

# **COURSE OUTLINE**

## **HEED-104**

### **Personalized Nutrition Assessment**

1 Semester Hour

## **HOWARD COMMUNITY COLLEGE**

### **Description**

Students are introduced to a computerized nutritional assessment program. Students evaluate current nutritional status and develop strategies to improve weak areas. Various group discussions, lectures, and labs provide the students with the means to critically evaluate his/her dietary practices.

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

### **Overall Course Objectives**

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

1. Analyze dietary intake using the DINE system.
2. Describe strategies for improving diet.
3. Describe the role nutrition plays in health/wellness.
4. Identify the components of diet and the roles these components play.
5. Identify fads and fallacies of nutrition.
6. Identify various food preparation methods, including advantages and disadvantages.

### **Major Topics**

1. The DINE system
2. Nutritional components of diet
3. Nutritional truths and fallacies
4. Strategies for better eating.

## **Course Requirements**

### **Grading/exams:**

Grading procedures will be determined by the individual faculty member but include the following:

- ◆ Attendance
- ◆ Completion of computerized dietary analysis
- ◆ Written tests
- ◆ Class project

### **Writing:**

A written paper is included in the class project.

## **Other Course Information**

This course is an Interdisciplinary and Emerging Issues core course.