

Course Outline for: HLTH 1107 Principles of Nutrition**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: ENG 0960 (C/P or higher); EAP 1100 (C or higher); or placement into College Level Reading and placement into College Level Writing
4. Corequisites: None
5. MnTC Goals: None

Explore how nutrients work inside the body through the physiological functions of digestion, absorption, and metabolism. Scientific principles of nutrition reveal how these processes affect health by evaluating nutritional strategies that can lower the risk of disease. Analyze personal eating habits with a reliable nutritional database to make informed choices about nutrition and wellness.

B. Date last reviewed/updated: May 2026**C. Outline of Major Content Areas:**

1. Dietary Guidelines and Nutritional Standards
2. Nutrition information
3. Digestive system
4. Macronutrients
5. Micronutrients
6. Energy Balance and Weight Control
7. Nutrition and Exercise
8. Life Cycle Nutrition
9. Food Safety
10. Domestic and World Hunger

C. Course Learning Outcomes:

Upon successful completion of the course, the student will be able to:

1. Describe the contributions of specific nutrients to overall health.
2. Select foods which supply essential nutrients in the daily diet.
3. Apply scientific criteria to assess daily food intake.
4. Identify reliable sources of nutritional information.
5. Analyze controversial food and nutrition practices.
6. Describe basic physiological events of food digestion, absorption, and metabolism.

D. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Tests

2. Discussions
3. Group activities
4. Written assignments

E. Special Information:
None