BIOL2202 - Principles of Nutrition

Credits:	3 (3/0/0)
Description:	Meets MnTC Goal Areas 2 and 3. This course is a study of the fundamental principles of nutrition. This course will cover food composition, diet planning, utilization of food nutrients in the body and the requirements for nutrients in infancy, childhood, teen years, athletes, adults and the elderly. Also included are discussions about current trends in nutrition, the relationship of diet and disease, and cultural differences in dietary practices. Using the basic principles of nutrition, students will have a lab-like experience tracking, measuring, calculating and analyzing their diet and presenting the results in a written analytical report.
Prerequisites:	• CHEM1100 OR • Instructor permission OR • CHEM1111 OR • BIOL1122 OR • BIOL2260
Corequisites:	
Pre/Corequisites*:	

Competencies:	1. Evaluate published nutrition information for validity. 2. Summarize how to apply diet-planning principles and food guides to create diets that support good health. 3. Summarize the process of digestion and absorption of dietary nutrients. 4. Assess the role and health effects of carbohydrates in the body. 5. Assess the role and health effects of lipids in the body. 6. Assess the role and health effects of proteins in the body. 7. Summarize how nutrients are metabolized in the body. 8. Evaluate the role of water-soluble vitamins in the body. 9. Evaluate the role of fat-soluble vitamins in the body. 10. Evaluate the role of minerals in the body. 11. Assess the role of water as a dietary nutrient in the body. 12. Collect dietary intake data. 13. Calculate individual energy requirements. 14. Assess individual dietary nutrient intakes. 15. Write an analytical report summarizing interpretation of results of a complete diet analysis. 16. Evaluate how nutrition and physical activity work together to support health. 17. Assess the effects of diet on health. 18. Evaluate methods of weight control that promote good health. 19. Evaluate nutrient needs of people through the normal life cycle. 20. Recommend methods to ensure food safety.
MnTC goal areas:	2. Critical Thinking 3. Natural Sciences

Can be taking as a Prerequisite or Corequisite.