



# BAKER COLLEGE

## STUDENT LEARNING OUTCOMES

HSC2210 Nutrition  
3 Semester Hours

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### Student Learning Outcomes and Enabling Objectives

1. Differentiate the nutritional needs for the various life cycle stages.
  - a. Explore dietary requirements for pregnancy and lactation.
  - b. Explore dietary requirements for infancy through childhood.
  - c. Explore dietary requirements for the adolescent.
  - d. Explore dietary requirements for the adult years.
  - e. Explore dietary requirements for the elder years.
2. Examine the role of micronutrients.
  - a. Identify food sources.
  - b. Explore the function and health benefits.
  - c. Identify the dietary reference intake (DRI) recommendations.
3. Examine the role of essential macronutrients: carbohydrates, lipids, proteins, and water.
  - a. Identify food sources.
  - b. Explore the function and health benefits.
  - c. Identify intake recommendations.
  - d. Differentiate between the types of fats found in food items.
  - e. Differentiate between the types of refined and whole food sources of carbohydrates.
  - f. Compare animal and plant sources of protein.
4. Relate diet therapy to various health conditions.
  - a. Examine diseases such as: eating disorders, diabetes, heart disease, kidney, and digestive diseases.
  - b. Identify nutrition-related risks for various life cycle stages.
  - c. Discuss the ways that digestion can be impeded or aided.
5. Investigate weight management strategies.
  - a. Describe the related principles of energy expenditure, balance, and metabolism.
  - b. Analyze factors that are important in establishing and maintaining a person's weight.
  - c. Discuss methods for assessing body composition, i.e. Body Mass Index (BMI).
6. Examine general nutrition guidelines.
  - a. Discuss the basic anatomy of the digestive system.
  - b. Review the Dietary Guidelines for Americans – USDA.
  - c. Analyze My Plate as it relates to serving sizes.
  - d. Demonstrate portion control, including balance, variety, and moderation.

- e. Identify foods that meet the criteria for nutrient density.
- f. Interpret nutrition facts labels.
- g. Identify credible nutrition resources.

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## **Big Ideas**

- Life cycle stages
  - Role of micronutrients
  - Role of macronutrients
  - Diet therapy for health condition
  - Weight management strategies
  - General nutrition guidelines
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These SLOs are approved for experiential credit.

**Effective: Fall 2017**