COURSE DESCRIPTION:
A comprehensive analysis of the principles of nutrition and their relationship to health. Essential nutrients and their functions and sources, digestion, metabolism and human nutritional needs during the life cycle. 3 units: 3 lecture hours.

COURSE OBJECTIVES:
1. Evaluate adequacy of the diet, using basic dietary guides.
2. Identify the roles, sources and quantity related health problems associated with each of the key nutrients.
3. Evaluate nutrition information.
4. Utilize sources of nutrition information available.
5. Plan sample diets to illustrate an understanding of basic nutritional needs.
6. Recognize the health hazards of over-consumption of certain nutrients.

STUDENT RESOURCES:
Instructional Manual: FN 50 – Fundamentals of Nutrition by Suzanne Denton

ASSIGNMENTS AND TESTS: POINTS
Dietary and Written Assignments 100
Exams (2 at 50 points) 100
Article Evaluation (4 at 25 points) 100
Final Exam 100
Attendance and Participation 100
Quizzes (possible) / Class Activities 50
Total: 500-550

POLICIES AND PROCEDURES:
1. NO make-up exams unless PRIOR arrangement with instructor.
2. Attendance and class participation will be noted. Quizzes and class activities may be unannounced. Unexcused absences and/or lack of preparation for the class will negatively affect grade, whereas, regular attendance, preparation and participation WILL positively affect final grade.
3. Scantron form #882 and #2 pencil required for all exams and final.
4. Assignments more than 2 weeks late may be refused, unless prior arrangement with instructor.