control.