## COURSE SYLLABUS

### Course Title:
Nutrition for Allied Health Professionals

### Department:
Allied Health and Science

### Curriculum:
Dental Hygiene

### Course Code:
HLT*201

### Prerequisites:
C- or better in Concepts of Chemistry (CHE*111), General Biology I (BIO*121) or Anatomy & Physiology I (BIO 211)

### Elective Type:
G

### Credit Hours:
3

### Topical Outline:
1. Essential Nutrients
2. RDA/DRI
3. USDG
4. Food Guide Pyramid
5. Energy Metabolism
6. Labeling
7. Additives
8. Food Safety
9. Carbohydrates/Dental Caries
10. Protein
11. Lipid/Heart Disease
12. Alternative Sweeteners
13. Nutrition Counseling and Evaluation
14. Fat and Water Soluble Vitamins
15. Minerals/Fluoride and Caries
16. Digestion, Absorption, and Metabolism
17. Digestive Disorders
18. Nutrition in Athletes, Children, Adolescents, and Aging
19. Nutrition in Pregnancy and Lactation
20. Eating Disorders

Outcomes:
Describe measurable skills or knowledge that students should be able to demonstrate as evidence that they have mastered the course content.

Upon successful completion of this course, the student will be able to do the following:

COURSE:
1. discuss nutrition needs throughout the life cycle
2. discuss the role of each of the essential nutrients in the human body
3. explain the USDG and Food Guide Pyramid and apply these principles in nutrition counseling

PROGRAM: (Numbering reflects Program Outcomes as they appear in the college catalog)

GENERAL EDUCATION: (Numbering reflects General Education Outcomes as they appear in the college catalog)
6. Oral Communication - Students will be prepared to develop oral messages of varying lengths and styles that communicate effectively and appropriately across a variety of settings.
   Demonstrates: Delivers oral presentations with information and/or analysis appropriate for the rhetorical situation. Content is reinforced by appropriate verbal and nonverbal communication.
   Does Not Demonstrate: Oral presentations lack information and/or analysis appropriate for the rhetorical situation. Content may not be reinforced by appropriate verbal and nonverbal communication.

Evaluation:
List how the above outcomes will be assessed.
Assessment will be based on the following criteria:
Quizzes
Exams
Projects

Instructional Resources:
List library (e.g. books, journals, online resources), technological (e.g. Smartboard, software), and other resources (e.g. equipment, supplies, facilities) required and desired to teach this course.
Required: None
Desired: None

Textbook(s)
Textbook: Refer to current academic year printout