SCHOOL OF STEM SYLLABUS

TERM:

INSTRUCTOR:

COURSE CODE: BIO-201

OFFICE HOURS:

COURSE TITLE: Practical Nutrition

OFFICE LOCATION:

DAY(S) AND TIME(S):

EMAIL:

LOCATION:

PHONE:

COURSE PREREQUISITE: None

CREDITS: 3

COURSE DESCRIPTION:
Nutrition is a science that explores metabolic and physiological reactions of the body to the diet. Moreover, nutritional science investigates whether our daily diet promotes good heath or brings about diseases.

STUDENT LEARNING OUTCOMES:

1. Students will understand the nutrients (macro and micro) as well as the caloric values of food and different methods scientists utilize to evaluate nutritional needs.
2. Students will understand how variety, balance and moderation are essential in proper dieting as well as characteristics of organ systems and their relation to nutrition.
3. Students will be familiar with the sources of the major nutrients: carbohydrates, lipids and proteins as well as learning the disorders that arise due to deficiencies in those nutrients.
4. Students will understand different types of eating disorders as well as understand the functions of vitamins, water and minerals as minor types of nutrients.
5. Students will understand the dietary requirements in pregnancy and infancy and associated physiological changes as well as understand the disorders associated with nutrient deficiency and excess during pregnancy and infancy.
6. Students will understand the concept of food safety including the mechanics of food preservation and microbial agents involved in food contamination.

TEXTBOOK AND SUPPLEMENTAL MATERIALS:

Wardlaw, G. M. & Smith A. M. Contemporary Nutrition 11th Edition

ISBN: #9781259709968

GRADING POLICY:

Two Lecture Exams	20%
Midterm Exam	20%
Final Comprehensive Exam	30%
Nutrition Analysis Project	20%
Presentation and Discussion of the Project	10%

Attendance, punctuality and participation are required. Students missing more than 2 classes may receive a failing grade. Cell phones should be turned off in the classroom.

Nutrition Analysis Project: Student will follow their daily diets and use the log, and submit written analysis the logs, and makes recommendation if it follows the RDA or not. Students then present the logs and discuss it in class.

SAMPLE COURSE SCHEDULE:

Date	**Title**	**Chapter**
1	Introduction	
2	Food choices and human health	Chapter 1
3	Nutrition tools Standards and guidelines	Chapter 2,3
4	Carbohydrate	Chapter4,5
5	Lipids	
6	The Proteins	Chapter 6
7	Vitamins	Chapter 8
8	**Midterm Exam**	
9	Water and major Minerals, sodium, potassium, calcium	Chapter 9
10	Weight Control & Energy Balance	Chapter 7
11	Eating Disorders	Chapter 11
12	Safe food. Project due	Chapter 14

13	Nutrition from Infancy to adolescence and adult	Chapter 15
14	Student Presentations	
15	**Final Exam**	

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https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html

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