COURSE TITLE                  Nutrition for Today  WEX-163
COURSE CREDIT/HOURS           3 lectures; 3 credits
PREREQUISITE                 None

COURSE DESCRIPTION:
Nutrition Today is an investigation of basic nutrition concepts. Current studies and findings are explored and evaluated. Information is used to formulate practices that maximize health benefits.

OUTCOMES STATEMENT
The students will demonstrate knowledge of nutrition and its relation to health and disease prevention.

STUDENT LEARNING OBJECTIVES
A. To analyze the latest nutritional information relative to its validity and practicality.
B. To describe the US Government’s “My Plate” and make healthy choices.
C. To state recommendations for vitamin, carbohydrates, protein and fat intakes.
D. To create a healthy diet for themselves.
E. To summarize articles particularly at reliable sites such as the site for The Center for Science in The Public Interest.

ASSESSMENT CRITERIA
A. Students will report, in writing, latest information found on selected sites.
B. Students will select, in writing, foods from the groups the “My Plate” website.
C. Students will describe, in writing vitamin, mineral, carbohydrate, protein and fat requirements.
D. Students will record food and drink intakes and answer questions pertaining to his/her diet.

COURSE CONTENT:
A. The Government’s Dietary guidelines
B. The media delivering nutrition news: Is it always valid?
C. US Government’s “My Plate”.
D. Phytochemicals
E. How nutrition effects:
   1. The Immune System
   2. The Digestive System
   3. The Excretory System
F. Fats, carbohydrates and protein
G. Cholesterol & Heart Disease
H. Vitamins: Fat soluble and water soluble
I. Vitamin supplements
J. Water
K. The major minerals
L. The trace minerals
M. Nutrition sensitive diseases:
   1. Heart disease and high blood pressure
   2. Cancer
   3. Diabetes
N. Overweight
O. Food safety
   1. The prevention of bacterial illnesses
   2. Pesticides and additives

PROCEDURES, TECHNIQUES, METHODS
   A. On line course designed with latest information, assignments, calendar, important sites, news and
      announcements, etc.
   C. 2. Sidney Silverman Library
      3. Periodicals: Nutrition Action Healthletter
      4. Websites such as American Heart Association and http://caloriecontrol.org/

SPECIAL FEATURES OF COURSE
This course will promote the learning of nutrition from the textbook as well as reliable periodicals and
websites. Students will be assigned well designed writing projects during the semester. The number of
assignments and their content will be exclusive of the writing required on examinations.

GRADING POLICY
A final grade for the course is based on the student’s performance on the required work for the course
(writing assignments, examinations, attendance, computer projects, etc.) and on his mastery of the
material covered in the course. A student’s participation may also be evaluated and used in the
determination of a final grade.

ATTENDANCE POLICY
Students are expected to attend log on regularly and complete all required work prior to the deadlines. in
which they are registered. Attendance and lateness policies and sanctions are to be determined by the
instructor for each section of the course. These will be established in writing on the individual course
outline. Attendance will be kept by the instructor for administrative and counseling purposes.

RULES AND REGULATIONS
At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student
Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures
essential to student life on campus. Every student is responsible for knowing the information included in the catalog
and academic calendar.

ACADEMIC AND STUDENT FACILITIES
Students are referred to the College Catalog which contains a complete listing of available facilities and services
including but not limited to: the Sidney Silverman Library, Office of Specialized Services, Bookstore, Graphics lab,
Tutoring Center, Athletic and Exercise facilities, etc.
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<thead>
<tr>
<th>Week</th>
<th>Readings</th>
<th>/Reading/Assignments</th>
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<tr>
<td>1</td>
<td>Chapter 1</td>
<td>Do self-check &amp; internet activity on Pg. 23.</td>
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<td>2</td>
<td>Chapter 2</td>
<td>Do the self-check on Pg. 57.</td>
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<td>3</td>
<td>Chapter 3</td>
<td>Assignment #1.</td>
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<td>4</td>
<td>Chapter 4</td>
<td>Take the Diabetes risk test. Which risk factors can you change?</td>
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<td>5</td>
<td>Chapter 5</td>
<td>Do the Internet activity on Pg. 171.</td>
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<td>6</td>
<td>Chapter 6</td>
<td>Assignment #2 Do the self-check on Pg. 204.</td>
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<td>7</td>
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<td><strong>Test #1</strong></td>
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<td>8</td>
<td>Chapter 7</td>
<td>Do the Self-check on Pg. 256.</td>
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<td>9</td>
<td>Chapter 8</td>
<td>Assignment #3 Do the Internet activity on Pg. 303.</td>
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<td>10</td>
<td>Chapter 9 &amp; 10</td>
<td>Do the Internet activity on Pg. 350 and 385. self-checks</td>
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<td>11</td>
<td>Chapter 11</td>
<td>Assignment #4 Do self-check on Pg. 428.</td>
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<td>12</td>
<td>Chapter 13 &amp; 14</td>
<td>Do Self-check on Pg. 547.</td>
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<td>13</td>
<td>Chapter 15</td>
<td>Do the self check and Internet activity on Pg. 572.</td>
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<td><strong>Test #2</strong> and Assignment #5.</td>
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Course sequence and content are subject to change without notice as emphasis on course content may vary.