NUTRITION & WELLNESS

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of high school courses equivalent to the following competencies:

☐ Module 1: Balanced Diet, Carbohydrates
Upon completion of this module students will, in a group discussion, in a written paper, or on written exam, be able to:

- Define:
  ~Nutrition
  ~Malnourishment
  ~Dietetics
  ~Cachexia
- Discuss characteristic of a well-nourished person.
- List the 3 basic functions that food performs.
- List the 7 nutrients in food.
- Explain the concepts and function of the following nutritional guidelines:
  ~RDA
  ~Food Pyramid
  ~U.S. Dietary Guidelines
  ~Food Exchange Diets
- List the major functions and food source of carbohydrates.
- Define glycogen and state where it is stored.
- State the end product of carbohydrate digestion.
- Describe the classifications of carbohydrates.
- State the recommended percentage of daily calorie intake that should come from carbohydrate.

☐ Module 2: Protein, Fat, Energy Requirements
Upon completion of this module students will, in a group discussion, in a written paper, or on written exam, be able to:

- List the major functions of proteins
- State the end product of protein.
- Differentiate between the terms "essential" and "nonessential" protein.
- Describe the quality of and food sources for:
  ~Complete protein
  ~Incomplete protein
- Define the term "nitrogen balance".
- State the recommended percentage of daily calorie intake that should come from protein.
- List the major functions and food sources of fat.
- State the end product of fat digestion.
- Describe the 3 classifications of fat.
- Name the "essential" fatty acid.
- Define:
  ~Lipid
  ~Triglyceride
  ~Cholesterol
  ~Lipoprotein
- Discuss the effect that the classifications of fat have on blood cholesterol levels.

☐ Module 2: Protein, Fat, Energy Requirements (cont'd)

- State the recommended percentage of daily calorie intake that should come from fat.
- List the 3 nutrients that provide energy and state their "fuel factors".
- Discuss the individual factors that influence energy needs.
- State the minimum number of calorie that should be consumed for safe nutrition.

☐ Module 3: Vitamins and Minerals
Upon completion of this module students will, in a group discussion, in a written paper, or on written exam, be able to:

- List the major functions of minerals.
- Discuss the function, major food sources, and deficiency disorder of the following specific minerals:
  ~Calcium
  ~Phosphorus
  ~Iron
  ~Iodine
  ~Sodium
  ~Magnesium
  ~Potassium
- List the five major functions of vitamins.
- Differentiate between water-soluble vitamins and fat-soluble vitamins.
- Discuss the function, major food sources, and deficiency of the following specific vitamins:
  ~Vitamin A
  ~ Vitamin D
  ~ Vitamin E
  ~ Vitamin K
  ~ Vitamin C
  ~B complex vitamins—list separately
- Summarize the major effects of food preparation/processing on the mineral and vitamin content of food.
- Discuss the issues of vitamin and mineral supplementation.

☐ Module 4: Digestion
Upon completion of this module students will, in a group discussion, in a written paper, or on written exam, be able to:

- Recall the general anatomy of the GI tract.
- Discuss the mechanical and chemical characteristics of digestion in the:
  ~Mouth
  ~Stomach
  ~Small intestines
  ~Large intestines
- Name the factors that influence GI secretion.

☐ Module 4: Digestion (cont'd)

- Recall the form in which each energy nutrient is absorbed and state its route from the small intestine for body use.
- Discuss factors that aid and/or interfere with the digestive process.

☐ Module 5: Life Cycle, Food Habits and Fads

Upon completion of this module students will, in a group discussion, in a written paper, or on written exam, be able to:

- Discuss how nutrient needs are met in childhood at the following stages:
  ~Infancy
  ~Toddle/Preschool
  ~School age
  ~Adolescence
- Identify modern nutritional concerns of the adult.
- Discuss changing nutrient needs in pregnancy and lactation.
- List the reasons protein is the primary nutrient increased during pregnancy and lactation.
- Identify major food sources for the increased nutrients required during pregnancy and lactation.
- Describe some specific problems, of the elderly that affect their nutrition.
- Discuss points to remember when planning meals for the elderly.
- Name the government and community resources available to improve nutrition for the elderly.
- Discuss food habits resulting from regional, cultural, religious, and socio-economic patterns.
- Discuss "food-fads" and their appeal to consumers.

A student earning a "C" grade or better may earn college credit at the following college:

College	Course	Credits
Clover Park Technical College	REST 122 (CIP Code: 12.0503)	4