

Course Abstract

If you need accommodations due to a disability, contact Disability Services in Edison Hall Room 100, 732.906.2546.

To foster a productive learning environment, the College requires that all students adhere to the Code of Student Conduct which is published in the college catalog and website.

Course ID and Name: HCD 245 – Nutrition Throughout the Life Span

Department:

Chairperson or Course Coordinator: Dr. Mary-Pat Maciolek

Office Location: College Center 185

E-mail Address: mmaciolek@middlesexcc.edu

Telephone: 732-906-2538

Prerequisites: HCD 105 with a grade of “C” or better

Co-requisites: none

Course Description: Explore the principles and impact of nutrition on preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood and aging. For every phase of life, investigate characteristics of Norman growth and development, nutrition assessment, the most common nutritional deficiencies seen, nutrient needs and practical means of delivering nutrition. Practice in planning meals appropriate for each stage of life is included.

General Education Status:

Credits: 3.0

Lecture Hours: 3.0

Lab Hours: 0

Learning Outcomes:

Upon successful completion of the course, students will be able to

1. utilize assessment tools to determine the nutritional adequacy of dietary intakes of individuals at various stages of life.
2. describe different nutritional needs that occur at various life stages.
3. develop age and developmentally appropriate meal patterns.
4. identify community-based nutrition programs and services available for various life stages.

Course Content Areas:

Nutritional concerns throughout the life span: preconception; pregnancy; infancy; toddler and preschool; child and preadolescent; children with special needs; adolescence; adult; older adults.