



C-ID Descriptor

Introduction to Nutrition Science

Descriptor Details

- **Descriptor Title:** Introduction to Nutrition Science
- **C-ID Number:** 110
- **Units:** 3.0
- **Date of Last Revision:** 10/12/2017 11:44:12 PM GMT+0000

General Description

Scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs.

Prerequisites

No information provided

Corequisites

None

Advisories

Eligibility for C-ID ENGL 100

Content

1. Functions and sources of nutrients
2. Scientific principles to analyze and evaluate nutrition information

3. Dietary guidelines and current recommendations
4. Digestion, absorption, and metabolism of nutrients
5. Health, fitness, and disease

Lab Activities

Not applicable

Objectives

At the conclusion of this course, the student should be able to:

Upon successful completion of the course, students will be able to:

1. Identify function and sources of nutrients
2. Demonstrate basic knowledge of nutrient digestion, absorption and metabolism
3. Apply dietary guidelines and current nutrition recommendations
4. Scientifically analyze and evaluate nutrition information
5. Relate nutrition to health, fitness and disease and
6. Utilize a computer database to evaluate a personal diet record

Evaluation Methods

Quizzes
Exams
Dietary Analysis
Assignment(s)

Textbooks

- 1.Sizer and Whitney, Nutrition: Concepts & Controversies. Cengage
2. Whitney and Rolfes, Understanding Nutrition. Cengage
3. Wardlaw, Contemporary Nutrition. McGraw Hill
4. Dietary Analysis Program