

SCI106 NUTRITION

OUTCOMES	ACTIVITIES	ASSESSMENT
Plan nutritionally sound diets.	Standard lecture. Supplementary handouts. Videos/online assignments. Lab exercises: <ol style="list-style-type: none"> 1. measurements 2. food labels 3. diet analysis 4. body composition 	Class exam. Lab quizzes.
Describe how the body acquires and utilizes nutrients.	Standard lecture. Supplementary handouts. Videos/online assignments. Anatomical posters. Anatomical models. Microscopy. Lab exercises: <ol style="list-style-type: none"> 1. body systems 2. digestion I 3. digestion II 	Class exam. Lab quizzes.
Describe the major functions and food sources of nutrients.	Standard lecture. Supplementary handouts. Videos/online assignments. Lab exercises: <ol style="list-style-type: none"> 1. test for carbohydrates, fats and proteins 2. vitamin C in beverages 3. iron in cereals 4. energy in foods 	Class exam. Lab quizzes.
Identify valid nutrition information.	Standard lecture. Supplementary handouts.	Class exam.
Explain sanitary procedures to prevent food-borne illness.	Standard lecture. Videos/online assignments. Lab exercises: <ol style="list-style-type: none"> 1. food safety I 2. food safety II 	Class exam. Lab quizzes.

