

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
DIT - 125 CURRENT CONCEPTS IN DIET & NUTRITION (3 CR.)**

Course Description

Studies the importance of diet to health and well-being in daily life. Addresses current controversies over food practices and information, food facts and fiction, fad diets, vegetarianism, diet and heart disease, and sound guidelines for maintaining good health with wise food choices. Applies computer technology for nutritional analysis. Intended especially for the non-dietetic major. Lecture 3 hours per week.

General Course Purpose

The purpose of this course is to provide the student with relevant current nutrition information in areas of general public interest.

Course Prerequisites/Co-requisites

No pre-requisite courses required.

Course Objective

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

- Plan a personal dietary lifestyle that will support optimal health
- Identify qualified professional sources of nutrition information
- Interpret nutrition information on a food label
- Describe the process of digestion and metabolism of food
- List food sources of the vitamins and minerals, and their function
- Describe the major energy nutrient functions and sources, as well as their role as part of a healthy diet
- Describe specific nutrient needs of pregnant women, athletes, vegetarians, children, and the elderly
- Modify recipes on a menu for fat, cholesterol, sodium, fiber, and K calorie content
- List key elements of a sound weight control program
- Describe how cooking methods rate nutritionally
- Describe the impact of nutrition trends on the food service/hospitality industry

Major Topics to be Included

- Nutrition information and misinformation
- Digestion and metabolism of nutrients
- Carbohydrates - simple sugars, complex starch
- Lipids - role in heart disease
- Protein - plant and vegetable sources, vegetarianism
- Energy needs and metabolism
- Sound weight modification versus fad dieting
- Vitamins and minerals - their functions and food sources
- Labeling information
- Nutrition during pregnancy, adolescence and adulthood
- Nutritional concerns: aspartame, alcohol, eating disorders, functional foods
- Food trends in the food service/hospitality industry
- Marketing nutrition in the food service industry
- Healthy cooking methods
- Modifying recipes for health
- Nutrition through the lifecycle, especially the elderly
- Food selections when eating out, fast foods
- The relationship between nutrition and disease