

# Course Syllabus

## Course Description

This course takes students through a comprehensive study of nutritional principles and guidelines. Students will learn about world-wide views of nutrition, nutrient requirements, physiological processes, food labeling, healthy weight management, diet-related diseases, food handling, nutrition for different populations, and more. Students will gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

## Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Nutrition Basics**
  - 1.1 Nutrition & Health
  - 1.2 Diet & Digestion
- **Unit 2: Energy Nutrients**
  - 2.1 Carbohydrates
  - 2.2 Protein
  - 2.3 Fats
- **Unit 3: Non-Energy Nutrients**
  - 3.1 Water & Vitamins
  - 3.2 Minerals & Supplements
- **Unit 4: Energy Balance**
  - 4.1 Weight Management
  - 4.2 Healthy Choices
  - 4.3 Nutrition & Fitness
- **Unit 5: Disorders & Diseases**
  - 5.1 Eating Disorders, Allergies, & Alcohol
  - 5.2 Nutrition Related Diseases
- **Unit 6: Consumer Nutrition**
  - 6.1 Consumer Nutrition
  - 6.2 Food Preparation
- **Unit 7: Nutrition for Life**
  - 7.1 Nutrition Across a Lifespan

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional nutrition information
4. **Reflection\***—a journal reflecting on food intake and nutrition
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Vocab Check**—a practice exercise to test your knowledge of vocabulary
8. **Quiz\***—quiz covering information from the lessons

## Nutrition

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At the end of each unit, you will find a **Unit Exam\***.

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the tasks and assignments for this course.

### Assignments and Grading

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

### Materials

There are no required materials for this course.

### Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
  - Microsoft Word, <http://office.microsoft.com/en-us/try/>
  - Open Office, <http://www.openoffice.org/download/>