

## OHL016 – BASIC NUTRITION

<b>Credit Hours:</b> 2 Semester Hours
<b>Pre-Requisite:</b> None
<b>Related TAG:</b> Dietetics
<b>General Course Description:</b> Basic concepts and principles in the science of human nutrition, macro- and micronutrients, essentials of an adequate diet across the lifespan, nutrition related metabolism and physiological functions, and relationship of food and the environment to physical well-being.
<b>Content Areas</b> Fundamentals of nutrition & metabolism Assessment of nutritional health risks Influence of socioeconomic, cultural & psychological factors on food & nutritional behavior Health promotions & disease prevention theories Complimentary, alternative nutrition & herbal therapies Dietary supplements Influence of age/growth/normal development on nutrition requirements
<b>Student Learning Outcomes marked with an asterisk (*) are considered essential and must be covered:</b>
1. Identify basic physiology, dietary requirements and major food sources of carbohydrates, proteins, fats, vitamins and minerals.*
2. Evaluate diet patterns and health risks associated with inadequate/excessive nutrient intake.*
3. Discuss the influence of socioeconomic, cultural, psychological, and environmental (i.e. sustainable agriculture, organic farming, and locally produced foods) factors on food intake and eating behavior.*
4. Explain how food intake has a significant relationship to health and the role of diet in health promotion and prevention of chronic diseases.*
5. Describe current complimentary, alternative nutrition and herbal therapies and current scientific knowledge as to their efficacy.
6. Identify the role of dietary supplements in a balanced diet.
7. Develop an awareness of the nutrient needs for various stages of the life cycle.*
Note: If only the required objectives are met, the course meets 71% of the learning outcomes.

**DIETETICS TAG: BASIC NUTRITION TAG COURSE  
FACULTY PARTICIPANTS  
July-September 2017**

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