

Revised: Fall 2016

HLT 138

Principles of Nutrition

COURSE OUTLINE

Prerequisites: None

Course Description:

**Studies nutrient components of food, including carbohydrates, fats, proteins, vitamins, minerals and water. Provides a behavioral approach to nutrient guidelines for the development and maintenance of optimum wellness.
(VCCS MCR Description)**

This introductory nutrition course covers nutritional topics, macronutrients, micronutrients, health and nutrition, nutrition and weight control and, nutrition and performance as well as nutritional counseling.

Semester Credits: 2 Lecture Hours: 2

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Course Outcomes:

At the completion of this course, the student should be able to:

- **Demonstrate a basic understanding of nutritional foundations including behavioral and instinctive food choices, role of macronutrients, micronutrients and water in dietary planning for all life stages**
- **Demonstrate an aptitude for discerning relevant nutritional materials including books, websites, articles, and agencies that provide appropriate nutritional guidelines.**
- **Learn to promote healthy methods of weight control and understand how current trends in weight loss have negative health consequences.**
- **Learn to think more analytically, critically and logically apply nutritional principles.**
- **Develop an understanding of nutrition as it relates to human performance.**
- **Learn nutritional counseling techniques.**

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Required Materials:

- 1. Textbook**
- 2. Internet access**
- 3. Blackboard**

Textbook:

Brown Nutrition Now 7th edition 9781133936534

The following supplementary materials are available: None

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Topical Description:

- **The Inside Story About Nutrition and Health**
- **Ways of Knowing About Nutrition**
- **Food and Nutrition Labeling**
- **Nutrition, Attitudes and Behavior**
- **Healthy Diets, Dietary Guidelines, MyPyramid/MyPlate**
- **How the Body Uses Food: Digestion and Absorption**
- **Calories! Food, Energy, and Energy Balance**
- **Obesity to Underweight: The Highs and Lows of Weight Status**
- **Weight Control: The Myths and Realities**
- **The Useful Facts About Sugar, Starches, and Fiber**
- **Diabetes Now**
- **Alcohol: The Positives and Negatives**
- **Proteins and Amino Acids**
- **Vegetarian Diets**
- **Food Allergies and Intolerances**
- **Fats and Cholesterol in Health**
- **Nutrition and Heart Disease**
- **Vitamins and Your Health**
- **One Phytochemicals and Genetically Modified Food**
- **Diet and Cancer**
- **Good Things to Know About Minerals**
- **Dietary Supplements and Functional Foods**
- **Water is an Essential Nutrient**
- **Nutrition and Physical Fitness for Everyone**
- **The Multiple Dimensions of Food Safety**

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Notes to Instructors

Optional Topics

Unit 11 - Disordered Eating: Anorexia Nervosa, Bulimia and PICA

Unit 29 - Good Nutrition for Life: Pregnancy, Breast-Feeding, and Infancy

Unit 30 - Nutrition for the Growing Years: Childhood Through Adolescence

Unit 31 - Nutrition for Health Maintenance for Adults of All Ages

Unit 33 - Aspects of Global Nutrition