



BAKER COLLEGE
STUDENT LEARNING OUTCOMES

BIO2210 Nutrition
3 Semester Hours

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.

Big Ideas

- Life cycle stages
- Role of micronutrients
- Role of macronutrients
- Diet therapy for health condition
- Weight management strategies
- General nutrition guidelines

These SLOs are approved for experiential credit.

Effective: Fall 2017