

DHY 111 Nutrition and Oral Health

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: DHY 111 Nutrition and Oral Health

Department: Dental Hygiene

Course Instructor: Stacy L. Onofrietti, R.D.H., M.S., CHP

Prerequisites: None

Course Description:

This course is designed to provide each dental hygiene student with an understanding of basic nutrition as it applies to general and oral health. Topics covered include the fundamental biochemical principles of nutrients, nutrient requirements, food sources, and related diseases. Students learn nutritional concepts as they apply to preventive dentistry. These concepts emphasize dietary analysis and counseling for caries susceptible and periodontally involved patients. Students are introduced to the evaluation and use of nutritional references and educational materials to enhance patient treatment.

General Education Status:

Credits: 2 **Lecture Hours:** 2 **Lab Hours:** 0 **Practicum Hours:** 0 **Recitation Hours:** 0

Learning Outcomes:

1. Discuss fundamental principles of essential nutrients, nutrient requirements, dietary sources and dietary insufficiencies. **C3, C4, C5, C8, C10, HP1, HP2, HP4**
2. Discuss the relationship between nutrition and dental disease and recognize oral manifestations of nutritional deficiencies and excess. **C3, C4, C8, C10, HP1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**
3. Analyze individual diet to evaluate total nutritional content and determine impact on dental disease. **C1, C2, C3, C4, C8, C9, C10, H1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**
4. Recommend individualized dietary modifications to improve general health and prevent dental disease. **C1, C2, C3, C4, C8, C9, C10, HP1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**

Course Objectives:

Through lectures, reading assignments, handouts, visuals, projects and research, the student will be able to:

1. Explain the importance of obtaining nutrients through a balanced diet in order to maintain general and oral health. **C3, C4, C5, C8, C10, HP1, HP2, HP4, PC1, PC2, PC3, PC4, PC5**

2. Compare and contrast the various food guides including the USDA My Plate, RDAs, DRIs, Healthy People 2020, Dietary Guidelines for Americans and Dietary Goals for the United States. **C3, C4, C5, C10, HP1, HP4, HP5**
3. List food sources for each of the basic food groups and individual nutrients. **C3**
4. Discuss the biochemistry, metabolism, digestion, absorption and utilization of proteins, lipids and carbohydrates. **C3, C4, HP4**
5. Explain the role of fat-soluble and water-soluble vitamins in the diet and their relationship to good nutrition and health. **C3, C10, HP1, HP4**
6. Explain the role of minerals, electrolytes and water in the diet and in regulating body processes. **C3, HP1, HP4**
7. Analyze the information of the new food labels and explain their use in determining nutrient requirements. **C3, HP1, HP4**
8. Explain the variations in nutritional requirements of humans during different stages of the life cycle including infancy, childhood, adolescence, pregnancy, lactation and aging. **C3, C8, C10, HP1, HP2, HP4, PC1, PC2, PC3**
9. Discuss the relationship between nutrition and specific health disorders including diabetes mellitus, cardiovascular disease, hypertension, osteoporosis, cancer and obesity. **C3, C4, C10, HP1, HP2, PC1, PC2, PC3, PC4, PC5**
10. Discuss various systemic and behavioral factors that may affect a client's ability to obtain adequate nutrition. **C3, C8, C4, C10, HP1, HP2, HP3, HP4, PC1, PC2, PC3, PC4, PC5**
11. Explain the relationship of nutrition to the initiation and progression of dental diseases. **C3, C4, C8, C10, HP1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**
12. Recognize the oral and dental manifestations associated with excesses or deficiencies of specific nutrients. **C3, C4, C8, C9, C10, HP1, HP2, HP4, PC1, PC2, PC3, PC4, PC5**
13. Assess appropriate and reliable information to enhance client nutritional education and analyze a client's nutritional status, as it pertains to caries risk and development and make appropriate dietary recommendations. **C1, C2, C3, C4, C8, C9, C10, HP1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**
14. Assess a client's dental disease status as it relates to nutrition and make appropriate recommendations to improve a client's oral health. **C1, C2, C3, C4, C8, C9, C10, HP1, HP2, HP4, HP5, PC1, PC2, PC3, PC4, PC5**
15. Use interpersonal communication skills and counseling techniques to promote behavior modifications in food selection and eating patterns. **C1, C2, C3, C4, C8, C9, C10, HP1, HP2**
16. Discuss current topics of interest in nutrition. **C3, C4, C5, HP1,**
17. Assess student's individual dietary intake as it pertains to the U.S. Dietary Guidelines. **C3, HP2**