

# Minnesota State University Moorhead

## HLTH 305: Introduction to Nutrition

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

An introductory course in nutrition focusing on improving personal food choices, discriminating between sources of nutritional information, proper diet planning and maintaining healthy weight.

**B. COURSE EFFECTIVE DATES:** 05/04/1999 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Describe how carbohydrates are digested and absorbed, functions and difference between simple and complex carbs.
2. Describe the Dietary Guidelines for Americans, and discuss how these guidelines can be used to design a healthful diet.
3. Describe the contribution of each organ of the gastrointestinal system to the digestion, absorption, and elimination of food.
4. Discuss why nutrition is important to health.
5. Distinguish between appetite and hunger, describing the mechanisms that stimulate each.
6. Identify the Dietary Reference intakes for nutrients.
7. Identify the six classes of nutrients essential for health.
8. Identify two functions of the plasma membrane.
9. Describe lipids, fat digestion, functions of fat, role of fat in cardiovascular disease.
10. Describe type 1 and 2 diabetes.
11. Describe proteins, digestion, and functions.
12. Describe bone growth, modeling, remodeling, vitamins for bones, and osteoporosis.
13. Describe eating disorders and body weight issues.

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

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted