

**Course Information**

<b>Course Title</b>	General and Dental Nutrition
<b>Course Prefix, Num. and Title</b>	DHYG 1207 General and Dental Nutrition
<b>Division</b>	Allied Health
<b>Department</b>	Department of Dental Hygiene
<b>Course Type</b>	WECM Course
<b>Course Catalog Description</b>	General nutrition and nutritional biochemistry with emphasis on the effect nutrition has on oral health
<b>Pre-Requisites</b>	DHYG1301, 1311, and 1431 with grade of C or better.
<b>Co-Requisites</b>	Enter Co-Requisites Here.

**Semester Credit Hours**

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

**Approval Signatures**

<b>Title</b>	<b>Signature</b>	<b>Date</b>
<b>Prepared by:</b>		
<b>Department Head:</b>		
<b>Division Chair:</b>		
<b>Dean/VPI:</b>		
<b>Approved by CIR:</b>		

## 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).

- Week 1 Explanation of Chemistry Self-Study, Chapter I - Healthy Eating
- Week 2 Chapter 2, Alimentary Canal Digestion/Absorption
- Week 3 Chapter 3, Carbohydrate: Efficient Fuel
- Week 4 Exam I -- Chapters 1, 2, 3**
- Week 4 Chapter 4, Protein: The Cellular Foundation
- Week 5 Chapter 5, Lipids: The Condensed Energy
- Week 6 Chapter 6, Utilization of Energy Nutrients: Metabolism and Balance
- Week 6 Exam II, Chapters 4, 5, 6**
- Week 7 Food Safety
- Week 7 Canning, Food Preservation, Food Emergencies
- Week 7 Chapter 7 -- Vitamins Required for Calcified Structures
- Week 8 Chapter 8 – Minerals Essential for Calcified Structures
- Week 9 Chapter 9 – Nutrients Present in Calcified Structures
- Week 10 Exam III, Chapters 7, 8, 9.**
- Week 10 Chapter 10, Vitamins Required for Oral Soft Tissues and Glands
- Week 11 Chapter 11, Water and Minerals Required for Oral Soft Tissues
- Week 12 Food Safety, Emergency Preparedness
- Week 13 Exam IV, Chapters 10, 11, 13**

### Course Learning Outcomes:

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

#### Nutrition Learning Objectives

Learning Outcomes Upon successful completion of this course, students will:	Methods of Assessment
<ol style="list-style-type: none"> <li>1. Explain general nutritional requirements, deficiencies, and major biochemical reactions within the human body.</li> <li>2. Analyze dietary records and apply nutritional strategies to optimize oral health</li> </ol>	<ol style="list-style-type: none"> <li>1. Written examinations and classroom discussions</li> <li>2. Preparation of an in depth nutritional analysis and patient assessment with dietary recommendations based on findings.</li> </ol>

#### Methods of Assessment:

4 Written Exams, Dietary Analysis, and Final Exam

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

The Dental Hygienist's Guide to Nutritional Care, 4th Ed., Cynthia A. Stegeman, Judi Ratliff Davis, Elsevier Saunders, 2014, ISBN-13:9781455737659

## 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