

SYLLABUS  
PART I  
EDISON COMMUNITY COLLEGE  
BIO 140S BASIC NUTRITION  
3 CREDIT HOURS

**COURSE DESCRIPTION**

In-depth study of fundamentals of human nutrition as they relate to health, well-being, and personal food choices; application of basic nutritional science to requirements of life-cycle stages, activity and exercise, and various states of nutrition.

**COURSE GOALS**

The student will:

Bloom's Level		Gen Ed Outcomes
1	1. Recognize the interrelationship of food and nutrition with a vast range of factors influencing individual and population nutritional behaviors.	1
4	2. Apply and analyze basic fundamentals of nutrition to identify both positive nutritional status and malnutrition.	3
3	3. Identify and demonstrate understanding of various terms determining and denoting the quality of an individual's nutritional state, including energy balance, nutrition assessment, malnutrition, under nutrition, hunger, and over nutrition.	4
3	4. Recognize and utilize sound, reputable sources for nutrition information.	1, 6
5	5. Assess and apply knowledge gained in this course to make informed, healthful lifestyle changes.	1, 6
1	6. Identify basic physiology, dietary requirements and major food sources of carbohydrates, proteins, fats, vitamins and minerals.	1, 6
2	7. Discuss the influence of socioeconomic, cultural, psychological and environmental (i.e. sustainable agriculture, organic farming, and locally produced foods) factors on food intake and eating behavior.	4
2	8. Explain how food intake has a significant relationship to health and the role of diet in health promotion and prevention of chronic diseases.	1, 6
2	9. Describe current complementary, alternative nutrition and herbal therapies and current scientific knowledge as to their efficacy.	1, 6
1	10. Identify the role of dietary supplements in a balanced diet.	1, 6
3	11. Develop an awareness of the nutrient needs for various stages of the life cycle.	5

## CORE VALUES

The Core Values are a set of principles that guide in creating educational programs and environments at Edison. They include communication, ethics, critical thinking, human diversity, inquiry/respect for learning, and interpersonal skills/teamwork. The goal, objectives, and activities in this course will introduce/reinforce these Core Values whenever appropriate.

## TOPIC OUTLINE

1. Consumer Tools
2. Selecting a Proper Diet
3. Carbohydrate Lipid Protein
4. Vegetarianism
5. Digestion
6. Metabolism
7. Energy Needs
8. Overweight
9. Weight Control
10. Eating Disorders
11. Vitamins
12. Minerals
13. Pregnancy
14. Lifecycle.