

**WILKES-BARRE AREA CAREER & TECHNICAL CENTER
PRACTICAL NURSING PROGRAM**

NORMAL NUTRITION AND DIET THERAPY

8/03

Revised 1/06 9/06 3/09

Instructor: Mrs. Marcella L. Morgan, M.S.N.,R.N.

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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.

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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/Exams	80%
	Projects	<u>20%</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.

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BIBLIOGRAPHY

1. Nix, Staci, (2009). *Williams' Basic Nutrition & Diet Therapy*. (13th ed.). St. Louis: Mosby, 2005
2. Rosdahl, Caroline B., & Kowalski, M. T. (2003). *Textbook Of Basic Nursing*. (8th ed.) Philadelphia: Lippincott.
3. Williams, L.S. & Hopper, P.D. (2007). *Understanding Medical Surgical Nursing*. (3rd ed.). Philadelphia: F.A. Davis
4. 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. Exploring The New Food Pyramid () [DVD]. National Health Video, Inc.
3. Reading & Understanding The New Food Label () [DVD]. National Health Video, Inc.

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COURSE OUTLINE

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HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
1	Upon completion of this course, the student will: Explain the purpose of nutrients.	I. Food, Nutrition and Health A. Health Promotion 1. Basic Definitions 2. Importance of a Balanced Diet B. Functions of Nutrients in Food 1. Energy Sources 2. Tissue Building	The student will read: Appropriate chapters in Nix textbook. Lecture and Discussion Chapter 1
2	Identify 5 chronic diseases related to dietary excesses.	C. Good Nutrition 1. Optimal Nutrition 2. Under Nutrition 3. Malnutrition 4. Over nutrition	
3	Identify ways the dietary guidelines and food pyramid can help achieve a healthy diet.	D. Nutrient and Food Guides for Health Promotion 1. Nutrient Standards 2. Food Guides 3. My Pyramid	Video: <i>“The Food Pyramid”</i> . “Exploring The New Food Pyramid” “Reading and Understanding the New Food Label”
4-5	List the major functions and dietary sources of carbohydrates.	II. Carbohydrates A. Nature of Carbohydrates 1. Basic Fuel Source 2. Energy Production 3. Dietary Importance B. Classification 1. Monosaccharides 2. Disaccharides 3. Polysaccharides 4. Dietary Fiber 5. Sugar Alcohols	Lecture and Discussion Chapter 2

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HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
9	List the function and dietary sources of protein	IV. Proteins A. The Nature of Proteins 1. Definition B. Classes of Amino Acids 1. Essential 2. Indispensable 3. Dispensable 4. Conditionally Indispensable C. Functions of Proteins D. Food Sources of Protein 1. Complete Proteins 2. Incomplete Proteins E. Digestion of Proteins F. Dietary Deficiency or Excess G. Vegetarian Diets 1. lacto –ovo-vegetarians 2. lacto -vegetarians 3. ovo - vegetarians 4. vegan	The student will read appropriate chapters in Nix. Textbook Chapter 4 Critical thinking and Chapter challenge Questions p. 61 Submit assigned nutrition project Quiz #3 Attend quiz review
10	Define kilocalorie List the factors that influence a person’s total calorie requirement	V. Energy Balance A. The Human Energy System 1. Energy Forms 2. Measurement of Energy a. intake b. output c. definitions	Chapter 6

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11-12	Differentiate between the fat-soluble and water-soluble vitamins.	VI. Vitamins A. Nature of Vitamins 1. Definition 2. Classes of Vitamins 3. Functions of Vitamins B. Fat-Soluble Vitamins 1. Vitamin A 2. Vitamin D 3. Vitamin E 4. Vitamin K	The student will read appropriate chapters in the Nix textbook Chapter 7 Lecture and Discussion
13	List the main function and dietary sources of the vitamins	C. Water Soluble Vitamins 1. Vitamin C 2. B Complex Vitamins D. Phytochemicals E. Vitamin Supplementation	
14	Differentiate between major minerals and the trace elements	VII. Minerals A. Nature B. Major Minerals 1. Calcium 2. Phosphorus 3. Sodium 4. Potassium 5. Chloride 6. Magnesium 7. Sulfur	Chapter 8 Complete Critical Thinking and Chapter Review Questions pp. 121,149

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HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
15		C. Trace Elements 1. Iron 2. Iodine 3. Zinc 4. Selenium 5. Fluoride 6. Copper 7. Manganese 8. Chromium 9. Molybdenum D. Mineral Supplementation	The student will read appropriate chapters in the Nix textbook. Submit assigned nutrition project. Quiz #4 Attend quiz review
16	Explain the functions of water in the body	VIII. Water Balance A. Amount and Distribution B. Functions C. Intake and Output	Chapter 9
17-18	Identify special nutritional considerations related to the various stages of life	IX. Nutrition Throughout the Life Cycle A. Pregnancy and Lactation B. Infancy C. Toddler D. Preschool E. School – Age F. Adolescence G. Early Adulthood H. Middle Adulthood I. Later Adulthood	Chapter 10, 11, 12 Complete Chapter Review Questions at the end of Chapters 10, 11, 12.

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HOURS	OBJECTIVES	MAJOR TOPICS	MAJOR LEARNING ACTIVITIES
20-21	Identify 5 chronic diseases related to dietary excesses	XII. Weight Management A. Obesity and Weight Control 1. Definitions 2. Body Composition 3. Causes of Obesity 4. Extreme Practices 5. Food misinformation and fads 6. Underweight	Lecture and Discussion Chapter 15
	Identify methods involved in obtaining nutritional assessment Identify common modified diets	XIII. Clinical Nutrition A. Nutritional Assessment 1. Collection/ Assessment 2. Diagnosis 3. Intervention 4. Evaluation B. Nutritional Intervention 1. Mode of Feeding a. oral b. assisted oral c. enteral d. parenteral 2. Diets	Chapter 17 Handout: Applied principles of Diet Therapy
22	Achieve an 80% or greater in Examination	XIV. Final Examination	Attend Examination Review

