

# North Hennepin Community College

## HLTH 1070: Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed to introduce the student to the fundamental truths of nutrition principles, health promotion and disease prevention throughout life. Topics include, in part, the study of carbohydrates, fats, protein, vitamins, and minerals and their function and role in healthy living. It will provide introductory nutritional information for career paths in nursing and other similar fields of study.

**B. COURSE EFFECTIVE DATES:** 08/26/2004 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Nutritional Guidelines from the Dietary Intake (DRI) Recommendation
2. Food Regulations and Labeling
3. Carbohydrates and Sugars and Diabetes
4. Lipids and Heart Disease
5. Proteins, Exercise and Weight Control
6. Digestion and Absorption
7. Vitamins and Media
8. Minerals and Osteoporosis
9. Consumer Concerns and World Hunger

### D. LEARNING OUTCOMES (General)

1. Demonstrate basic knowledge of the components and individual nutrients that make up Nutrition. NHCC ELO 1. ELO 2 a, c, e.
2. Discuss nutrition habits and choices assimilating their relationship to health and chronic disease. NHCC ELOs 1, ELO 2 a, c, d, e ELO 3d, ELO 4
3. Describe the causes and consequences of nutritional deficiencies and associated diseases worldwide. NHCC ELOs 1, ELO 2a, b, c, e, f. ELO 3b.
4. Describe the function of digestion and absorption of foods in the human body. NHCC ELOs 1, ELO 2 b, c. ELO 4
5. Discuss the relationship of media efforts, product hype and placement and the truths about nutrition for consumers. NHCC ELOs 1, 2a, b, e, f. ELO 3 d. ELO 4
6. Understand the various components of nutrition's dependency and interaction within the human body. NHCC ELOs 1, ELO 2 a, b, e. ELO 4
7. Reflect on the consequences of knowledge, money and politics on consumers and world hunger. NHCC ELOs 1, ELO 2 a, b, f. ELO 3 a, c, d ELO 4

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.