



South Central College

FCS 105 Nutrition and Healthy Living

Common Course Outline

Course Information

Description	This course provides an overview of basic principles of nutrition. Topics include contemporary issues such as food labeling, dieting practices, eating disorders, fitness, malnutrition, and nutrition throughout the life cycle. This course also focuses on the knowledge and skills necessary for the development and enhancement of a healthy lifestyle throughout the life span.
--------------------	---

Total Credits	3
----------------------	---

Total Hours	48
--------------------	----

Types of Instruction

Instruction Type

Credits/Hours

Classroom Presentation	
------------------------	--

Pre/Corequisites

READ 0080, 0090; or a score of 63 or higher on the Reading Comprehension portion of the Accuplacer test.

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 Outcomes

1. Describe the relationship between food choices and health.

Learning Objectives

Define nutrition and health.

Discuss scientific theories about how food choices affect health.

Describe how health is affected by food choices.

Identify lifestyle related diseases affected by food choices.

List risk factors for lifestyle related diseases.

Suggest diet modifications to reduce risk of lifestyle related diseases.

2. Analyze factors that influence an individual's nutritional behaviors and choices.

Learning Objectives

Differentiate between eating to satisfy appetite or hunger.

Identify factors that influence what and how we eat (culture, lifestyle, family, peers, work, health, taste, time, location, etc.)

Recognize factors that influence personal habits, attitudes, and food choices.

3. Apply accepted nutrition standards and guidelines to personal food choices.

Learning Objectives

Recognize the science behind the recommendations of the Dietary Guidelines for Americans, My Pyramid and the DRI's

Explain the principles of balance, variety, moderation and adequacy.

Categorize foods into the correct Food Pyramid groups.

Use resources to determine personal food group needs.

Compare and contrast nutrient intake to accepted standards and guidelines.

Suggest modifications to diet that would improve nutrient intake, based on findings from diet analyses.

4. Interpret the information presented on a U.S. food label.

Learning Objectives

Describe the components and format of the food label.

Utilize food labels to identify nutrients in the food product.

Identify sugar, fat, fiber, sodium content of the food product based on the label information.

Identify claims allowed on food labels.

5. Evaluate nutrition claims for credibility.

Learning Objectives

List the reasons why people fall victim to nutrition quackery.

Describe how scientists use Scientific Method to study nutrition and health

Differentiate between scientifically valid nutrition information and nutrition quackery.

Research current claims about nutrition information, products and services (e.g., vegetarianism, supplements, fasting, diet programs, organic foods, biotechnology, etc.).

Evaluate current nutrition issues from a scientific perspective.

Ask questions to determine credibility of nutrition information, products and services.

Make informed judgements about nutrition information, products and services.

6. Explain how scientists believe the body gets nutrients from food.

Learning Objectives

Describe the functions of the major organs of the digestive system.

Differentiate between the processes of digestion, absorption and metabolism.

Diagram the components of the digestive system.

7. Recognize the contributions scientists believe food nutrients have to health.

Learning Objectives

List the six major categories of food nutrients.

Discuss the recommendations for diet composition (carbohydrate, protein, fat).

Identify foods that provide essential food nutrients.

Explain the roles and functions of the major food nutrients (carbohydrates, proteins, fats, vitamins, minerals and water).

8. Modify diet to address nutrition needs due to health concerns or lifecycle changes.

Learning Objectives

Explain the diet modifications scientists believe are important for individuals with different health concerns or lifecycle changes.

Compare and contrast the basic nutrient needs of infants, children, adolescents, adults, pregnant and lactating women, and older adults.

Communicate diet modifications to reduce risk for and/or control lifestyle related diseases, based on diet analyses.

9. Demonstrate awareness of issues related to energy balance.

Learning Objectives

Describe how the body uses energy.

Examine theories related to energy balance, such as obesity and eating disorders.

Describe recommendations for weight management.

10. Apply concepts of behavior change to enhance nutrition and personal wellness.

Learning Objectives

Identify a personal nutrition behavior to change or improve.

Identify components of successful behavior change.

Write a behavior change plan to change or improve a nutrition behavior to enhance health.

11. Evaluate scientific information about the impact science has on personal, community and world nutrition.

Learning Objectives

Demonstrate an awareness of current nutrition issues.

Research and review scientific information on select nutrition related issues.

Ask questions about the evidence presented about the impact of science on nutrition.

Make informed judgements about science related topics.

SCC Accessibility Statement

Disability Services provides accommodations and other supports to students with permanent and temporary disabilities that affect their SCC experience. Disabilities may include mental health (anxiety, depression, PTSD), ADHD, learning disabilities, chronic health conditions (migraine, fibromyalgia), sensory disabilities, and temporary disabilities (broken arm, surgery). Common accommodations are extended test time, private room for testing, audiobooks, and sign language interpreter.

Contact us: Faribault A116 (507) 332-5847. North Mankato E112 (507) 389-7222. ds@southcentral.edu
www.southcentral.edu/disability