



**BASIC NUTRITION PRINCIPLES
DIET 1310/NUFS 2010**

Course Title: BASIC NUTRITION PRINCIPLES

Course Number: DIET 1310 / NUFS 2010

Credit Hours: 3

Catalog Course Description: (should match the course description in your institution's current catalog) DIET 1310/NUFS 2010 BASIC NUTRITION PRINCIPLES (3). A course in which students study nutrition and its relationship to health. Emphasis is placed on functions, sources and deficiency symptoms for the various nutrients. Regulations surrounding food and related products are presented. Nutritional requirements throughout the life cycle are introduced.

How Program Site will be incorporated into the course: Brazil is a great venue to learn about nutrition and health. Brazil provides students the opportunity to learn about major dietary issues because of its diverse ethnic populations. The effects of this diversity can be seen in its multicultural mix of foods and influences on diet and health. Brazil provides students the opportunity to learn about nutrition and health through lecture and field experiences. Taught by a Registered Dietitian, this course will introduce major public health issues with a nutritional component and the nutritional needs and concerns at various stages of the life cycle. An individual diet project and activities throughout the session will help students assess diet and lifestyle risk factors for chronic disease and help identify habits conducive to maximizing wellness now and in the future. Students will compare and contrast the differences and similarities between the culture, food environment and dietary habits of citizens in Brazil and citizens in the United States.

Prerequisites: none

Textbook(s) and Other Course Materials: Nutrition & You 4th Edition by Joan Salge Blake; ISBN-013416749X / 9780134167497

I. Week/Unit/Topic Basis: modify for number of weeks

WEEK / UNIT #	TOPIC
Week 1	Overview of Nutrition; Tools for Healthy Eating; Basics of Digestion, Absorption and Transport; Carbohydrates: Sugar, Starches, & Fiber; Fats, Oils, & Other Lipids
Week 2	Proteins and Amino Acids; Vitamins; Minerals and Water; Alcohol; Weight Management & Energy Balance; Nutrition & Fitness
Week 3	Consumerism: Farm to Table; Food Safety and Technology; Life Cycle Nutrition: Pregnancy through Infancy; Life Cycle Nutrition: Toddlers through the Later Years; Food Security

II. Course Goals:

The course will:

- A. Describe, identify, list and explain nutrients essential for human nutrition.
- B. Identify and list the essential nutrients found in foods.
- C. Describe and explain how essential nutrients function in relationship to each other and in maintaining overall health of the individual and family.
- D. Identify, describe, and appraise food sources and the nutrients they contain using nutritional tools such as MyPlate, USDA Food Guide, Food Labels, and nutrient analysis.
- E. Describe and discuss the principles of variety, moderation, balance, and calorie control in making decisions about daily food choices.
- F. Identify, list, and explain nutrition terms useful for more effective communication of nutrition information.
- G. Describe, identify and discuss reliable sources of nutrition information.

III. Expected Student Learning Outcomes*

Upon successful completion of this course, the student should be able to:

- A. Recall basic knowledge of specific nutrients essential for human nutrition.
- B. Identify the essential nutrients found in foods.
- C. Indicate how essential nutrients function in relationship to each other and in maintaining overall health of the individual and family.
- D. Appraise food sources and the nutrients they contain using nutritional tools such as the USDA Food Guide, MyPlate, Daily Values on food labels, and nutrient analysis.
- E. Apply the principles of variety, moderation, balance, and calorie control in making decisions about daily food choices that can be tailored to the nutrient needs, food preferences, and lifestyles of individuals and families
- F. Demonstrate a working vocabulary of nutrition terms that will be useful for more effective communication of nutrition information.
- G. Evaluate reliable sources of nutrition information.

*Letters after performance expectations reference the course goals listed above.

IV. Evaluation:

- A. **Testing Procedures:** Comprehension unit/topic quizzes (3 per week) 20%; Multiple choice/matching Exams (3 exams) 40%; Comprehensive final exam 25%
- B. **Laboratory Expectations:** NA.
- C. **Research Paper:** NA.

D. **Other Evaluation Methods:** Students will complete worksheets, assessments and assignments that allow students to demonstrate, identify and reinforce nutrition concepts such as healthy meal planning, reading food labels, and basic nutrition principles. 15%;

E. **Grading Scale:** Please note that some TnCIS member institutions do not accept + and - grades, therefore all TnCIS grading scales must consist of only A, B, C, D, F letter grades.

A = 90 - 100

B = 80 - 89

C = 70 - 79

D = 60 - 69

F = under 60

V. Policies:

A. Attendance Policy:

Attendance is of utmost importance in study abroad courses. There are no unexcused absences permitted. Unexcused absences are grounds for removal from the program. Being in class on time is also very important. Frequent tardiness will be considered an absence and appropriate action will be taken. Absences due to illness must be reported immediately to the program director.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other assignments unless explicitly authorized by the instructor.

In addition to other possible disciplinary sanctions that may be imposed as a result of academic misconduct, the instructor has the authority to assign either (1) an F or zero for the assignment or (2) an F for the course.

VI. Instructional Hours:

Instructional time spent in a formal classroom setting and during excursions will total a minimum of 37.5 hours for this course.