

# FN A171: APPLIED NUTRITION

Item	Value
Curriculum Committee Approval Date	12/06/2023
Top Code	130660 - Dietetic Technology
Units	1.5 Total Units
Hours	45 Total Hours (Lecture Hours 18; Lab Hours 27)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

## Course Description

Current issues in nutrition are explored along with weekly meal preparation and analysis emphasizing maximum nutrient intake. Topics covered include energy needs, current research, eating disorders, supplements, functional foods, and food safety. PREREQUISITE: FN A136 or FN A140 or FN A170 or HLED A136 or concurrent enrollment. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Apply the concepts covered in nutrition to the selection and preparation of food, evaluation of nutrition information, and menu planning.

## Course Objectives

1. Apply information gained in the lecture classes of FN A170 or FN A140 or FN A136 to complete the following objectives: (Supporting Course Objective: Describe the various tools used to evaluate dietary patterns and apply these to tools to the assessment of diets. RDA, MyPyramid, Dietary Goals, and Guidelines, Exchange List, and nutrition information on labels)
2. Determine caloric content, grams of protein, fat, and carbohydrate in common foods. (SCANS Thinking)
3. Determine accurate serving sizes of meal components for correct nutrient calculations. (SCANS Basic Skills)
4. Use nutrient rich-foods in menu planning and preparation. (SCANS Thinking)
5. Recognize and utilize foods providing complex carbohydrate and fiber in the diet. (SCANS Information)
6. Prepare, test and exchange nutritious recipes. (SCANS Resources)
7. Evaluate nutritional value of diet products and fad diets used for weight control. (SCANS Information)

## Lecture Content

Introduction Introduction to the Science of Nutrition – Critiquing Popular Nutrition Laboratory – Healthy Snacks The Science of Nutrition The Hypothesis and the Wellness Survey Recipes including fruits and vegetables Point – Counterpoint What is the cause of obesity in the US. Laboratory recipes high in whole grains Food Portions and diet planning Food portions and their affect on calorie intake Laboratory recipes high

in calcium Understanding food labels Food labels and merchandizing Laboratory healthy recipes using prepared foods Point – Counterpoint Is body weight a reliable measurement of overall health. Laboratory 100 kcal portions Energy needs and anthropometric measurements Determining energy needs and understanding anthropometric measurement Laboratory meals of different calorie content Eating disorders Understanding eating disorders, body image and media Laboratory foods high in iron Point – Counterpoint Dieting vs. Body acceptance Laboratory vegetarian meals Dietary and Herbal Supplements Case studies, Dietary Supplement Scavenger Hunt Laboratory Herbs in cooking Functional Foods, Nutraceuticals, pre and probiotics Functional foods scavenger hunt Lab functional foods Point – Counterpoint What is a functional food and is it better than ordinary foods Laboratory healthy brunch Diet and Health Case Studies Laboratory – DASH diet recipes Food safety food technology i >Case Studies Laboratory – Discretionary calories Current topics Current topics Laboratory Glycemic Index Final class and laboratory cleanup i

## Lab Content

Current issues in nutrition are explored along with weekly meal preparation and analysis emphasizing maximum nutrient intake. Topics covered include energy needs, current research, eating disorders, supplements, functional foods, and food safety.

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- Lab (04)
- DE Live Online Lab (04S)

## Instructional Techniques

Lecture and demonstration of food ingredients and food preparation techniques. Student participation and practical application of skills taught. Students will be given opportunities to taste, analyze and evaluate a variety of recipes and ingredients.

## Reading Assignments

This class requires a minimum of 32 hours of homework (16 lecture hours x 2). 32 hrs/16 weeks= 2 hours of study time each week This would include 1 hour for assigned reading and 1 hour of out of class assignments ( lab write ups, case study scenarios , and projects ).

## Writing Assignments

Students will be assigned a variety of recipes to prepare, analyze and evaluate. Analysis will include nutritional, texture, color, flavor, and ease of preparation. (SCANS Interpersonal, Information and Basic Skills) The final report will include planning a meal and with a written evaluation and oral presentation to the class. (SCANS Interpersonal. Basic, Thinking, Information and Personal Qualities.

## Out-of-class Assignments

Lab Write Ups, Case Study Scenarios, Recipe Modification Projects

## Demonstration of Critical Thinking

Student evaluation will be a combination of written work sheets and examination. Each student will complete a computer analysis of at least 5 recipes. A final project which includes analysis and revision of his/her one day diet to meet the Recommended Dietary Allowances is required of each student.

## **Required Writing, Problem Solving, Skills Demonstration**

Students will be assigned a variety of recipes to prepare, analyze and evaluate. Analysis will include nutritional, texture, color, flavor, and ease of preparation. (SCANS Interpersonal, Information and Basic Skills) The final report will include planning a meal and with a written evaluation and oral presentation to the class. (SCANS Interpersonal. Basic, Thinking, Information and Personal Qualities.

## **Eligible Disciplines**

Nutritional science/dietetics: Masters degree in nutrition, dietetics, or dietetics and food administration OR bachelors degree in any of the above AND masters degree in chemistry, public health, or family and consumer studies/home economics OR the equivalent. (Note: A bachelors degree in nutrition, dietetics, or dietetics and food administration, and certification as a registered dietician, is an alternative qualification for this discipline.) Masters degree required. Title 5, section 53410.1

## **Other Resources**

1. Current materials and current internet resources.