

Course Name: HLTH 230/3.0	Course Instructor: Jeffrey Lalonde	Contact Hours: Lectures: 1 x 3 hours / 12 weeks
Basic Human Nutrition		Prerequisite: Level 2 or above. High School 4U Biology is recommended.
		Exclusion: NURS 100/3.0
Course Description: Study of macronutrients, selected micronutrients, energy needs for human performance, relationship of nutrient metabolism to human health, consequences of nutrient deficiencies and excesses. Examine how students' intake may influence present and future nutritional well-being.		Course Texts: Textbook: Sizer, F. S., Whitney, E. N., D'Andreamatteo, C., Novak, E. & Piche, L. A. (2025). Nutrition: <i>Concepts and controversies (6th Canadian ed.)</i> . Cengage. Software: Cengage. (2026). <i>Diet & Wellness Plus</i> . Cengage Learning. <i>Diet & Wellness Plus is part of MindTap. If a student doesn't have Diet & Wellness Plus, Cronometer is a free software that can be used for assignment 3 but requires much more work and time from the student.</i>
Learning Outcomes: - Describe how food is digested and absorbed into the body - Identify the roles of nutrients and non-nutrients in the body - Plan meals for personal consumption demonstrating the importance of dietary guidelines, Dietary Reference Intakes, and nutrition labeling - Assess a diet and recommend appropriate adaptations - Investigate inter-relationships between food consumption, body weight change, anatomical function, and general health within typical contexts		Course Evaluation: Academic Integrity Quiz 0% Practice Exam Quizzes 0% Assignment 1: Nutrition Basic Concepts 15% Assignment 2: Balanced Meals 20% Assignment 3: Diet Analysis 25% Final Exam 40%
Course Outline		
Nutrition Overview: Food Choices, Diet Planning, Guidelines, Tools and Standards	Water and Minerals	
Digestion and Food Safety	Alcohol	

Carbohydrates and Alternative Sweeteners	Energy Balance and Body Weight (includes eating disorders)
Lipids	
Protein and Vegetarian Diets	
Vitamins	