I. Course Description
This course investigates the science of food relative to human performance, nutrition, and health education. Areas of emphasis include nutrient chemistry, function, and interactions; energy consumption and metabolism; and resources for nutrition education.

II. Required Textbook/Materials

III. Course Objectives/Outcomes-Standard-Assessment
Upon completion of this course, you will be able to:

a. List the six nutrients contained in food, explain their major functions and identify good food sources of each nutrient.

b. Identify and interpret information contained on the Nutrition Facts Panel.

c. Conduct a dietary self-assessment, including recording a 3-day diet record and analysis of nutrients using dietary analysis software.

d. Explain digestion, absorption and transport, including identification of major components of the digestive tract and secretions and hormones involved.

e. Describe how carbohydrates, proteins, fats and alcohol are used in the body.

f. Evaluate fad diets and/or dietary supplements for effectiveness, safety, and efficacy.

g. Discuss the impact of nutrition in the prevention and treatment of chronic diseases.

IV. Methods of Assessment
- Discussion boards/assignments
- Diet analysis project
- 5 Exams