

<p>Course Name: HLTH 230/3.0</p> <p>Basic Human Nutrition</p>	<p>Course Instructor: Jeffrey Lalonde</p>	<p>Contact Hours: Lectures: 1 x 3 hours / 12 weeks</p> <p>Prerequisite: Second-year standing or above. High School 4U Biology, or equivalent is recommended.</p> <p>Exclusion: NURS 100/3.0</p>								
<p>Course Description:</p> <p>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 student's intake may influence present and future nutritional well-being.</p> <p>This course is designed as an introduction to human nutrition. Nutrition is a science, and as such, it will require you to learn some basics of biology, chemistry, and most importantly, biochemistry and physiology. While nutrition has its roots in food, this is not a cooking class, but a class about nutrients, food, the human body and their relationship. The course is meant to provide you with an overall understanding of how our bodies require and use nutrients, non-nutrients and how health status can be affected. You will hopefully gain an appreciation for how incredible the human body is.</p>		<p>Course Texts:</p> <p>Required: Whitney, E., Rolfes, S., Hammond, G. & Piche, L.A. (2016). Understanding Nutrition (2nd Canadian ed.). Toronto, ON: Nelson Education Ltd.</p> <p>Required Software: Diet and Wellness Plus (required for an assignment worth 20%) MindTap, which can be purchased through the Campus Bookstore, includes an electronic copy of the Understanding Nutrition 2CE textbook as well as the Diet and Wellness plus software. Your access code is what you purchased. If you have purchased MindTap you do not need to purchase Diet and Wellness plus separately.</p> <p>Course notes will be posted on onQ</p>								
<p>Learning Outcomes:</p> <ul style="list-style-type: none"> • 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 		<p>Course Evaluation:</p> <table border="0"> <tr> <td>Multiple choice quizzes</td> <td>10%</td> </tr> <tr> <td>Midterm exam</td> <td>25%</td> </tr> <tr> <td>Assignment</td> <td>25%</td> </tr> <tr> <td>Final Exam</td> <td>40%</td> </tr> </table>	Multiple choice quizzes	10%	Midterm exam	25%	Assignment	25%	Final Exam	40%
Multiple choice quizzes	10%									
Midterm exam	25%									
Assignment	25%									
Final Exam	40%									
<p>Course Outline</p>										

Nutrition Overview, Dietary Guidelines and Planning a Healthy Diet	Water Soluble and Fat Soluble Vitamins
Digestion and Foodborne Illness	Calcium, Osteoporosis and Fitness
Carbohydrates and Artificial Sweeteners	Alcohol and Minerals (not calcium)
Lipids	Obesity, Body Composition and Energy Balance
Proteins and Vegetarian Diets	Weight Control, Eating Disorders and Disordered Eating
Water and Water Soluble Vitamins	

..