

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: DIT 121

Credits: 3

Course Title: Nutrition I

Course Description: Studies food composition, dietary guidelines, and nutrients essential to healthy human life. Analyzes nutrient function and metabolism. Lecture 3 hours per week.

General Course Purpose:

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Explain the body's basic needs and how newly available food choices complicate the problem of designing and consuming an adequate and balanced diet;
- b. Discuss basic human physiology, body systems, and anatomy, as they relate to dietetics;
- c. Discuss the background for study of food and diet;
- d. Explain the most commonly used food-grouping system and add some guidelines for designing diets;
- e. Discuss the background for the study of the nutrients and human nutrient needs;
- f. Explain the Recommended Dietary Allowances (RDA) and other such recommendations;
- g. State the functions, kind, and sources of carbohydrates, sugar, starch, and fiber;
- h. List the functions, kinds, and sources of lipids, fats and oils;
- i. Identify the functions, kind, and sources of protein and amino acids;
- j. Explain how energy is processed in the body and the body's need for energy;
- k. Identify the functions and sources of water-soluble vitamins and their metabolism in the body;
- l. Name the functions and sources of fat-soluble vitamins and their metabolism in the body; and
- m. List the functions and sources of minerals and water and the metabolism of these nutrients in the body.

Major Topics to Be Included:

- a. A study of food composition, dietary guidelines, and nutrients essential to healthy human life

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