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| **SAULT COLLEGE OF APPLIED ARTS AND TECHNOLOGY**  **SAULT STE. MARIE, ONTARIO**    Sault College COURSE OUTLINE | | | | | |
| **COURSE TITLE:** | Nutrition II | | | | |
| **CODE NO. :** |  | | **SEMESTER:** | | Summer 2016 |
| **PROGRAM:** | Food Service Worker | | | | |
| **INTRUCTOR:** | Karly Meincke, Registered Dietitian | | | | |
| **DATE:** | Sept. 20, 2016 | **PREVIOUS OUTLINE DATED:** | | Sept. 20, 2016 | |
| **APPROVED:** |  | | |  | |
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| **TOTAL CREDITS:** | 2 CR. | | | | |
| **PREREQUISITE(S):** | CED1868 – Introduction to Nutrition | | | | |
| **HOURS/WEEK:** | 6 hours per week – 5 weeks | | | | |
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| *For additional information, please contact* | | | | | |
| *School of* | | | | | |
| *(705) 759-2554, Ext.* | | | | | |

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|  | **CONTACT INFO:** |
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|  | **Karly Meincke**  [Karly.Meincke@saultcollege.ca](mailto:Karly.Meincke@saultcollege.ca)  **Home: (705) 575-5343 Cell: (705) 987-2812** |
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| **I.** | **COURSE DESCRIPTION:**  This course focuses on the basic principles of diet therapy. Therapeutic diets are discussed as well as food modifications and commercial preparations. |

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| **II.** | **LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:** | |
|  | Upon successful completion of this course, the student will demonstrate the ability to: | |
|  | 1. | Understand and be able to apply knowledge to address the nutritional needs of older adults within the role of a Food Service Worker |
|  |  | Potential Elements of the Performance:   * Discuss the nutritional needs of persons in late adulthood. * Explore the emotional, social and physical factors that impact the nutritional status of older adults. * Explore problems affecting the ability to chew and swallow and the impact these have on nutrition. * Examine dietary interventions for maintaining optimum nutrition in older adults * Discuss the role of the Food Service Worker in supporting the nutritional requirements of older adults. |
|  | 2. | Understand and be able to apply knowledge to address the nutritional needs of persons living with specific disease conditions within the role of a Food Service Worker. |
|  |  | Potential Elements of the Performance:   * Explore specific disease that can impact nutritional needs. * Describe the dietary implications for persons living with specific diseases. * Discuss special diets:   + Sodium controlled   + Fat controlled   + Diabetes meal planning   + Fibre and residue restricted   + High fibre   + High calorie   + Calorie controlled   + High protein   + High iron   + Mechanical soft   + Clear liquid   + Full liquid * Apply knowledge of special diets to analyze dietary plans to determine if the plan is appropriate for the individual. |
|  | 3. | Compare and contrast allergy and intolerance. |
|  |  | Potential Elements of the Performance:   * Describe the term allergy * Describe the term intolerance * Discuss the impact of both in relation to meeting nutritional needs of persons. * Apply knowledge of allergy and intolerance to analyze dietary plans to determine if the plan is appropriate for the individual. |
|  | 4. | Understand the requirements for energy modifications to meet nutritional needs. |
|  |  | Potential Elements of the Performance:   * Examine the concept of energy requirements in relation to aging * Discuss the concept of energy requirements in relation to chronic disease. * Explore nutrition and dietary changes that can be made to address increased or decreased energy requirements. * Apply knowledge of energy to analyze dietary plans to determine if the plan is appropriate for the individual. |
|  | 5. | Understand the requirements for texture modification to meet nutritional needs. |
|  |  | Potential Elements of the Performance:   * Define dysphagia. * Explore the different types of dysphagia and the impact each can have on nutritional intake. * Examine solid textures. * Examine fluid textures. * State the benefits of texture modification for persons with dysphagia. * Review foods considered to be high risk for persons with dysphagia. * Explore methods for modifying the texture of solids and liquids. * List common texture modification agents, commercial and non-commercial. * Apply knowledge of texture modification to determine if the appropriate intervention is being used to meet an individual’s needs. |
|  | 6. | Explain methods other than oral feeding to acquire nourishment |
|  |  | Potential Elements of the Performance:   * Discuss the implications for initiating other methods of obtaining nourishment. * Define enteral and parenteral nutrition. * Discuss the Role of the Food Service Worker related these methods of nourishment. |
|  | 7. | Discuss the ethical and legal issues related to feeding, nutrition and hydration. |
|  |  | Potential Elements of the Performance   * Explore the factors that impact ethical and legal decision making – cultural, social, psychological and spiritual. * Discuss the ethical and legal support both for and against decisions to withhold or administer nutrition and hydration. * Explore the decision making process related to nutrition, feeding and hydration. |

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| **III.** | **TOPICS:**   |  |  | | --- | --- | | September 20 – Lecture 1 | Allergies & Intolerances | | September 22 – Lecture 2 | Heart Disease | | September 27 – Lecture 3 | Gastrointestinal Disorders | | September 29 – Lecture 4 | Diabetes Mellitus  **Assignment #1 Due** | | October 4 – Lecture 5 | Kidney Disease | | October 6 – Lecture 6 | Cancer | | October 11 – Lecture 7 | Geriatric Nutrition  **Assignment #2 Due** | | October 13 – Lecture 8 | HIV/AIDS | | October 18 – Lecture 9 | Enteral & Parenteral Nutrition  Long Term Care Standards | | October 20 – Lecture 10 | Ethical and Legal Issues  **Assignment #3 Due** | |

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| **IV.** | **RESOURCES/TEXTS/MATERIALS:  NOT REQUIRED TO PURCHASE**  *Discovering Nutrition Canadian Version with Canadian Physical Activity Guide, Second Edition (2006)* Paul Insel, Stanford University, R. Elaine Turner, Food Science and Human Nutrition Dept., University of Florida, Don Ross, California Institute of Human Nutrition  **ISBN 13:** 9780763744403 **ISBN 10:** 0763744409  Handouts as provided by teacher. |

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| **V.** | **EVALUATION PROCESS/GRADING SYSTEM:** | | | | | |
|  | Assignment #1 | Allergies & Intolerances | | Sept. 29 | 25% |
|  | Assignment #2 | Diabetes | | October 11 | 25% |
|  | Assignment #3 | Diet & Geriatric Nutrition | | October 20 | 25% |
|  | In-Class Assignments | The Role of Diet in Disease | | Weekly | 25% |
|  |  |  | | Total | **100%** |
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| **\*Late Assignments:** One mark will be taken off for each day assignment is late. | | | | | | |
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|  | The following semester grades will be assigned to students: | | | | | |

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|  | Grade | Definition | *Grade Point Equivalent* |
|  | A+ | 90 – 100% | 4.00 |
|  | A | 80 – 89% |
|  | B | 70 - 79% | 3.00 |
|  | C | 60 - 69% | 2.00 |
|  | D | 50 – 59% | 1.00 |
|  | F (Fail) | 49% and below | 0.00 |
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|  | CR (Credit) | Credit for diploma requirements has been awarded. |  |
|  | S | Satisfactory achievement in field /clinical placement or non-graded subject area. |  |
|  | U | Unsatisfactory achievement in field/clinical placement or non-graded subject area. |  |
|  | X | A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course. |  |
|  | NR | Grade not reported to Registrar's office. |  |
|  | W | Student has withdrawn from the course without academic penalty. |  |

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| **VI.** | **SPECIAL NOTES:** |
|  | Special Needs:  If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your professor and/or the Special Needs office. Visit Room E1101 or call Extension 703 so that support services can be arranged for you. |
|  | Retention of Course Outlines:  It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions. |
|  | Communication:  The College considers ***WebCT/LMS***as the primary channel of communication for each course.  Regularly checking this software platform is critical as it will keep you directly connected with faculty and current course information.  Success in this course may be directly related to your willingness to take advantage of the ***Learning Management System*** communication tool. |
|  | Plagiarism:  Students should refer to the definition of “academic dishonesty” in *Student Code of Conduct*. Students who engage in academic dishonesty will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material. |
|  | Course Outline Amendments:  The professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources. |
|  | Substitute course information is available in the Registrar's office. |

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| **VII.** | **PRIOR LEARNING ASSESSMENT:** |
|  | Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio. |
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| **VIII.** | **DIRECT CREDIT TRANSFERS:**  Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean’s secretary. Students will be required to provide a transcript and course outline related to the course in question. |