

DIET-1220: NUTRITION FOR DENTAL HYGIENE

Cuyahoga Community College

Viewing: DIET-1220 : Nutrition for Dental Hygiene

Board of Trustees:

2017-03-30

Academic Term:

Fall 2021

Subject Code

DIET - Dietetic Technology

Course Number:

1220

Title:

Nutrition for Dental Hygiene

Catalog Description:

Nutrition principles related to personal and client care. Dental hygiene students will learn how to apply sound nutrition principles to assessing, diagnosing, planning, implementing and evaluating total care of clients, and how to contribute to nutrition well-being of client.

Credit Hour(s):

2

Lecture Hour(s):

2

Requisites

Prerequisite and Corequisite

ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; or departmental approval.

Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

Outcomes

Course Outcome(s):

Explain the role of nutrition in the synthesis and maintenance of the oral tissues.

Objective(s):

1. Name the classes of essential nutrients, their general function in the growth and development of oral tissues and the food sources of each nutrient.
2. Describe the role of diet in the initiation and progression of dental caries and periodontal disease and dental erosion.

Course Outcome(s):

Describe nutrition issues that may impact oral health throughout the life cycle.

Objective(s):

1. Discuss dietary measures that may prevent or delay the onset of chronic disease as well as oral diseases.
2. Explain dietary goals for people with chronic disease, such as obesity, diabetes, hypertension and cardiovascular disease, and how it might impact oral health

Course Outcome(s):

Demonstrate appropriate nutrition assessment and dietary counseling techniques for the treatment of nutrition-related dental diseases.

1. Micronutrients.

- a. Minerals.

1. Macrominerals (calcium, phosphorus, magnesium, sodium, potassium, chlorine and sulfur) and microminerals (iron, zinc, copper, iodine, fluoride, manganese, molybdenum, selenium, chromium, silicon, nickel and tin).

- a. Major functions.

1. Absorption and metabolism

Resources

Cynthia Stegeman, Judi Ratliff Davis. *Dental Hygienist Guide to Nutritional Care*. 4th edition. Elsevier Health Services, 2016.

"Health and Nutrition Newsletter"

Resources Other

<https://www.choosemyplate.gov/tools-supertracker> (<https://www.choosemyplate.gov/tools-supertracker/>)

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