

SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY
SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

COURSE TITLE: HEALTH & NUTRITION
CODE NO.: HDG 117-3
PROGRAM: GENERAL ARTS & SCIENCE
4 SEMESTER: WINTER
DATE: JANUARY 19 91
AUTHOR: KATHY NIELSEN

New: Revised: X

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Date

Health & Nutrition
Course Name

HDG 117
Code No.

COURSE DESCRIPTION

This course involves the study of health and nutrition relating to the needs of our bodies. Food composition, selection, and preparation will be studied. This introductory course provides nutrition information which students can apply to their lives. It can also serve as a good foundation for further studies in nutrition and related fields.

PHILOSOPHY/GOALS

1. To help the student develop an understanding of the basic principles of normal nutrition.
2. To help the student develop an understanding of the relationship of good nutrition to good health.

COURSE OBJECTIVES

The student must:

1. Demonstrate an awareness and understanding of nutrition needs of the human body.
2. Demonstrate a knowledge of basic health in relationship to good nutrition.

METHODOLOGY

The student will gain the knowledge and understanding of Health and Nutrition through research presentations, projects, class participation, lectures, audiovisual presentations, and workshops.

TEXTS

Nutrition Almanac, John D. Kirschmann, Nutrition Search, inc.,
McGraw-Hill Book Company.

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EVALUATION

Class Participation	15%
Projects & Assignments	20%
Seminar Research & Presentations	20%
Mid-term Test	15%
Final	30%

SYLLABUS

A. Basic Nutrition: (5 weeks)

an introduction to nutrition and its relationship to good health

nutrients, calories, carbohydrates, fats, proteins, and their function in the life-cycle

the process of digestion, absorption, and metabolism

- vitamins, mineral elements, and body deficiencies
- food habits and Canadian nutrition

Assignments:

assigned readings from text and other sources

- research on assigned topics
- projects

Mid-term Test

B. Health and Nutrition: (5 weeks)

energy and the body

workshop - Nutritionist

- cultural and religious food habits and how they can affect preschool children

how people acquire food acceptance and food misinformation

nutrition challenges throughout life

food legislation, consumer education, budgeting, and the care of food

student research seminars

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Assignments:

- research projects
- research essays (topics to be approved by instructor)
- assigned readings
- community projects

NOTE: The instructor reserves the right to make changes in the course outline where necessary.

Final Exam

Evaluation:

Class participation	10
Projects and assignments	20
Seminar Research and presentations	20
Mid-term Test	15
Final	35

Grading:

A+	95 - 100
A	85 - 94
B	75 - 84
C	60 - 74
R	Repeat Course

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~Health & Nutrition

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SUGGESTED LIST OF HEALTH AND NUTRITION SEMINAR TOPICS

Diabetes

Life-styles and Nutrition

Anorexia/Bulimia

Vegetarianism

Asthma

Fast Foods

Cancer

Fad Diets

Nutrition and Pregnancy

Herbs

Alcoholism

Alzheimers

Childhood Diseases

Fitness

Drug Abuse

Allergies

Stress

Advertisement

Smoking

Cancer - breast/ovarian

- leukemia

- skin

Heart and Stroke

Anemia

Dental Health

Good Additives

Headaches

Blood Pressure (Hypertension)

Aids

^Mental Health

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