

<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>The textbook and program below are required for the course. MindTap contains both.</p> <ul style="list-style-type: none"> •Sizer, F.S., Whitney, E., & Piché, L.A. (2021). Nutrition: Concepts and controversies (5th Canadian ed.). Nelson Education. • Diet & Wellness Plus. Cengage Learning <p>Note: MindTap is available from the Queen's Bookstore. Please see onQ for information on different formats available before purchasing. Older textbooks by the same authors may be available, but lectures and exams will be based on the required textbook. If a student chooses to use a different/older text, it is the student's responsibility to determine differences between the older editions and the latest edition required for this course. If purchasing a used passcode for MindTap or the Diet & Wellness Plus program, students should be aware that it may expire before it is needed</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 		<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%
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- 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 Outline

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	