

# Course Syllabus

## Course Description

This course takes students through a comprehensive study of nutritional principles and guidelines. Students will learn about world-wide views of nutrition, nutrient requirements, physiological processes, food labeling, healthy weight management, diet-related diseases, food handling, nutrition for different populations, and more. Students will gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

## Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Nutrition Basics**
  - 1.1 Nutrition & Health
  - 1.2 Diet & Digestion
- **Unit 2: Energy Nutrients**
  - 2.1 Carbohydrates
  - 2.2 Protein
  - 2.3 Fats
- **Unit 3: Non-Energy Nutrients**
  - 3.1 Water & Vitamins
  - 3.2 Minerals & Supplements
- **Unit 4: Energy Balance**
  - 4.1 Weight Management
  - 4.2 Healthy Choices
  - 4.3 Nutrition & Fitness
- **Unit 5: Disorders & Diseases**
  - 5.1 Eating Disorders, Allergies, & Alcohol
  - 5.2 Nutrition Related Diseases
- **Unit 6: Consumer Nutrition**
  - 6.1 Consumer Nutrition
  - 6.2 Food Preparation
- **Unit 7: Nutrition for Life**
  - 7.1 Nutrition Across a Lifespan

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lesson(s) about the section topic
3. **Field Trip**—links to other online sites with additional nutrition information
4. **Reflection\***—a journal reflecting on food intake and nutrition
5. **Discussion\***—class discussion on an assigned topic
6. **Assignment\***—section assignment
7. **Study Hall**—study guides and vocabulary tools to reinforce terms and concepts
8. **Quiz\***—quiz covering information from the lessons

## Nutrition

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At the end of each unit, you will find a **Unit Exam\***.

The items noted with an asterisk above are those that must be submitted for a grade. The “Course Introduction” section has more detailed information on the tasks and assignments for this course.

### **Assignments and Grading**

Each section of this course is designed to be completed in about one week’s time. Please see the detailed schedule for more information on points possible and due dates.

### **Materials**

There are no required materials for this course.

### **Technical Requirements**

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.