Course Information
Organization: Eastern Arizona College
Division: Social Science
Course Number: FCR 241
Title: Nutrition
Credits: 3
Developed by: Rochelle Rider Figueroa
Lecture/Lab Ratio: Lecture 3
Transfer Status: ASU(FON100)NAU(NSD156)UofA(NSCI101)
Activity/Enrichment Course
CIP Code: 19.0501
Assessment Mode: Pre Post 47 Questions 63 Points
Semester Taught: Offered upon request
Gen. Ed. Area: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No
Prerequisites: 1. None
Educational Value: General Education: Because each person is responsible for the food he/she consumes, this course is beneficial for providing principles to improve quality of life.
Major/Programs: This is a basic course for food and nutrition transfer students, home economic education, nursing, dental hygiene, elementary education, early child care and pre-medical majors.
Goals: 1. Explain which nutrients are needed by the human body
2. Explain what functions are met by each nutrient
3. Define the body processes and the effect of nutrition on these
4. Describe the relationship of diet to life style stages such as pregnancy and lactation, infancy, childhood, adolescence, and young, middle, and older adulthood
5. Explain microbiological, nutrition, and environmental hazards common to our food supply
6. Identify safe practices in food preparation, storage, and distribution
7. Describe the relationship of diet to special health conditions such as: drug interactions, alcoholism, weight control, diabetes mellitus and hypoglycemia, cardiovascular disease cancer, stress, HIV and AIDS
8. Identify authoritative sources of nutritional information
9. Trace the digestion, absorption, and utilization of carbohydrates, protein, and fat.

**Description:** Nutrition education, menu planning, childhood diseases and illness, and sanitation and safety in group settings will be introduced. Also presented will be protecting the health and safety of young children and promoting the development of lifelong health habits. Communication with health professionals and parents on health, safety, and nutrition issues will be included.

**Textbooks:** Sizer and Whitney. Nutrition Concepts and Controversies. Seventh.

**Supplies:** None
## Competencies and Performance Standards

### 1. List and describe the functions of nutrients in the body, their interrelatedness, and excess/deficiency conditions

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Conditions</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>- learner explains which nutrients are essential to the human body</td>
<td>- in completed assignments for chapters 2 and 4-8</td>
<td>a. List which nutrients are essential to the human body</td>
</tr>
<tr>
<td>- learner explains the functions of essential nutrients in the body</td>
<td>- on written exams 1 and 2, and quizzes on chapters 2-8</td>
<td>b. List the function of essential nutrients in the human body</td>
</tr>
<tr>
<td>- learner traces the digestion, absorption, and utilization of carbohydrates, proteins, and fats</td>
<td>- on post test</td>
<td>c. Name food sources of essential nutrients</td>
</tr>
<tr>
<td>- learner describes excess/deficiency conditions of protein, carbohydrates, fats, calories, vitamins, minerals and water</td>
<td></td>
<td>d. Describe excess/deficiency conditions of protein, carbohydrates, fat, calories, vitamins, minerals and water.</td>
</tr>
</tbody>
</table>

### 2. Evaluate your three day food and beverage intake to apply the nutrition knowledge you have gained and to provide options for improving your nutritional status and quality of life.

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Conditions</th>
<th>Learning Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>- learner records three day food and beverage intake</td>
<td>- on completion of printing the Diet Record and Diet Record Nutrient Analysis which accurately reflects student three day food and beverage intake</td>
<td>a. Use one copy of the &quot;Food Record--Input Form&quot; to record all the foods and beverages you consume for three days.</td>
</tr>
<tr>
<td>- learner enters three day food and beverage intake on &quot;Nutritionist Five &quot; software program</td>
<td>- on successful completion of a written analysis based on the above reports and instructors outline</td>
<td>b. Record each food and beverage making careful note of the amount. Estimate the amount to the nearest ounce, quarter, cup, tablespoon, or other common measure. Remember to write down how the food is prepared, i.e. fried, baked, boiled, etc., and record the brand name when available.</td>
</tr>
<tr>
<td>- learner prints up nutritional analysis</td>
<td></td>
<td>c. Select two weekdays and one weekend day to record your three day food and beverage intake.</td>
</tr>
<tr>
<td>- learner prepares a written analysis based on outline provided by instructor and information obtained from textbook and class lectures</td>
<td></td>
<td>d. Enter three day food and beverage intake on &quot;Nutritionist Five&quot; software program located at EAC Media Center.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>e. Print a Diet Record Report, Diet Record Nutrient Analysis which provides a daily average and your combined three day average nutrient intake.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>f. Prepare a written analysis based on outline provided by the instructor.</td>
</tr>
</tbody>
</table>
3. Discuss prevention and treatment of specific chronic conditions and infectious diseases

**Domain-- Cognitive**  |  **Level-- Evaluation**  |  **Importance-- Important**  |  **Difficulty-- Medium**
---|---|---|---

**Criteria--** Criteria - Performance will be satisfactory when:
- learner describes the relationship of diet to specified health conditions and infectious diseases
- learner used written assignments on chapters 2, 4-8 to analyze their personal food and beverage intake to determine if their are excesses or deficiencies increasing their risk for chronic conditions and infectious diseases
- learner applies knowledge learned in class to prepare an analysis of three day food and beverage intake

**Conditions--** Competence will be demonstrated:
- on written assignments in chapter 2, 4-8
- on three day food and beverage intake written analysis

**Learning Objectives:**

a. Describe the relationship of diet to specific health conditions and infectious diseases: obesity, diabetes mellitus, hypoglycemia, cardiovascular disease, hypertension, diverticulitis, cancer, stress, HIV, and AIDS
b. Discuss how persons may reduce their risk for developing the previous chronic conditions, and infectious diseases
c. Identify lifestyle changes students can incorporate into their daily routines to help reduce their risk for developing the previous chronic conditions and infectious diseases

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**Types of Instruction**
Lecture

**Grading Policy**

**Evaluation Methods:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Project</th>
<th>Points</th>
<th>Total Points</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>pretest</td>
<td>62</td>
<td>62</td>
<td>0%</td>
</tr>
<tr>
<td>4</td>
<td>exams</td>
<td>50</td>
<td>200</td>
<td>50%</td>
</tr>
<tr>
<td>1</td>
<td>post test</td>
<td>62</td>
<td>62</td>
<td>10%</td>
</tr>
</tbody>
</table>

Total on exams and post test 60%

| 6        | Assignments | 10 | 60 |
| 14       | Quizzes     | vary | 83 |
| 1        | News article| 15 | 15 |
| 1        | Dietary Evaluation | 120 | 120 |

Total written assignments 278 40%

**Grading Scale:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>92-100%</td>
</tr>
<tr>
<td>B</td>
<td>82-91%</td>
</tr>
<tr>
<td>C</td>
<td>72-81%</td>
</tr>
<tr>
<td>D</td>
<td>61-71%</td>
</tr>
<tr>
<td>F</td>
<td>&lt;60%</td>
</tr>
</tbody>
</table>

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Nutrition
Learning Plans

Learning Plan 1-- Learning Plan 1

Overview: In this learning plan the student will list and describe the function of nutrients in the body, their interrelatedness, and excess/deficiency conditions.

Competency: 1. List and describe the functions of nutrients in the body, their interrelatedness, and excess/deficiency conditions

Learning Activities:

_____1. Read chapters 1-8 in "Nutrition Concepts and Controversies" textbook

_____2. Listen, participate, ask questions and take notes during lectures

_____3. Work individually on Chapters 2 and 4-8 assignments

Performance Assessment Activities:

_____1. Complete assignments on chapter 2 and 4-8

_____2. Complete written exams 1 and 2

Learning Plan 2-- Learning Plan 2

Overview: Introduce the learner to the process of evaluating intake as associated with nutrition and its effect on quality of life

Competency: 2. Evaluate your three day food and beverage intake to apply the nutrition knowledge you have gained and to provide options for improving your nutritional status and quality of life.

Learning Activities:

_____1. Use 1 copy of the Food Record input form to record all the food and beverages you consume for three days

_____2. Record each food and beverage making careful note of the amount

_____3. Select two weekdays and one weekend day to record your food intake

_____4. Enter three day food and beverage intake on Nutritionist Five software at the EAC media center

_____5. Print the diet record report and diet record nutrient analysis reports
6. Prepare a written analysis of the three day food and beverage record based on the outline provided by the instructor.

7. Use nutrition knowledge gained from lectures and chapters 1-8 to prepare the three day written analysis.

Performance Assessment Activities:

1. Complete a three day food and beverage intake and print the diet record report and diet record nutrient analysis report.

2. Complete a written analysis based on the above reports and instructor outline.

Learning Plan 3 -- Learning Plan 3

Overview:

Competency: 3. Discuss prevention and treatment of specific chronic conditions and infectious diseases

Learning Activities:

1. Read chapters 1-11

2. Listen, participate, and take notes during lectures 1-11

3. Practice nutrition knowledge using written assignments in chapters 2, 4-8 to analyze your personal food intake

Performance Assessment Activities:

1. Complete activities in chapters 2, 4-8

2. Complete written exams 1-4 and quizzes following classes 2-15

3. Complete post test

4. Complete three day food and beverage nutrient intake analysis