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

Date Created/Updated (Month, Day, Year):  January 14, 2019