Course Prefix and Number: BLGY 113
Credit Hours: 3

Course Title: Consumer Nutrition

Course Prerequisites: None

Textbook: Wardlaw, G.M. and Smith, A.M.; Contemporary Nutrition, 8th edition

Course Description:
A nutrition course for non-science majors, which introduces the student to the basic nutrients required by the body and how they are utilized. This course includes evaluation of nutrition information.

Learning Outcomes:

At the end of the course, the student will

A. apply knowledge of the major nutrients to explain how they are used by the human body in health and in disease; and
B. evaluate and apply nutritional information to the lifestyle of the consumer.

To achieve the learning outcomes, the student will

1. recognize the complexity of nutrition information available to the consumer. (B)
2. summarize the current dietary recommendations for health promotion and disease prevention. (B)
3. explain how to evaluate nutrition claims using valid research. (B)
4. list the six classes of nutrients and identify their general functions. (A)
5. calculate calories provided by a food when given the grams of energy nutrients the food contains. (A)
6. define Recommended Dietary Allowances (RDA) and Daily Values (DV). (A)
7. name the Food Guide food groups, the recommended number of servings and nutrients from each group. (A)
8. interpret nutrition information on food labels. (A)
9. briefly describe digestion and absorption of nutrients. (A)
10. define and give examples of simple carbohydrates, complex carbohydrates, and fiber. (A)
11. describe the role of carbohydrate in supplying energy to the body. (A)
12. explain the types, causes and treatments of diabetes mellitus. (A)
13. explain the current dietary recommendations for carbohydrates and common artificial sweeteners. (A)
14. describe the food sources and role of phytochemicals in prevention of chronic diseases. (A)
15. define selected terms related to lipids and their role in body function, health, and disease. (A)
16. identify dietary and lifestyle measures to reduce intake of saturated and trans fatty acids and to prevent heart disease. (B)
17. identify food groups that contribute to protein intake and current dietary recommendations. (A)
18. list and describe the functions of proteins in the body. (A)
19. identify the health risks associated with amino acid supplements. (B)
20. describe vegetarian diets and vegetarian protein food sources. (A)
21. explain the role of food intake and energy expenditure in determining body weight. (A)
22. determine healthy weight using body mass index and body fat percentage. (A)
23. describe theories concerning causes of obesity. (A)
24. list criteria to evaluate weight reduction programs and describe popular programs. (B)
25. contrast water soluble and fat soluble vitamins. (A)
26. name the chief function, major food source and deficiency disease of each vitamin. (A)
27. list the antioxidant nutrients and their benefits to health. (A,B)
28. identify the major roles of water in the body. (A)
29. name the chief function, major food source and deficiency disease of common minerals. (A)
30. list the risk factors for osteoporosis and iron-deficiency anemia and strategies to reduce risk. (A,B)
31. list strategies for reducing sodium intake in the diet to control blood pressure. (A,B)
32. evaluate personal diet for nutrients and body weight status using recommended websites. (B)
33. evaluate vitamin-mineral supplements. (A)
34. describe the benefits of exercise and components of a fitness program. (A)
35. compare aerobic and anaerobic metabolism and the role of nutrients in exercise. (A)
36. explain the role of fluids in sports nutrition. (A)
37. define eating disorders and associated risks. (A)
38. discuss the causes of and possible solutions to world hunger. (A)
39. identify factors which influence pregnancy outcomes. (A)
40. identify risks and measures to prevent food-borne disease. (A,B)
41. explain nutrient needs and recommended weight gain during pregnancy and lactation. (A)
42. explain practices which should be avoided during pregnancy and lactation. (A)
43. identify nutrient needs of the infant and appropriate pattern for introducing foods. (A)
44. describe the benefits of breast-feeding to the infant. (A)
45. list general nutrition-related problems of childhood and adolescence. (A,B)
46. recognize the general shift in population to a greater proportion of elderly. (A)
47. list factors that contribute to poor nutrition in the elderly. (A,B)
48. explain drinking in moderation and the risk of alcohol abuse. (A)
49. evaluate a food label, supplement label, nutrition article, and restaurant menu item based on current nutrition recommendations. (B)
50. assess personal nutritional status. (B)
Course Requirements

- minimum average score of 60% on tests
- satisfactory completion of nutritional assessment as measured by a rubric

Course Grading Scale:

A- 90% or more of total points and a minimum average of 60% on tests and satisfactory completion of nutrition assessment

B- 80% or more of total points and a minimum average of 60% on tests and satisfactory completion of nutrition assessment

C- 70% or more of total points and a minimum average of 60% on tests and satisfactory completion of nutrition assessment

D- 60% or more of total points and a minimum average of 60% on tests and satisfactory completion of nutrition assessment

F- less than 60% of total points or less than 60% average on tests or less than satisfactory completion of nutrition assessment

Attendance Policy: The college attendance policy is available at http://www.bpcc.edu/catalog/current/academicpolicies.html

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Reviewed: C. Burroughs, April 2017