

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 105 – Basic Nutrition

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: none

Co-requisites: Bio 108 Essentials of Human Anatomy and Physiology

Course Description: Principles of nutrition including the various essential nutrients in foods and their functions in the human body.

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. explain the relationship between nutrition and health status
2. analyze food consumption habits with regard to nutrition principles.
3. utilize the computer for nutrient analysis and evaluate adequacy of nutrient intake based on nutrient analysis data.
4. compare and contrast social, ethnic, economic and religious influences on food choices.
5. analyze and discuss methods of determining validity of nutrition information.

Course Content Areas:

Science of nutrition and health. Dietary Reference Intakes. Food labeling. Food insecurity. Six major nutrients. The digestive system. Energy balance and weight management. Nutrition facts and fallacy.