



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

Insel, P., Ross, D., McMahon, K., & Bernstein, M. (2019). *Discovering Nutrition* (6th ed.). Burlington, MA: Jones & Bartlett Learning, LLC.

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 will be able to:

- Identify and describe the six major classes of nutrients and explain their importance to the healthy functioning of the human body.
- Outline nutritional requirements at all stages of life, from infancy through adulthood.
- Describe how to identify reliable nutritional information using different dietary standards, recommendations, and recognized industry tools.
- Outline the path taken by nutrients as they travel through the body and describe the role of the parts of the body in digestion, absorption, and the removal of waste products.
- Describe the benefits of regular physical exercise, including aerobic and anaerobic activities and how nutrition factors into exercise for athletes other highly active individuals.
- List and describe the causes of global problems with the food supply and explain ways these issues might be resolved.



Course Lessons

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

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

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

Lesson	Read/Submit	Topics
Lesson 1	Chapter 5	Lipids: Not Just Fats
Lesson 2	Chapter 6 / Exam	Proteins and Amino Acids: Function Follows Form
Lesson 3	Chapter 7	Vitamins: Vital Keys to Health
Lesson 4	Chapter 8 / Exam	Water and Minerals: The Ocean Within
Lesson 5	Spotlight on Metabolism and Energy Balance / Exam	Metabolism and Energy Balance
Lesson 6	Chapter 9	Nutrition for Physical Performance
Lesson 7	Chapter 10 / Exam	Diet and Health
Lesson 8	Chapter 11	Life Cycle: Maternal and Infant Nutrition
Lesson 9	Chapter 12 / Exam	Life Cycle: From Childhood through Adulthood
Lesson 10	Spotlight on World Nutrition: The Faces of Global Malnutrition	World Nutrition: The Faces of Global Malnutrition
Lesson 11	Chapter 13 / Exam	Food Safety and Technology: Microbial Threats and Genetic Engineering