

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
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SEQUENCE OF TOPICS:

Introduction

1. Define the terms nutrition, malnutrition, under-nutrition and over-nutrition.
2. List the classes of nutrients and types of non-nutrients and their general functions in the body.
3. Describe the American Diet from large scale dietary surveys.
4. Describe factors which influence food choices.
5. Discuss the science of nutrition.
6. Define quackery, list sources of nutrition quackery, and explain how to assess nutrition information presented in the media.

Dietary Standards and Guidelines

1. Describe the Dietary Reference Intakes, the goals of the DRI Committee and the tools within each goal.
2. Explain the evolution of the Dietary Guidelines for Americans.
3. Explain the current Guidelines and uses of the ChooseMyPlate.gov website.
4. Explain the ways to plan a diet using the Dietary Guidelines.
5. Describe food labeling and how to read a label.
6. Describe the difference between a nutrient, health and structure-function claim on a food label.

Evaluating a Diet Plan

1. Weigh the pros and cons of a diet plan against the Dietary Reference Intakes and the Dietary Guidelines for Americans.
2. Calculate the energy and nutrient intake of a diet plan and compare it to the Dietary Reference Intakes and the Dietary Guidelines for Americans.
3. Discuss the potential health consequences of a diet plan that does not meet the Dietary Reference Intakes and the Dietary Guidelines for Americans.
4. List ways to help a person change their lifestyle.

Digestion, Absorption and Transport

1. Summarize the anatomical parts of the digestive system and what occurs at each part.
2. Describe the fluids of digestion and where they are secreted along the system.
3. List the major site of absorption for different nutrients.
4. Discuss common medical disorders of the GI tract and diet modifications to treat these disorders.
5. Discuss the basic parts of the cardiovascular system and their involvement in the transport of nutrient through the body.

Carbohydrates

1. Classify simple and complex carbohydrates according to structure and food sources.
2. List the functions of carbohydrates.
3. Explain the normal regulation of blood glucose.
4. Describe how carbohydrate intake prevents ketosis.
5. Define dietary fiber, and describe the role of dietary fiber in health and the prevention of disease.
6. Recognize the potential impact of excess sugar consumption on health.

7. State current dietary recommendations for carbohydrate, fiber and simple sugars.
8. Contrast characteristics and uses of artificial sweeteners.
9. Discuss the disorders of carbohydrate metabolism: Diabetes and Hyperglycemia

Lipids

1. Describe the chemical composition and physical characteristics of fatty acids.
2. Define essential fatty acids and describe the effects of a deficiency.
3. Categorize fatty acids as saturated, monounsaturated, polyunsaturated, trans-fatty acids, list dietary sources and discuss how saturation affects a fatty acid.
4. Cite the functions of fat in the body and the recommended dietary allowances (RDA) for essential fatty acids.

Explain the regulation of thirst.

Global Issues

1. Appreciate the magnitude of the world food problem.
2. List factors that contribute to under-nutrition in the United States.
3. Discuss the function of Federal Food Programs.
4. Explain the role of politics in making food available to the public.
5. List the effective and ineffective long-term strategies for solving the world food crisis.
6. Implementation of Cultural Diversity
7. Integrat