



Course Information

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| Course Title | General and Dental Nutrition |
| Course Prefix, Num. and Title | DHYG 1207 General and Dental Nutrition |
| Division | Allied Health |
| Department | Department of Dental Hygiene |
| Course Type | WECM Course |
| Course Catalog Description | General nutrition and nutritional biochemistry emphasizing the effect nutrition has on oral health. |
| Pre-Requisites | DHYG 1301, 1311, and 1431 with grade of C or better. |
| Co-Requisites | Enter Co-Requisites Here. |

Semester Credit Hours

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|--|----------------------------------|
| Total Semester Credit Hours (SCH): Lecture Hours: | 2:2:0 |
| Lab/Other Hours | |
| Equated Pay Hours | 2 |
| Lab/Other Hours Breakdown: Lab Hours | Enter Lab Hours Here. |
| Lab/Other Hours Breakdown: Clinical Hours | Enter Clinical Hours Here. |
| Lab/Other Hours Breakdown: Practicum Hours | Enter Practicum Hours Here. |
| Other Hours Breakdown | List Total Lab/Other Hours Here. |

Approval Signatures

| Title | Signature | Date |
|-------------------------|------------------|-------------|
| Department Head: | | |
| Division Chair: | | |
| VPI: | | |

Additional Course Information

Topical Outline: Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

Explanation of Chemistry Self-Study, Chapter I - Healthy Eating
Chapter 2, Alimentary Canal Digestion/Absorption
Chapter 3, Carbohydrate: Efficient Fuel
Chapter 4, Protein: The Cellular Foundation
Chapter 5, Lipids: The Condensed Energy
Chapter 6, Utilization of Energy Nutrients: Metabolism and Balance
Chapter 7, Vitamins Required for Calcified Structures
Chapter 8, Minerals Essential for Calcified Structures
Chapter 9, Nutrients Present in Calcified Structures
Chapter 10, Vitamins Required for Oral Soft Tissues and Glands
Chapter 11, Water and Minerals Required for Oral Soft Tissues
Food Safety, Emergency Preparedness

Course Learning Outcomes:

Learning Outcomes – Upon successful completion of this course, students will:

1. Explain the general nutritional requirements, deficiencies, and major biochemical reactions within the human body.
2. Analyze dietary records.
3. Apply nutritional strategies to optimize oral health.

Methods of Assessment:

1. Written Exams
2. Dietary analysis and patient assessment

Required text(s), optional text(s) and/or materials to be supplied by the student:

The Dental Hygienist's Guide to Nutritional Care, Cynthia A. Stegeman, Judi Ratliff Davis, Elsevier,

Suggested Course Maximum:

28

List any specific or physical requirements beyond a typical classroom required to teach the course.

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Course Requirements/Grading System: Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

Test Scores from Exams 70%

Final Exam 30%. Must pass final exam to pass the course.

100 – 93 = A

92 – 84 = B

83 – 75 = C

74 – 67 = D

66 – 0 = F

Curriculum Checklist:

- Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.
- Administrative WCJC Core Course.** Attach the Core Curriculum Review Forms
 - Critical Thinking
 - Communication
 - Empirical & Quantitative Skills
 - Teamwork
 - Social Responsibility
 - Personal Responsibility
- WECM Course** -If needed, revise the Program SCANS Matrix and Competencies Checklist