

HEOC-172: BASIC NUTRITION

Effective Term

Fall 2012

BOT Approval

05/01/2002

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline
Minimum Qualifications
And/Or

Health Care Ancillaries (Any Degree and Professional Experience)

Subject Code

HEOC - Health Occupations

Course Number

172

Department

Health Occupations (HEOC)

Division

Health Occupations (HEOC)

Full Course Title

Basic Nutrition

Short Title

Basic Nutrition

CB03 TOP Code

1260.00 - Health Professions, Transfer Core Curriculum

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

D - Possibly Occupational

Rationale

Updating course, adding Form D.

SECTION B - Course Description
Catalog Course Description

Proper nutrition for optimum health and well being. Enables the student to plan proper food selections in health and disease. Required for Vocational Nursing and Psychiatric Technician Program.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade Only

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

2.00

Lecture Hours

36.00

Outside of Class Hours

72

Total Contact Hours

36

Total Student Hours

108

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Emergency Only
Hybrid	Emergency Only

SECTION E - Course Content**Student Learning Outcomes****Upon satisfactory completion of the course, students will be able to:**

1. Develop proper food selection plans.
2. Identify food selections that promote optimum nutrition and health.

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

1. Differentiate the four basic food groups and identify at least four common foods belonging to each group.
2. Construct a menu for three meals per day for three days based on proper nutritional standards and adjust that diet for varying age groups, disease entities and cultural preferences.
3. Analyze a specific menu, identify type of diet and describe the physical condition with which that diet is associated and write a paragraph explaining the reason for that diet.

Course Content

1. Factors Effecting Food Choice
2. Function of Food in the Body
3. Nutritional Requirements
4. Protein
5. Carbohydrates

6. Fats
7. Minerals
8. Water
9. Digestion
10. Nutrition and Consumer Education
 - a. Labeling
 - b. Budgeting
 - c. Sources of Additional Information
11. Meal Planning
12. Food Facts, Fads, Fallacies
13. Special Feeding
 - a. Prenatal
 - b. Lactation
 - c. Infant and Child
 - d. Aging Citizen
 - e. Diets in Disease
14. Problems in the USA
 - a. Over-fed but Undernourished
 - b. High Percentage of Carbohydrates
 - c. Need to Cut Down on "Empty Calories"
 - d. Need to Reduce Fats - Especially Saturated

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Lecture	
Other	Projects

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Examples of test items: 1. Compare and contrast "good" versus "bad" fats, giving two examples of each. 2. List four food items that would properly be described as "empty calories." Final Exam Midterm
Quizzes	Examples of test items: 1. Compare and contrast "good" versus "bad" fats, giving two examples of each. 2. List four food items that would properly be described as "empty calories."

Projects

Examples of assignments:

1. Construct a menu for three meals per day for three days based on proper nutritional standards.
2. Differentiate the four basic food groups and identify at least four common foods belonging to each group.

Assignments

Reading Assignments

Textbook readings in preparation for lecture/discussion

Writing Assignments

1. Preparation in writing of nutritional analysis for 3 days menu consisting of 3 meals/day.
2. Compose a Dietary menu for a specific disease of the body.

Other Assignments

Other assignments as needed.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Peckenpaugh, N.

Title

Nutrition Essentials and Diet Therapy

Edition/Version

8th

Publisher

Philadelphia: W.B. Saunders

Year

1999

Proposed General Education/Transfer Agreement

Do you wish to propose this course for a Local General Education Area?

No

Do you wish to propose this course for a CSU General Education Area?

No

Do you wish to propose this course for a UC Transferable Course Agreement (UC-TCA)?

No

Course Codes (Admin Only)

ASSIST Update

No

CB00 State ID

CCC000304638

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

No

Only Pass/No Pass

No