



SYLLABUS OF RECORD

I. Catalog Description

FDNT 213 Life Cycle Nutrition

Prerequisites: Grade of C or higher in FDNT 212

3 class hours

0 lab hours

3 credits

(3c-0l-3cr)

A detailed study of nutrition during all stages of the life cycle; current issues and research as they impact on these development stages.

II. Course Outcomes

Students will be able to:

E Nutrition in the toddler/preschool child (6 hours)

1. Normal growth and development

- 2. Energy and nutrient needs**
- 3. Common nutrition problems**
- 4. Prevention of nutrition related disorders**
- 5. Dietary and physical activity recommendations**

F. Child and preadolescent nutrition (5 hours)

- 1. Normal growth and development**
- 2. Energy and nutrient needs**
- 3. Common nutrition problems**
- 4. Prevention of nutrition related disorders**

5. Dietary and physical activity recommendations

C Adolescent Nutrition (4 hours)

- 1. Normal growth and development**
- 2. Health and eating related behaviors**