

College of Micronesia-FSM

Course Outline Cover Page

Introduction to Human Nutrition
Course Title

SC 112
Department & Number

Course Description:

An introductory course on human nutrition providing basic information on the nutrients, on the components of a proper diet with an emphasis on Pacific Island foods, and on diet-related diseases common in Micronesia.

Course Prepared by: Harvey Segal

State: COM-FSM National Campus

	Hrs. per week		No. of Weeks		Total Hours	Semester Credits
Lecture	<u>3</u>	x	<u>16</u>	x	<u>48/16</u>	= <u>3</u>
Laboratory	<u> </u>	x	<u> </u>	x	<u> </u>	= <u> </u>
Workshop	<u> </u>	x	<u> </u>	x	<u> </u>	= <u> </u>
Total Semester Credits						<u>3</u>

Purpose of the Course: Degree Requirement
Degree Elective
Certificate
Remedial
Other

Prerequisite Courses: To be used in preservice or in service AS degree programs or as advices by college staff

6/27/95

Chairperson Curriculum Committee
6/29/95

Date Approved by Committee

Date Approved by President

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I GENERAL OBJECTIVES

1 . Students will demonstrate basic knowledge of nutrients, the food components of a proper diet, emphasizing Pacific Island foods, and the diet-related diseases common to Micronesia. .

- Students will learn the importance of proper food choice to good health.
- Students will understand the connection between food and illness.
- Students will learn to make proper food choices to prevent diet-related diseases and illnesses.

II. SPECIFIC OBJECTIVES

1. Students will be able to understand foods as nutrients:

- Explain the two phases of metabolism in basic biology ..
- Identify the nutrients-proteins, carbohydrates, fats and oils, minerals, vitamins
- Identify foods by their nutrients
- Describe, monitor and evaluate your own diet. .

2. Meeting dietary needs:

- Identify food components of a proper diet ~
- Differentiate the food needs of different populations- infants, children and c youth pregnant women, lactating mothers, the aged.
- Design your own proper diet ,

3. Relating food choices to disease prevention.

- Define the two types of malnutrition
- List the signs of malnutrition-caused common diseases of Micronesia-vitamin A Deficiency, Iron Deficiency Anemia, protein Energy malnutrition, Obesity, Diabetes, mellitus, Hypertension and other Cardiovascular Disorders
- Identify foods of the Three Food Groups
- Identify Pacific Island protective foods
- Explain the importance of water and fiber in diet

III. COURSE CONTENT

1. Nutrients and the needs of the body
2. Food sources of different nutrients
3. Food components of a good Pacific Island diet
4. special food needs of different populations
5. Diet-related disease and illness
6. The importance of good food choices for health

IV. METHODS OF INSTRUCTION

- Lectures - both instructor and guests
- Reading assignments

Project assignments

Visual aids

Library research

V. TEXTS AND RESOURCE MATERIALS

The New Handbook of South Pacific Nutrition, _____ Susan Parkinson and Julian Lambert.

New Pacific Nutrition Nancy Rody

Food, Drinks and Non-Communicable Diseases. South Pacific Commission South Pacific

Foods Leaflets #1-18, South Pacific Commission Nutrition Communications in Vitamin A

Programs, IVACG, USAID Lecture notes

Guest lectures

VI. CREDIT BY EXAMINATION

Possible if an exam is prepared and approved by the College chairperson

VII. ATTENDANCE POLICY

Established COM-FSM Attendance Policy will be adhered to; instructor to advise students of thⁱs policy or. the first day of class.

VIII. GRADING POLICY

A, B, C, D, F and withdrawal grades to be used, based on class participation, project completion, test and exams.