

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	NUTRI 251
Course Title:	Nutrition in Healthcare
Version Date:	05/07/21

Course Learning Outcomes

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

1. Appreciate the role of food and nutrients in their relation to human health and, evaluate foods for nutrient content.
2. Describe a) structures and metabolic functions, b) physical and chemical properties, c) deficiency signs and symptoms, d) toxicity signs and symptoms, e) dietary requirements, f) major food sources, and g) the digestion and absorption of specific nutrients.
3. Relate dietary patterns and lifestyles to the maintenance of health or progression of diseases.
4. Describe the effects of a) various models of food processing on nutrient content and availability and b) uses or abuses of intentional food additives.
5. Demonstrate familiarity with nutrition guidelines, methods, technologies for assessment and application to food labels set by regulatory government agencies.