

**NUTR110**  
**Introductory Nutrition**

**3 Credits**

Instructor: Tina Johnson

Phone: 780 871 5403

Original Developer: Lindsay Tumback

Current Developer: Tina Johnson

Reviewer: Mark Cryderman

Created: 07/12/2010

Revised: 01/08/2018

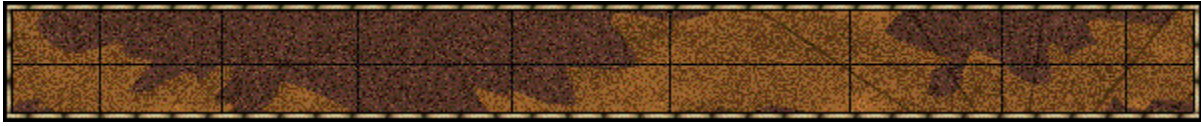
Approval: 13/09/2018

The Implementation Date for this Outline is 01/09/2018

Copyright©LAKELAND COLLEGE. Email: [admissions@lakelandcollege.ca](mailto:admissions@lakelandcollege.ca)  
2602 - 59 Avenue, Lloydminster, Alberta, Canada S9V 1Z3. Ph: 780 871 5700  
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400  
Toll-free in Canada: 1 800 661 6490



# NUTR110 Version: 3



## Introductory Nutrition

### Calendar Description

This course provides an introduction to human nutrition. The macronutrients and major micronutrients and their functions in the body are introduced. Recommended nutrient intakes and guidelines are described. Nutrition issues facing the general public throughout the lifecycle are discussed.

### Rationale

This course is designed to provide students with information about the science of nutrition and the relationship between foods consumed and human health.

### Prerequisites

English 30-1 or Equivalent

### Co-Requisites

None

### Course Learning Outcomes

Upon successful completion of this course, students will be able to

1. describe the nutrients in the human diet in regards to function, toxicity, deficiency and food sources.
2. describe and interpret Eating Well with Canada's Food Guide.
3. identify healthy eating patterns through a practical assignment.
4. define and explain the Dietary Reference Intakes.
5. describe energy balance and body composition.
6. list and describe weight management techniques.
7. interpret Canadian food labels through a practical assignment.
8. identify reliable sources of nutrition information versus "quackery".
9. discuss lifestyle nutrition issues and guidelines.
10. identify associations between dietary intake and chronic diseases.

## Resource Materials

Whitney E., & Rolfes, S. R. (2013). *Understanding nutrition* (2<sup>nd</sup> Canadian ed.). Nelson.

## Conduct of Course

This is a 3-credit course with 3 hours of lecture per week.

This course uses lectures, activities, assigned readings, discussions and two written assignments.

## Evaluation Procedures

|                 |            |
|-----------------|------------|
| Midterm Exam(s) | 40%        |
| Assignment(s)   | 30%        |
| Final Exam      | <u>30%</u> |
| Total           | 100%       |

**No supplemental assignments or examination re-writes are permitted in this course.**

## Grade Equivalents and Course Pass Requirements

*A minimum grade of D (50%) (1.00) is required to pass this course.*

| Letter        | F    | D     | D+    | C-    | C     | C+    | B-    | B     | B+    | A-    | A     | A+     |
|---------------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| Percent Range | 0-49 | 50-52 | 53-56 | 57-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | 85-89 | 90-94 | 95-100 |
| Points        | 0.00 | 1.00  | 1.30  | 1.70  | 2.00  | 2.30  | 2.70  | 3.00  | 3.30  | 3.70  | 4.00  | 4.00   |

**Students must maintain a cumulative grade of C (GPA - Grade Point Average of 2.00) in order to qualify to graduate.**

## Attendance

Regular attendance is essential for success in any course. Absence for any reason does not relieve a student of the responsibility of completing course work and assignments to the satisfaction of the instructor. Poor attendance may result in the termination of a student from a course(s).

If you do not meet the established attendance requirements, your instructor will recommend that the Registrar withdraw you from the course. A failing grade of RW (Required to Withdraw) will appear on your transcript.

In cases of repeated absences due to illness, the student may be requested to submit a medical certificate.

*Instructors have the authority to require attendance at classes.*

## **Course Units/Topics**

1. Nutrition Overview
2. Food Guides and Diet Planning
3. Dietary Reference Intakes (DRIs)
4. Digestion, Absorption, and Transport (DAT)
5. Carbohydrates
6. Lipids
7. Protein
8. Judging Nutrition Information
9. Nutrition Labeling
10. Energy Balance, Body Composition, and Weight Management
11. Eating Disorders
12. Vitamins – Water Soluble
13. Vitamins – Fat Soluble
14. Minerals
15. Life Cycle Nutrition
16. Nutrition and Chronic Disease



Copyright©LAKELAND COLLEGE.

2602 - 59 Avenue, Lloydminster, Alberta, Canada T9V 3N7. Ph: 780 871 5700  
5707 College Drive, Vermilion, Alberta, Canada T9X 1K5. Ph: 780 853 8400  
Toll-free in Canada: 1 800 661 6490 E-mail: : [admissions@lakelandcollege.ca](mailto:admissions@lakelandcollege.ca)