DIET-1320: NUTRITION APPLICATIONS

Cuyahoga Community College

Viewing: DIET-1320 : Nutrition Applications

Board of Trustees:

March 2019

Academic Term:

Fall 2021

Subject Code

DIET - Dietetic Technology

Course Number:

1320

Title:

Nutrition Applications

Catalog Description:

Students will create a variety of regular and modified menus using current evidence-based practice tools, and evaluate food choices and existing menus.

Credit Hour(s):

1

Lecture Hour(s):

1

Requisites

Prerequisite and Corequisite

ENG-0995 Applied College Literacies, or appropriate score on English Placement Test. and DIET-1200 Basic Nutrition or concurrent enrollment.
Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

Outcomes

Course Outcome(s):

Modify recipes and menus for acceptability and affordability that accommodate the cultural diversity and health status of various populations, groups and individuals. (CNDT 3.7)

Objective(s):

1. Accurately create a variety of menus based upon evidence-based practices in medical nutrition therapy.
2. Accurately use computerized dietary analysis software systems to assess nutritional intake and create menus to meet established parameters.
3. Utilize current nutrition tools to evaluate nutritional value of diets and menus.
4. Create meal plans that meet standards for various populations based upon evidence-based practice.

Course Outcome(s):
Apply critical thinking skills (KNDT 1.3)

Objective(s):

1. Accurately complete calculations that are utilized in dietetic practice; food service, clinical nutrition care and community.
2. Accurately use computerized dietary analysis software systems to assess nutritional intake and create menus to meet established parameters.
3. Access data, references, patient education materials, consumer and other information from credible sources. (CNDR1.2)
4. Use current informatics technologies to locate and apply evidence-based guidelines and protocols. (KNDT1.2)

Course Outcome(s):
Demonstrate effective and professional oral and written communication skills sufficient for entry into technical practice. (KNDT 2.1)

Objective(s):
1. Use clear and effective oral and written communication. (CNDT2.2)
2. Show evidence of research that is consistent with nutrition and dietetic technician entry level practice.

Methods of Evaluation:
1. Assignments
2. Participation
3. Exams
4. Case studies
5. Menu development
6. Quizzes

Course Content Outline:
1. Review of applied math
    a. Foodservice math applications
    b. Nutrition assessment math applications
2. Evidence-based practice
    a. Access data, references, and consumer information
    b. Use of online nutrition reference tools
3. Menu planning
    a. Menu planning principles for healthy populations
        i. Dietary guidelines
        ii. Current menu planning tools
    b. Menu planning in medical nutrition therapy
        i. Diabetes mellitus and hypoglycemia
        ii. Cardiovascular disease
        iii. Hypertension
        iv. Renal disorders
        v. Modified consistencies
        vi. Modified fiber
        vii. Other diets
4. Nutrition informatics
    a. Electronic health record
    b. Nutrition Care Process (NCP) introduction
    c. Use of nutrition analysis program
    d. Evidence-based resources
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Resources

The American Dietetic Association. *Choose Your Foods: Food Lists for Diabetes.* Chicago: Academy of Nutrition and Dietetics and American Diabetes Association., 2014.

Academy of Nutrition and Dietetics. *The Nutrition Care Manual.* Chicago: Academy of Nutrition and Dietetics, 2017.

Maher, A.K. ed. *Simplified Diet Manual.* 12th. Iowa: Iowa Academy of Nutrition and Dietetics, 2017.

Grosvenor, M.B. and Smolin, L.A. *Visualizing Nutrition Everyday Choices.* 3rd. Danvers, MA: John Wiley Sons, 2015.

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