

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY  
DIT 122 – NUTRITION II (3 CR.)**

**Course Description**

Applies the principles from DIT 121 to the life cycle. Includes current topics such as fad diets, preventive nutrition, weight control, and exercise. Lecture 3 hours per week.

**General Course Purpose**

The major goal is to apply the principles of nutrition to individual and group feeding through:

- Understanding and appreciating the role of nutrition during various stages of the human life cycle
- Knowledge of the nutritional requirement of different age and health groups
- Development of skill in planning menus for optimum nutrition of various age groups and stages of the human life cycle
- Increased understanding of the emotional value of food
- Increased understanding of the factors influencing food habits and attitudes
- Knowledge of some of the specific nutrition problems of our times

**Course Prerequisites/Co-requisites**

No prerequisite courses required. Basic nutrition course is recommended.

**Course Objective**

Upon completion of this course, the student will be able to:

- Review food groups and know their contribution to the diet
- know what constitutes an adequate diet for normal adults
- Apply the principles of good menu planning to family nutritional and emotional needs
- Demonstrate ability to plan and evaluate menus for nutritional adequacy and acceptability factors for different age groups
- Using Reference Daily Intakes and RDA recommendations as a standard, adjust a given menu to meet the needs of any individual
- Develop an awareness of the nutritional trends and problems of our times
- Search for solutions to a problem in applied nutrition through individual research

**Major Topics to be Included**

- Food habits
- Nutrients
- Labeling
- Diets of healthy people
- Nutrition through pregnancy and lactation
- Nutrition in infancy and childhood
- Nutrition and the adolescent
- Weight control, exercise and physical fitness
- Eating disorders: anorexia and bulimia
- Nutrition for older adults
- The diet - health connection
- Current nutrition trends and issues