



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 dental 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

Explain carbohydrates and protein functions
Define minerals and vitamin functions
Describe dietary food pyramid

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

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