

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

NORMAL NUTRITION AND DIET THERAPY

Revised 9/07

Instructor: Marcella L. Morgan RN, MSN

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

NORMAL NUTRITION AND DIET THERAPY

Course Objectives:

Upon completion of this course, the student will:

1. Define terms used in nutritional science.
2. Demonstrate an understanding of the basic principles of normal nutrition.
3. Explain the role nutrition plays in a person's physical and psychological health.
4. Identify the importance of nutrition as part of the major trends in health care.
5. Identify common therapeutic diet therapies.

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

NORMAL NUTRITION AND DIET THERAPY

Course Title:	Normal Nutrition and Diet Therapy	
Time Allotment:	22 Hours	
Placement:	Level I	
Course Overview:	This course presents the basic principles of nutritional science, nutrition throughout the life cycle, cultural influences and clinical nutrition.	
Teach Methods:	Lecture and discussion Reading assignments Worksheets Audio-Visual aids Nutrition projects	
*Evaluation Methods:	Quizzes	25%
	Projects	25%
	Unit I Examination	25%
	Unit II Examination	<u>25%</u>
		100%

*Student will complete the Arnett Nutrition Content Examination, as scheduled.

Grading: The student must obtain a grade of 80% or higher to pass this course.

Missed quizzes or examinations will be graded as per student handbook policy.

One (1) point will be deducted from project grades for each day the project is late.

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

NORMAL NUTRITION AND DIET THERAPY

BIBLIOGRAPHY

1. Rosdahl, Caroline B., & Kowalski, M. T. (2003). *Textbook Of Basic Nursing*. (8th ed.) Philadelphia: Lippincott.
2. Williams, S. R. & Schlenker, E. D. (2003). *Essentials of Nutrition and Diet Therapy*. (8th ed.). St. Louis: Mosby, 2003.

AUDIO-VISUAL AIDS

1. *The Food Pyramid* (1993) [Videotape]. Cambridge Educational.
2. Transparencies to accompany *Essentials of Nutrition and Diet Therapy*.

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 1

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
1	Upon completion of this course, the student will: Explain the purpose of nutrients.	I. Nutrition and Health A. Nutrition and Human Health 1. New Directions 2. Nutrition and Health Promotion 3. Science of Nutrition 4. Food and Nutrients 5. Energy Sources 6. Tissue Building 7. Metabolic Regulation 8. Nutritional Status	The student will read: Appropriate chapter in Rosdahl & Kowalski text. Lecture and Discussion Chapter 30.
2	Identify ways the dietary guidelines and food pyramid can help achieve a healthy diet.	B. Nutrition Policy and National Health Problems 1. Diet, Nutrition and Chronic Disease C. Nutrition Guides For Health Promotion 1. Nutrient Standards 2. Food Group Guides D. Food Patterns 1. Personal Perceptions 2. Nutritional Analysis	Video: <i>"The Food Pyramid"</i> .
3	List the major functions and dietary sources of carbohydrates.	II. Carbohydrates A. The Nature of Carbohydrates 1. Sugars and Starches B. Classification 1. Monosaccharides 2. Disaccharides 3. Sugar alcohols 4. Polysaccharides 5. Dietary Fiber 6. Complex carbohydrates	Discussion. Quiz #1

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 3

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
6	<p>Define Kilocalorie</p> <p>List the factors that influence a person's total calorie requirement.</p>	<p>V. Energy Balance and Weight Reduction</p> <p>A. The Human Energy System</p> <ol style="list-style-type: none"> 1. Energy Forms 2. Energy Measurement <p>B. Energy Requirement</p> <ol style="list-style-type: none"> 1. Basal Metabolic Need 2. Food Intake Effect 3. Physical Activity Needs 4. Energy Expenditure <p>C. Body Composition</p>	Lecture and Discussion.
7	<p>Identify 5 chronic diseases related to dietary excesses.</p>	<p>D. Obesity</p> <ol style="list-style-type: none"> 1. Health Implications 2. Treatments <p>E. Weight management</p> <ol style="list-style-type: none"> 1. Types 2. Causes 3. Approaches To Loss <p>F. Underweight</p> <ol style="list-style-type: none"> 1. Definition 2. Causes 3. Nutritional Care 	Lecture and Discussion.
8	<p>Differentiate between the fat soluble and water soluble vitamins.</p>	<p>VI. Vitamins</p> <p>A. Definition</p> <p>B. Nature</p> <p>C. Classification</p>	

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 4

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
9	List the main function and dietary sources of the vitamins.	D. Fat Soluble Vitamins 1. Vitamin A 2. Vitamin D 3. Vitamin E 4. Vitamin K	Classroom assignment: The student will: Complete the NCLEX Style Review Questions, in Rosdahl text. Page 37, Chapter 30.
10		E. Water Soluble Vitamins 1. Vitamin C 2. B Vitamins	
11	Differentiate between major minerals and the trace elements.	VII. Minerals A. Classification B. Major Minerals 1. Calcium 2. Phosphorus 3. Sodium 4. Potassium 5. Chlorine 6. Magnesium 7. Sulfur	
12	List the main function and dietary sources of the minerals.	C. Trace Elements 1. Iron 2. Iodine 3. Zinc 4. Copper 5. Manganese 6. Chromium 7. Cobalt 8. Selenium 9. Molybdenum 10. Flouride	
13			Quiz #3. Attend quiz review.

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 5

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
14	Explain the functions of water in the body.	VIII. Water Balance A. Distribution B. Functions C. Compartments D. Intake and Output	Submit assigned nutrition project.
15	Achieve an 80% or greater in examination.	IX. Unit Examination I	Attend examination review. Examination #1
16	Identify the influences that affect food choices. Identify three dietary practices related to religion.	X. The Food Environment and Food Habits A. The Development of Food Habits 1. Cultural Influences 2. Social Influences 3. Psychological Influences 4. Food Misinformation B. Ethnic Diversity 1. Religious Dietary Laws 2. Ethnic Influences	Lecture and discussion. Chapter 31. Classroom assignment: The student will: Complete the Critical Thinking Exercises, 1-3, Page 380, Chapter 31. (Rosdahl)
17	Describe environmental factors that can affect food sources.	C. Food Safety 1. Pesticides and Organic Farming 2. Food Additives 3. Food Safety Laws 4. Food Borne Diseases	Classroom assignment: The student will: Complete the NCLEX Style Questions, 1-5, Page 380, Chapter 31. (Rosdahl)

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 6

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
18	Identify special nutritional considerations related to the various stages of life.	XI. Nutritional Counseling A. Nutritional History and Analysis B. Food Assistance Programs C. Food Buying Guides	Lecture and Discussion
19		XII. Nutrition Through The Life Cycle A. Pregnancy and Lactation B. Infancy C. Toddler D. Pre-School Age E. School Age F. Adolescents G. Early Adulthood H. Middle Adulthood I. Later Adulthood 1. Chronic diseases 2. Community Resources	

**WILKES-BARRE AREA VOCATIONAL-TECHNICAL SCHOOL
PRACTICAL NURSING PROGRAM**

COURSE OUTLINE

Page 7

HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES	
20	Explain methods involved in obtaining a nutritional assessment.	XIII. Clinical Nutrition A. Nutritional Assessment 1. History 2. Observations 3. Bio-chemical tests 4. Anthropometrics B. Nutritional Intervention 1. Normal nutrition 2. Disease application 3. Diabetic Exchange List 4. Routine diets 5. Enteral feeding 6. Parenteral feeding	Classroom assignment: The student will: Complete the Critical Thinking Exercises, 1-2, Page 401, Chapter 32. (Rosdahl)	
21	Identify common modified diets.			Classroom assignment: The student will: Complete the NCLEX Style Questions, 1-5, Page 401, Chapter 32. (Rosdahl)
22	Achieve an 80% or greater in examination.			XIV. Unit Examination II

