

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: DIT 121

Credits: 3

Course Title: Nutrition I

Course Description: Studies food composition, dietary guidelines, and nutrients essential to healthy human life. Analyzes nutrient function and metabolism. Lecture 3 hours per week.

General Course Purpose:

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Explain the body's basic needs and how newly available food choices complicate the problem of designing and consuming an adequate and balanced diet;
- b. Discuss basic human physiology, body systems, and anatomy, as they relate to dietetics;
- c. Discuss the background for study of food and diet;
- d. Explain the most commonly used food-grouping system and add some guidelines for

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