



Syllabus for Nutrition

Welcome to CE061 and CE062: Nutrition!

Please read the information in this syllabus before proceeding to the course materials.

Credits: 1.0

Prerequisite: None

Instructional Team

Teacher Contact Information

tutors@ashworthcollege.edu

Our Academic Advisors are also available to help you when you need it. They are trained to provide tutoring in all subjects or answer your questions about the course or program.

Phone: 1-800-224-7234

Hours: 8:30AM – 8:30PM EST Monday-Friday

Textbook

Discovering Nutrition. Insel, Turner.

Course Description

This course will introduce students to healthy eating and understanding what is in the food we eat. The topics covered include nutritional guidelines, vitamins and minerals, food safety, and eating for peak performance. Students will be assessed on each lesson with a multiple choice exam.

Course Learning Objectives

Upon completion of this course, you should be able to:

- Identify factors that affect food choices.
- List and describe the major classes and basic functions of nutrients and how too much or too little of any nutrient can affect a person's health.
- Identify reliable vs questionable nutritional information, outline ways to judge the accuracy of nutritional claims, and state the purpose of different dietary standards.
- Describe The Food Guide Pyramid and how you can use it to select a healthy diet.
- Describe the path of a meal as it travels through the digestive tract, and explain how different organs function in digestion, how the body uses blood to deliver absorbed nutrients to cells, and how digestion breaks carbohydrates into absorbable units to provide the body with energy.



- Outline recommendations for fat intake, identify the differences between saturated and unsaturated fats, and discuss how lipids are transported throughout the body and how excessive consumption can lead to various chronic diseases.
- Identify the major sources of plant and animal protein in the food supply, list the functions of proteins in the body, and discuss ways to choose a diet that meets recommendations for protein consumption.
- Explain how excess body mass can increase the risk of disease, list techniques for measuring body fat and body mass index, and describe how genes affect body size and composition.
- Outline the theories and methods of various weight loss methods and identify the various eating disorders.

Course Lessons

The following lessons are covered in CE061: Nutrition Part I:

Lesson	Read/Submit	Topics
Lesson 1	Read Chapter 1 and Lecture Notes and Supplemental Reading Assignment Exam 1	Food Choices: Nutrients and Nourishments
Lesson 2	Read Chapter 2 and Lecture Notes and Supplemental Reading Assignment Exam 2	Nutrition Guidelines: Tools for a Healthful Diet
Lesson 3	Read Chapter 4 and Lecture Notes and Supplemental Reading Assignment Exam 3	The Human Body: From Food to Fuel
Lesson 4	Read Chapter 5 and Lecture Notes and the Supplemental Reading Assignment Exam 4	Carbohydrates: Simple Sugars and Complex Chains



The following lessons are covered in CE062: Nutrition Part II:

Lesson	Read/Submit	Topics
Lesson 1	Read Chapter 6 and Lecture Notes and the Supplemental Reading Assignment Exam 1	Lipids: Not Just Fats
Lesson 2	Read Chapter 7 and Lecture Notes and the Supplemental Reading Assignment Exam 2	Proteins and Amino Acids: Function Follows Form
Lesson 3	Read Chapter 8 and Lecture Notes and the Supplemental Reading Assignment Exam 3	Energy Balance and Weight Management
Lesson 4	Read Chapter 9 and Lecture Notes and the Supplemental Reading Assignment Exam 4	Vitamins: Vital Keys to Health
Lesson 5	Read Chapter 10 and Lecture Notes and the Supplemental Reading Assignment Exam 5	Water and Minerals
Lesson 6	Read Chapter 3 and Lecture Notes and the Supplemental Reading Assignment Exam 6	Complementary Nutrition: Functional Foods and Dietary Supplements
Lesson 7	Read Chapter 11 and Lecture Notes and the Supplemental Reading Assignment Exam 7	Sports Nutrition: Eating for Peak Performance
Lesson 8	Read Chapter 12 and Lecture Notes and the Supplemental Reading Assignment Exam 8	Life Cycle: Maternal and Infant Nutrition



- Lesson 9 Read Chapter 13 and [Lecture Notes](#) and the [Supplemental Reading Assignment](#).
Exam 9 Life Cycle: From Childhood through Adulthood
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- Lesson 10 Read Chapter 14 and [Lecture Notes](#) and the [Supplemental Reading Assignment](#).
Exam 10 Food Safety and Technology: Microbial Threats and Genetic Engineering
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- Lesson 11 Read Chapter 15 and [Lecture Notes](#) and the [Supplemental Reading Assignment](#).
Exam 11 World View of Nutrition: The Causes of Global Malnutrition