



ILLINOIS VALLEY COMMUNITY COLLEGE

COURSE OUTLINE

DIVISION: Health Professions (HP)

COURSE: ALH 1000: Introduction to Nutrition

Effective Date: Summer 2025

Submitted Date: Feb-25

Credit Hours: 3

IAI Number (if applicable): N/A

Complete all that apply or mark "None" where appropriate:

Prerequisite(s): None.

Enrollment by assessment or other measure? ☐ Yes ☒ No

If yes, please describe:

Corequisite(s): None.

Pre- or Corequisite(s): None.

Consent of Instructor: ☐ Yes ☒ No

Delivery Method: <input checked="" type="checkbox"/> Lecture	3 Contact Hours (1 contact = 1 credit hour)
<input type="checkbox"/> Seminar	0 Contact Hours (1 contact = 1 credit hour)
<input type="checkbox"/> Lab	0 Contact Hours (2-3 contact = 1 credit hour)
<input type="checkbox"/> Clinical	0 Contact Hours (3 contact = 1 credit hour)
<input type="checkbox"/> Practicum	0 Contact Hours (5 contact = 1 credit hour)
<input type="checkbox"/> Internship	0 Contact Hours (5 contact = 1 credit hour)

Offered: ☒ **Fall** ☒ **Spring** ☒ **Summer**

CATALOG DESCRIPTION:

The objective of this course is to provide the student with the scientific principles of nutrition across the lifespan and to acquaint him/her with the recent scientific findings in the nutrition field. With the knowledge acquired, the student should be able to evaluate her/his daily lifestyle thereby enabling her/him to reach and maintain optimum health, nutrition, and fitness. The nutrition student should be able to evaluate her/his personal food choices as well as to evaluate nutritional information found in popular books and magazines and scientific nutritional journals. The student will examine the basic concepts of nutrition as they apply to various stages of the life cycle and to common disease processes.

IAI Number (if applicable): N/A

ACCREDITATION STATEMENTS AND COURSE NOTES:

None.

COURSE TOPICS AND CONTENT REQUIREMENTS:

- I. Food Choices and Human Health
- II. Nutrition Tools- Standards and Guidelines
- III. Remarkable Body
- IV. Carbohydrates
 - a. Sugar
 - b. Starch
 - c. Glycogen
 - d. Fibers
- V. Lipids
 - a. Fats
 - b. Oils
 - c. Phospholipids
 - d. Sterols
- VI. Proteins and Amino Acids
- VII. Vitamins
- VIII. Water and Minerals
- IX. Energy Balance and Healthy Body Weight
- X. Performance Nutrition
- XI. Nutrition and Chronic Diseases
- XII. Food and Water Safety
 - a. Food Technology
- XIII. Life Cycle Nutrition
 - a. Mother/Infant
- XIV. Child, Teen, Older Adult
- XV. Hunger and Future of Foods

INSTRUCTIONAL METHODS:

- Quizzes
- Exams
- Case Studies
- Article Evaluation
- Diet Skill Building Activities
- Projects

EVALUATION OF STUDENT ACHIEVEMENT:

Your final course grade will be determined by calculating the percentage of total points earned on all assigned work including quizzes, exams and assignments. The following grading scale will be used.

A= 90-100

B= 80-89

C= 70-79

D= 60-69

F= 0-59

INSTRUCTIONAL MATERIALS:

Textbooks

Nutrition: Concepts & Controversies, 9780357727614, by FrancesSizer, Ellie Whitney | 16th Edition | Copyright 2023

Resources

MindTap

LEARNING OUTCOMES AND GOALS:

Institutional Learning Outcomes

- ☐1) Communication – to communicate effectively.
- ☐2) Inquiry – to apply critical, logical, creative, aesthetic, or quantitative analytical reasoning to formulate a judgement or conclusion.
- ☐3) Social Consciousness – to understand what it means to be a socially conscious person, locally and globally.
- ☒4) Responsibility – to recognize how personal choices affect self and society.

Course Outcomes and Competencies

1. Identify the basic principles of nutrition.
 - 1.1 Identify six (6) classes of nutrients and their primary function
 - 1.2 Define at least five (5) characteristics of a nutritious diet.
 - 1.3 Describe the mechanical and chemical digestive process.
 - 1.4 Identify factors that can affect food safety.
 - 1.5 Discuss the use and regulation of additives in our food supply.
- 2 Evaluate scientific research studies and nutritional information found in scientific journals, popular magazines, books, and on the internet.
 - 2.1 List and describe sources of nutritional information (scientific and nonscientific).
 - 2.2 Evaluate various nutritional information sources for accuracy, reliability and timeliness.

- 2.3 Discuss qualification of individuals and organizations dispersing nutritional information.
- 2.4 Discuss the scientific process and the terms used in research design.
- 3 Apply the concepts diet planning skills in developing a nutritious diet using nutritionally dense food.
 - 3.1 Identify various food groups, serving sizes and recommended servings suggested for use by the USDA MyPlate.
 - 3.2 Compare the USDA MyPlate with other food guidance systems (Asian, Mediterranean, older adult, child and vegetarian).
 - 3.3 Discuss the relationship of the five characteristics of a nutritious diet to the MyPlate and other food guidance systems.
- 4 Identify the Dietary guidelines and Daily Values developed by the USDA, WHO, American Heart Association, American Cancer Society, and Health People 2020.
 - 4.1 Describe the role of various agencies in setting nutrition standards and guidelines.
 - 4.2 Identify the Dietary Guidelines for Americans developed by the Academy of Nutrition and Dietetics.
 - 4.3 Use the Ingredient List and Nutrition Facts panel on food labels to make healthy food choices.
 - 4.4 Identify various health claim messages allowed on food labels.
 - 4.5 Discuss the role of Daily Values and Dietary Reference Intakes in relationship to information of food labels.
- 5 Evaluate his/her diet and fitness level by using recent findings on weight control and physical fitness.
 - 5.1 Discuss physical, emotional and psychological effects of alternations in body size and appearance.
 - 5.2 Discuss various procedures used to determine body fat.
 - 5.3 Discuss theories of obesity.
 - 5.4 Compare and contrast various diets and weight loss methods.
 - 5.5 Discuss the relationship of diet, exercise and behaviors modification in contributing to a sound weight control program.

- 6 Discuss basic concepts of nutrition as they apply to various stages of the life cycle and common disease processes.
 - 6.1 Discuss the impact of prenatal nutrition and lifestyle on the developing fetus.
 - 6.2 Compare and contrast the benefits/risks of breast feeding and formula feeding.
 - 6.3 Discuss the nutrient needs of the infant, preschool and school age child.
 - 6.4 Discuss the nutrient needs and eating patterns of the adolescent.
 - 6.5 Describe the special nutritional needs of the older adult.
 - 6.6 Discuss the eating and lifestyle habits that promote health and wellness in the older adult.
 - 6.7 Discuss the need and scientific principles involved in alternative feeding methods.
 - 6.8 Describe the relationship between various disease states (including cardiovascular disease, diabetes, cancer and HIV) and nutrition.
 - 6.9 Discuss the role of nutritional assessment in medical nutritional therapy.
 - 6.10 Discuss the implications of food-drug interactions.