COURSE NUMBER & TITLE: DAS 1504: Nutrition and Dental Health  
CREDITS: 1 (1 Lec/0 Lab)  
PREREQUISITES: None

CATALOG DESCRIPTION:  
Nutrition and Dental Health studies the basic concepts and principles of nutrition as they apply to the Dental profession. Topics include digestion, nutrients, the Food Pyramid, energy exchange, and health risks related to diet. Vitamins and minerals are discussed in addition to deficiencies seen intraorally and extraorally. Preventive dentistry nutrition and eating disorders are also included.

OUTLINE OF MAJOR CONTENT AREAS:
1. Digestion  
   A. Mechanical digestion  
   B. Chemical digestion
2. Nutrition and nutrients  
   A. Diet and nutrition  
   B. Recommended Dietary Allowances (RDA)
3. Food Guide Pyramid  
   A. Energy-releasing nutrients  
      1. Carbohydrates  
      2. Proteins, fats and water  
   B. Nonenergy-releasing nutrients  
      1. Vitamins  
         a. Water-soluble  
         b. Fat-soluble  
   C. Minerals
4. Dietary analysis
5. Major nutritional disorders
6. Eating disorders  
   A. Bulimia  
   B. Anorexia nervosa
7. Role of nutrition in preventive dentistry
8. Diet suggestions for patients with special needs
9. Balancing Energy  
   A. Calories  
   B. Basal metabolic rate
10. Nutrition Labels  
    A. Serving size
B. Ingredients
C. Calories
D. Fat and cholesterol
E. Sodium
F. Carbohydrates

COURSE GOALS/OBJECTIVES/OUTCOMES:
1. Students will differentiate between mechanical and chemical digestion.
2. Students will define and explain the difference between diet and nutrition and identify health risks related to diet.
3. Students will explain carbohydrates and protein function.
4. Students will identify and explain how vitamins, major minerals, and water function in the body.
5. Students will explain the Food Guide Pyramid.
6. Students will list and describe energy balance and how it relates to weight gain or loss.
7. Students will discuss dietary needs of special patients and eating disorders.
8. Students will discuss the relationship of food and plaque to dental disease and list examples of foods that are cariogenic and non-cariogenic.
9. Students will create and analyze a food diary.
10. Students will explain how to interpret good labeling.

MNTC GOALS AND COMPETENCIES MET:
N/A

HCC COMPETENCIES MET:
Working Productively and Cooperatively
Communicating Clearly and Effectively
Thinking Creatively and Critically

STUDENT ASSESSMENT SHALL TAKE PLACE USING INSTRUMENTS SELECTED/DEVELOPED BY THE COURSE INSTRUCTOR.

Curriculum Committee Approval Date: May 1, 2018

AASC APPROVAL DATE: May 9, 2018
REVIEW DATE: May 2023