

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  
SEMESTER: WINTER  
DATE: JANUARY 19 9 2  
AUTHOR: KATHY NIELSEN

New: Revised: **X**

Approved:   
Dean

1991 /& it\*  
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%

Grading:

A+" 90 - 100
A 80 - 89
B 70 - 79
C 60 - 69
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SYLLABUS

A. 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
- food additives - positive and negative

Assignments:

- assigned readings from text and other sources
- research on assigned topics
- projects - student will work in groups independently as assigned

Mid-term Test

B. Health and Nutrition:

- energy and the body
- cultural and religious food habits
- 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
- herbs - health related concerns

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Assignments:

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

Final Exam

SPECIAL NOTES

Students with special needs (eg. physical limitations, visual impairments, hearing impairments, learning disabilities) are encouraged to discuss required accommodations confidentially with the instructor.

Your instructor reserves the right to modify the course as he/she deems necessary to meet the need of students.

Please note students arriving more than 10 minutes after class begins (without prior approval from instructor) will not be admitted to class.

The instructor reserves the right to add and delete course content giving adequate notice to student.