



## BIO 220: Introduction to Nutrition

This course focuses on human dietary needs. The course emphasizes the health-related roles of carbohydrates, fats, proteins, and vitamins. The course also covers minerals, energy metabolism, food-product labeling, and nutritional requirements of the pregnant woman and fetus. Issues of consumer concern are considered throughout this course. Prerequisite: BIO 111 or BIO 121 or BIO 233 with a grade of C or better; CHM 090 or higher with a grade of C or better. Three class hours per week. Gen. Ed. Competencies Met: Scientific Reasoning and Discovery.

### Course Student Learning Outcomes

1. Explain the role of metabolism in energy production. 2. Compare and contrast carbohydrates, proteins and lipids and list the functions of each. 3. List the differences between the 13 vitamins and state the differences between water-soluble and fat-soluble vitamins. 4. Describe the significance of body mass index and its association with weight categories. 5. Describe the importance of water and minerals in the body. 6. State the general recommendations for caloric intake of nutrients for various demographics, including athletes, pregnancy, children, adults and geriatrics. 7. List the most common food allergies and some of the symptoms of food allergies. 8. Describe the role of pathogens and genetics in nutrition.

**Credits:** 3

**Program:** Biology