

BASIC NUTRITION

COURSE DESCRIPTION

A study of the basic principles of nutritional science, including the classic nutritional deficiencies, the roles of nutritional components in various stages of the life cycle. Additional course topics include applications to community nutrition and health care. The functions of specific nutrients including their sources from dietary elements are presented

LEARNING OBJECTIVES

- Learn the basic nutritional principles of macronutrients
- Understand the role of essential nutrients in physiology and health
- Understand the importance of food quality

COURSE PREREQUISITIES

Biochemistry

REQUIRED TEXTS

Dr Thornton's Lecture Notes - Student's Guide to the Lectures (join class website for notes)
free online, download: groups.yahoo.com/neo/groups/ECTOM-BasicNutrition/info

RECOMMENDED TEXTS

Basic Nutrition and Diet Therapy, Sue Rodwell Williams, Mosby
Understanding Nutrition, Whitney & Rolfes, Wadsworth
Krause's Food, Nutrition and Diet Therapy, Mahan, Escott-Stump, W.B. Saunders

COURSE REQUIREMENTS

50% - Mid-Term Examination
50% - Final Examination (10th week)
Assignment: Food Diary for 1 week. Due week 10

A minimum score of 70% in the Midterm Exam and 70% in the Final Exam is required to pass the exam and the course.

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

SPECIAL NOTES

Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: Students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be marked tardy. Two tardies equal one absence. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may be referred to the Academic Dean for professionalism.

CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)
Overview- Nutritional Science: An Historical Perspective

Food Nutrition & Health Science

CLASS TWO

Carbohydrates
Fats, Proteins

CLASS THREE

Energy Balance
Vitamins, Minerals

CLASS FOUR

Water Balance
Digestion & Absorption

CLASS FIVE

Midterm Exam (lecture follows exam)
Nutrition Throughout Life
Nutrition In Infancy, Childhood & Adolescence

CLASS SIX

Nutrition for Adults
The Early, Middle and Later Years
Community Food Supply & Health

CLASS SEVEN

Food Habits & Cultural Patterns

CLASS EIGHT

Weight Management
Nutrition & Physical Fitness

CLASS NINE

Special Topics

CLASS TEN

FINAL EXAM

CLASS ELEVEN

REFERENCE MATERIAL

Course
Code **WS260**

2 Units

**EMPEROR'S COLLEGE
MTOM COURSE SYLLABUS
BASIC NUTRITION**

Thornton, William
Summer 2017

FACULTY INFO

Thornton, William

Please check with instructor during class to get updated contact info.

drwthornton@hotmail.com