

# Dakota County Technical College

## HEAL 1750: Nutrition and Diet Therapy

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides a study of basic nutritional concepts. Diet guidelines and menu planning are emphasized using the Dietary Guidelines for Americans and ChooseMyPlate Food Guide. Therapeutic diets are discussed as related to specific disease conditions, with emphasis on management of restricted sodium, modified fat and cholesterol, and diabetic and calorie controlled diets.

**B. COURSE EFFECTIVE DATES:** 08/26/2013 - Present

**C. OUTLINE OF MAJOR CONTENT AREAS**

#### **D. LEARNING OUTCOMES (General)**

1. Analyze food facts
2. Analyze food label information
3. Define diet therapy
4. Define nutrition
5. Describe nutrient functions
6. Describe nutrient sources
7. Describe wellness
8. Discuss MyPyramid
9. Discuss cultural and religious influences on diet
10. Discuss exchange lists
11. Explain Dietary Guidelines for Americans
12. Explain key nutrients
13. Recall principles of absorption
14. Research specific diets
15. Review digestion
16. Review principles of metabolism
17. Discuss food fads
18. Discuss principles of weight management
19. Explain diet related to Diabetes Mellitus
20. Explain diet related to burns
21. Explain diet related to cancer and AIDS
22. Explain diet related to cardiovascular disease
23. Explain diet related to gastrointestinal conditions and accessory organs
24. Explain diet related to infections
25. Explain diet related to renal disease
26. Explain diet related to surgery and nutritional support
27. Explain diet therapy related to weight management
28. Explain energy balance
29. Explain food related illnesses
30. Explain food safety
31. Explain nutrition and physical fitness
32. Explain nutritional assessment
33. Identify lifespan nutritional needs

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

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted