

Virginia Western Community College

HLT 230

Principles of Nutrition and Human Development

Prerequisites

None

Course Description

Teaches the relationship between nutrition and human development. Emphasizes nutrients, balanced diet, weight control and the nutritional needs of an individual

Semester Credits: 3

Lecture Hours: 3

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

Nutrition: Concepts and Controversies with MindTap,Sizer & Whitney, 13th Edition
ISBN: 9781305235915

Other Required Materials:

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
- Demonstrate the ability to understand nutrition as it relates to gender and various life stages
- Learn basic health concerns and how nutrition is related to those concerns
- Learn nutritional counseling techniques

Topical Description

1	Food Choices and Human Health
2	Nutrition Tools – Standards and Guidelines
3	The Remarkable Body
4	Carbohydrates: Sugar, Starch, Glycogen and Fiber
5	The Lipids: Fats, Oils, Phospholipids and Sterols
6	The Vitamins
7	Water and Minerals
8	Energy Balance and Healthy Body Weight
9	Nutrients, Physical Activity and the Body's Responses
10	Diet and Health
11	Food Safety and Food Technology
12	Life Cycle Nutrition: Mother and Infant

Note to Instructors