

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: HEALTH AND NUTRITION

Code No.: HDG \\1 4\$-

Program: GENERAL ARTS AND SCIENCE (G..A.,S.)

Semester: SECOND

Date: JANUARY, 1987

Author: KATHY NIELSEN

New: X Revision

APPROVED: N. Koch / y / ^ T ^ Chairperson Date

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.

COURSE 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:

Food Nutrition and The Young Child, Jeannette Brakhane Endres,  
Robert E. Rockwell

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

SYLLABUS:

A. 5 weeks Basic Nutrition

- 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. 5 weeks Health and Nutrition

Energy and the Body

Workshop - Milk Marketing Board Presentation

- 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

ASSIGNMENTS: Research projects  
Research essays  
Assigned readings  
Community projects

FINAL EXAM:

Evaluation:

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

GRADING:

A - 85%

B - 75 - 84%

C - 60 - 74%

R - Repeat Course