

FN 225 : HUMAN NUTRITION

Transcript title

Human Nutrition

Credits

4

Grading mode

Standard letter grades

Total contact hours

40

Lecture hours

40

Course Description

Introduces the science of nutrition, stressing characteristics of nutrients and their food sources. Examines digestion, absorption, and metabolism of nutrients. Includes individualized diet analysis and current-interest topics like weight management and some disease therapies. Emphasizes use of scientific research criteria for evaluation of current nutrition articles.

Course learning outcomes

1. Evaluate scientific and lay literature.
2. Evaluate a diet for adequacy.
3. Describe the processes of digestion, absorption, and metabolism.
4. Describe the basic chemical makeup of carbohydrates, lipids, and proteins.
5. Explain the role of carbohydrates, lipids, proteins, vitamins, and minerals in the body.

Content outline

1. Introduction to health and nutrition
2. Digestion
3. Carbohydrates
4. Lipids
5. Proteins
6. Metabolism and energy balance
7. Vitamins and minerals
8. Alcohol, hydration, and electrolytes
9. Diet analysis

Required materials

Textbook and/or nutrition analysis software may be required for this class, depending on instructor and course mode. See syllabus for details.

General education/Related instruction lists

- Science not Lab