South Central College  
DA 1827  Dental Nutrition  
Course Outcome Summary  

Course Information  

Description  
This course is designed to provide basic background knowledge in nutrition as it pertains to dental health and preventative dental philosophies. Emphasis will be placed on preventative dentistry and nutrition benefits of dental health. The focus of this course is to provide the student with the knowledge to define nutrition, describe key nutrients, use dietary guidelines, food labeling, food pyramids, define dietary diets. Emphasis will be placed on dental health and nutritional guidelines. Pre-requisites: Admitted to Dental Assisting program.

Total Credits  1  
Total Hours  16

Types of Instruction  

Instruction Type  Credits/Hours  
Online  1

Pre/Corequisites  
Admission to the Dental Assisting Program

Institutional Core Competencies  
Communication - Students will be able to demonstrate appropriate and effective interactions with others to achieve their personal, academic, and professional objectives.

Critical and Creative Thinking - Students will be able to demonstrate purposeful thinking with the goal of using a creative process for developing and building upon ideas and/or the goal of using a critical process for the analyzing and evaluating of ideas.

Course Competencies  

1. Describe key nutrients  
Learning Objectives  
- Explain digestion/absorption/metabolism  
- Define nutrition

2. Define dietary guidelines/food groups  
Learning Objectives
3. **Define dental nutritional needs**

   Learning Objectives
   Define Dental diet types
   Understand cariogenic foods
   Describe special nutritional needs/diets

**SCC Accessibility Statement**

South Central College strives to make all learning experiences as accessible as possible. If you have a disability and need accommodations for access to this class, contact the Academic Support Center to request and discuss accommodations. North Mankato: Room B-132, (507) 389-7222; Faribault: Room A-116, (507) 332-7222.

Additional information and forms can be found at: [www.southcentral.edu/disability](http://www.southcentral.edu/disability)

This material can be made available in alternative formats by contacting the Academic Support Center at 507-389-7222.