COURSE OUTLINE

Department: Langara School of Management
Course Number: NUTR 2212  Section: WB1
Course Title: Nutrition 2
Credits: 3
Semester Year: 2011 - 3
Days/Hours/Classroom: WWW
Prerequisites: none

INSTRUCTOR CONTACT

Name: Monica Molag, RD
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Phone: 604.323.5474
E-Mail: mmolag@langara.bc.ca
Office Hours: Mondays 10-11 am and Thursdays 8-9 am

COURSE DESCRIPTION

This course is designed to study the principles of normal nutrition and the role of adequate nutrition in maintaining good health. Vitamins, minerals, fluids, nutritional assessment, food and drug interactions and specific nutrition concerns during the different life cycle stages will be studied. Completion of Normal Nutrition I and 2 will enable students to relate nutritional needs to meal planning for optimal health.

At the end of this course, students will have an understanding of food safety and technology issues in Canada, how the body maintains fluid balance and the role of water, vitamins and minerals in maintaining health. Additionally, students will comprehend different methods of nutrition assessment, the differences in nutritional needs at various stages of the lifecycle and interactions between some foods and drugs.

Prerequisite: None. However students in the Nutrition Management program must have achieved a C- in FSRV 2112 and must achieve a C- in this course to advance to the second year of the program

LEARNING OBJECTIVES AND OUTCOME
**General Learning Outcome**

1.0 Comprehends food safety and technology issues in Canada

**Demonstration of Learning Outcome**

1.1 Identifies why food safety is an important concern
1.2 Identifies the main microorganism involved in food-born illness
1.3 Describes the strategies to prevent food-borne illness
1.4 Outlines the advantages and disadvantages of food processing techniques

**General Learning Outcome**

2.0 Comprehends the role of vitamins in maintaining health

**Demonstration of Learning Outcome**

2.1 Describes the differences between water-soluble and fat soluble vitamins.
2.2 Identifies the common and chemical names for vitamins
2.3 Lists the functions of the vitamins in the body.
2.4 Describes the absorption and utilization of the vitamins.
2.5 Identifies deficiency symptoms resulting from inadequate intake of vitamins.
2.6 Identifies any toxicity symptoms resulting from excessive intake of vitamins.
2.7 Demonstrates the ability to use the Dietary Reference Intakes for vitamins at various stages in the life cycle.
2.8 Lists important food sources of the vitamins

**General Learning Outcome**

3.0 Comprehends the role of selected minerals in maintaining health

**Demonstration of Learning Outcome**

3.1 Describes them differences between micro-minerals and macro-minerals.
3.2 Identifies the common and chemical names of selected minerals.
3.3 Lists the functions of selected minerals.
3.4 Describes the absorption and utilization of selected minerals.
3.5 Identifies deficiency symptoms resulting from inadequate intake of selected minerals.
3.6 Identifies any toxicity symptoms resulting from excessive intake of selected minerals.
3.7 Demonstrates the ability to use the Dietary Reference Intakes for minerals at various stages in the life cycle.
3.8 Lists important food sources of selected minerals

**General Learning Outcome**

4.0 Comprehends the role of fluids in the body

**Demonstration of Learning Outcome**

4.1 Discusses the function of water in the body.
4.2 Describes how water balance in maintained in the body.

**General Learning Outcome**
5.0 Understands how fluid balance in the body is maintained

**Demonstration of Learning Outcome**

5.1 Describes the way in which fluid and electrolyte balance is maintained in the body.  
5.2 Describes how acid-base balance is maintained in the body

**General Learning Outcome**

6.0 Knows methods for nutritional assessment

**Demonstration of Learning Outcome**

6.1 Identifies and describes the elements of nutritional assessment - anthropometric; biochemical; physical; historical; socio-economic; and drug, diet and health histories.  
6.2 Uses techniques for obtaining a diet history.  
6.3 Identifies factors that may put an individual at nutritional risk.  
6.4 Calculates energy and nutrient content of a personal two-day intake record using a computer program for nutritional analysis.  
6.5 Analyses data obtained from computer analysis and evaluates it against the appropriate Dietary Reference Intake standards.
6.6 Calculates selected energy and nutrient contents of intake manually using food composition tables.

**General Learning Outcome**

7.0 Comprehends the interaction between some foods and drugs

**Demonstration of Learning Outcome**

7.1 Identifies the effect of some drugs on the absorption and/or utilization of nutrients.
7.2 Identifies the effect of foods on the absorption and/or utilization of some drugs.

**General Learning Outcome**

8.0 Knows the differences in nutritional needs at various stages of the life cycle

**Demonstration of Learning Outcome**

8.1 Discusses the special needs of people at various stages in the life cycle.
8.2 Identifies differences in nutritional needs based upon gender.
8.3 Discusses factors influencing eating behaviour at various stages in the life cycle.
8.4 Identifies specific effects of malnutrition at various stages of the life cycle.

**General Learning Outcome**

9.0 Knows issues related to food safety and technology

**Demonstration of Learning Outcome**

9.1 Identifies food safety issues in Canada and basic systems available that help to address these issues.
9.2 Identifies food technology issues in Canada as it relates to nutrition.
EVALUATION AND GRADING

Grade Allocation

Marks will be granted on the following basis:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review Quizzes (6)</td>
<td>15%</td>
</tr>
<tr>
<td>Term Assignments</td>
<td>30%</td>
</tr>
<tr>
<td>Assignment 1</td>
<td>15%</td>
</tr>
<tr>
<td>Assignment 2</td>
<td>15%</td>
</tr>
<tr>
<td>Midterm</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>25%</td>
</tr>
<tr>
<td>Participation</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
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</table>

Final percentage grades will be converted to letter grades using the grading scale below:

<table>
<thead>
<tr>
<th>Mark</th>
<th>Grade</th>
<th>G.P.A.</th>
<th>Mark</th>
<th>Grade</th>
<th>G.P.A.</th>
</tr>
</thead>
<tbody>
<tr>
<td>95-100%</td>
<td>A+</td>
<td>4.33</td>
<td>65-69%</td>
<td>C+</td>
<td>2.33</td>
</tr>
<tr>
<td>90-94%</td>
<td>A</td>
<td>4.00</td>
<td>60-64%</td>
<td>C</td>
<td>2.00</td>
</tr>
<tr>
<td>85-89%</td>
<td>A-</td>
<td>3.67</td>
<td>55-59%</td>
<td>C-</td>
<td>1.67</td>
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<tr>
<td>80-84%</td>
<td>B+</td>
<td>3.33</td>
<td>50-54%</td>
<td>D</td>
<td>1.00</td>
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<tr>
<td>75-79%</td>
<td>B</td>
<td>3.00</td>
<td>Below 50%</td>
<td>F</td>
<td>Nil</td>
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<tr>
<td>70-74%</td>
<td>B-</td>
<td>2.67</td>
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TEXTBOOKS

Recommended


UNIVERSITY TRANSFERABILITY

Refer to www.bccat.bc.ca for transferability and whether credits are assigned or unassigned.
EXPECTATIONS

Students must receive a cumulative weighted average grade of at least 50% on the individual grade components and pass at least one of the exams (i.e. quizzes, midterms and final exam) in order to pass the course.

All assignments are to be the students own work. Any suspicions of plagiarism or cheating will be investigated and dealt with according to Langara Policy F1004 - Academic Conduct.

Late assignments will have a 10% deduction per school day late, until 5 days have passed, and then the assignment will be given a mark of zero. If an emergency, or extenuating circumstances exist, the student must let the instructor know BEFORE the due date of the assignment.

Exam dates are set and in the schedule. The student is required to ensure that he/she is available to write at the times given.