

CATALOG DESCRIPTION

FN 145 Introduction to Nutrition

3 credits
2 lecture hours
1 discussion hour

Prerequisites: None

Provides students with an understanding of essential nutrients and

COURSE SYLLABUS

I. CATALOG DESCRIPTION

FN 145 Introduction to Nutrition

3 credits

2 lecture hours

Prerequisites: None

1 discussion hour

Provides students with an understanding of essential nutrients and their roles in the body, as well as the changing nutritional needs of an individual throughout the lifespan. Includes the impact of exercise and

1. What is nutrition?
2. How the organism uses food substances
3. Human food behavior

1. The nutrients

4. Dietary plans

2. Water soluble
 3. Vitamin supplements
- F. Water and minerals (two lectures)
1. Major minerals
 2. Trace minerals
 3. Water and body fluids
- G. Nutrition throughout life (three lectures)
1. Pregnancy
 2. Feeding the infant
 3. Childhood and teen years
 4. Adults and elderly
- H. Food processing and safety (two lectures)
1. Food additives, pesticides and contaminants

c. Food fraud and misinformation

- (1) Week 1: Media presentation on fraudulent health practices
- (2) Week 2: Investigate truth in advertising
- (3) Week 3: Identifying popular diets
- (4) Week 4: Analyze a popular diet

d. "Supermarket Savvy"

- (1) Week 1: Nutrient density and nutrient labeling
- (2) Week 2: Video: Supermarket Savvy
- (3) Week 3: Comparison of five major food products for

IV. EVALUATION METHODS

The final grade for the course will be determined as follows:

Tests (3 - 4 exams)	300 pts. = 60% of final grade
Book Review	50 pts. = 10% of final grade
Discussion Activities	130 pts. = 26% of final grade
Responsibility (meeting assigned deadlines & participation)	20 pts. = 4% of final grade

_____ % of total points earned = _____

- _____. 1984. Eating Disorders. Medical World News. July 9:334.
- Hecht, A. 1984. Triglycerides, cousins of cholesterol. FDA Consumer. March:133.
- Jarvis, W. 1985. "Food: Facts & Fallacies A-Z," Review and Herald Publishing Association, Washington, DC.
- Jarvis, W.T. 1983. "Quackery and You," Review and Herald Publishing Association, Washington, DC.
- Kolata, G. 1984. New cholesterol clues: diets vs. stress. American Health. March/April:150.
- Metcalf, L.L. 1986. "The Turnaround Lifestyle System. Enjoying a Responsible Lifestyle Through Positive Behavioral Changes," American Alliance for Health, Physical Recreation and Dance and the Campbell's Institute for Health and Fitness. Camden, NJ.
- National Dairy Council
Contemporary Topics in Nutrition: Sodium Cholesterol/fat and Refined

Willis, J. 1984. Please pass that woman some more calcium and iron. FDA Consumer. September:6.

Wood, P. 1984. The cholesterol controversy is over. Runners World. March:136.

Zamula, E. 1986. The Greenland diet: Can fish oils prevent heart disease? FDA Consumer. October:6

COURSE ANALYSIS QUESTIONNAIRE

Bowling Green State University, HOEC 207

Nutrition, Health and You (3 credits) A non-technical course.

Application of fundamental principles of nutrition in selection of adequate diet for optimal health; current nutrition controversies. Not

A8 This course is not required by a professional society or accrediting

C5. Seventy-five to one hundred students can be accommodated. This is the current enrollment in the nonmajors section of FN 212.

C6. No professional society limits enrollment size.

LIBERAL STUDIES COURSE APPROVAL FORM

About this form: Use this form only if you wish to have a course included for Liberal Studies credit. The form is intended to assist you in developing your course to meet the university's

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PART II. WHICH LIBERAL STUDIES GOALS WILL YOUR COURSE MEET? Check all that apply and attach an explanation.

All Liberal Studies courses must contribute to at least one of these goals; most will meet more than one. As you check them off, please indicate whether you consider them to be primary or secondary goals of the course. [For example, a history course might assume "historical consciousness" and "acquiring a body of knowledge" as its primary goals, but it might also enhance inquiry skills or literacy or library skills.] Keep in mind that no single course is expected to shoulder all by itself the responsibility for meeting these goals; our work is supported and enhanced by that of our colleagues teaching other courses.

Addition to Part II Sections A through D Title 1 of the Code of Federal Regulations

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Addition to Part III, Sections A through D, Liberal Studies Course Approval Form.

A. To assure the basic equivalency of this multiple-instructor course, we plan to develop the lecture and discussion activities into instructional modules. Each member of the teaching team will select the topics of key interest for their portion of the teaching assignment. Initially, the faculty will meet as a group at the beginning and end of the semester for planning and evaluation.

B. This course addresses nutrition for both men and women. Nutritional requirements and status differ for both groups. Examples and activities throughout the course will include these differences. A good example would be the iron requirements and status differences between the two groups.

C. See Course Syllabus, IV. Evaluation Methods and VI, Special Resource Requirements, p. 7.

D. This course is intended to allow the student to explore and deepen their

Liberal Studies Form -- 4

E. The Liberal Studies Criteria indicate six ways in which all courses should contribute to students' abilities. To which of the six will your course

E3. This course will utilize discussion sessions following assigned readings

Addition to Part III, Section E2 Liberal Studies Course Approval Form

E2: The discussion activities are designed to meet this criterion

Knowledge Area Criteria which the course must meet:

- Treat concepts, themes, and events in sufficient depth to enable students to appreciate the complexity, history, and current implications of what is being studied; and not be merely cursory coverages of lists of topics.
- Suggest the main intellectual questions/problems which interest

Addition to Part IV Evaluations for attached sheet 11a C-11 1.0.11