

Virginia Western Community College

HLT 138

Principles of Nutrition

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. 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

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Nutrition Now, Brown, 7th Edition. ISBN: 9781133936534

Other Required Materials:

Internet access

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

Topical Description

1	The Inside Story About Nutrition and Health
2	Ways of Knowing About Nutrition
3	Food and Nutrition Labeling
4	Nutrition, Attitudes and Behavior
5	Health Diets, Dietary Guidelines, MyPyramid/My Plate
6	How the Body Uses Food: Digestion and Absorption
7	Calories! Food, Energy, and Energy Balance
8	Obesity to Underweight: The Highs and Lows of Weight Status
9	Weight control: The Myths and Realities
10	The Useful Facts About Sugar, Starches and Fiber
11	Diabetes Now
12	Alcohol: The Positives and Negatives
13	Proteins and Amino Acids
14	Vegetarian Diets
15	Food Allergies and Intolerances
16	Fats and Cholesterol in Health
17	Nutrition and Heart Disease
18	Vitamins and Your Health
19	One Phytochemicals and Genetically Modified Food
20	Diet and Cancer
21	Good Things to Know About Minerals
22	Dietary Supplements and Functional Foods
23	Water is an Essential Nutrient
24	Nutrition and Physical Fitness for Everyone
25	The Multiple Dimensions of Food Safety

Note 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 Adult of All Ages
- Unit 33 – Aspects of Global Nutrition