

**COURSE:** NUTRITION 301: Current Concepts in Nutrition

**CREDITS:** 3 Semester Credit Hours

**COURSE DESCRIPTION:** Explores the relationship of essential nutrients and dietary substances to health maintenance and disease prevention. Discusses factors that influence food choices. Analyzes dietary intake and eating habits. Emphasizes personal nutrition education and how to evaluate nutrition information found in media and consumer market place.

**RECOMMENDED TEXTBOOK:** Frances Sizer and Ellie Whitney. Nutrition - Concepts and Controversies (with Nutrition Connections CD-ROM, InfoTrac, and Dietary Guidelines for Americans 2005), 10th Edition. ISBN: 0495106178. Wadsworth, a Division of Thomson Learning.

**FORMAT:** 100 questions in multiple choice, true/false and matching formats. Each question is worth 1 point. A calculator is recommended.

**GRADING:** Students must receive a "C" (73-76) in order to receive credit for a course taken as a Challenge Exam.

<b>Topics for Study</b>	<b># of Questions</b>
Nutritional Needs and Evaluation of Food Intake	12
Digestion	1
Carbohydrates	7
Lipids	8
Protein	5
Vitamins	1
Minerals	11
Energy Balance / Weight Control	10
Nutrition and Exercise	7
Nutrition throughout the Growing Years	10
Nutrition throughout Adulthood	12
Food Safety and Food Technology	6