



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Nutrition in Dentistry
Course Number: DHY221

Required Materials

Textbook(s): Stegeman, C. A., Boyd, L. D., & Mallonee, L. F. (2024). *The dental hygienist's guide to nutritional care* (6th ed.). Elsevier.

Required Readings: See weekly calendar below.

Additional Materials: Course material which can be accessed through the Learning Management System. **NutritionCalc Plus 5.** (n.d.). www.mhhe.com/ncp, and **MyPlate.gov** www.myplate.gov,

Course Outline/Calendar

The date of coverage and order of coverage may be modified based on the faculty member and events beyond the control of faculty members that interfere with class times and teaching.

Week	Chapter/Topic/Lab
Week 1	Reading Assignments: (Stegeman) Chapter 1 Overview of Healthy Eating, Chapter 2 Concepts of Biochemistry and PowerPoints
Week 2	Reading Assignments: (Stegeman) Chapter 3 Digestion and Absorption, Chapter 4 Carbohydrates: The Efficient Fuel, Chapter 5 Protein: The Cellular Foundation, Chapter 6 Lipids: The Condensed Energy and PowerPoints
Week 3	Reading Assignments: Stegeman: Chapter 7 Use of Energy Nutrients: Metabolism and Balance, Chapter 8 Vitamins Required for Calcified Structures, Chapter 9 Minerals Required for Calcified Structures and PowerPoints
Week 4	Reading Assignment: (Stegeman) Chapter 10 Microminerals and Ultra trace Minerals in Calcified Structures, Chapter 11 Vitamins Required for Oral Soft Tissue and Salivary Glands, Chapter 12 Fluids and Minerals Required for Soft Tissues and Salivary Glands and PowerPoints
Week 5	Reading Assignment: (Stegeman) Chapter 13 Nutritional Requirements Affecting Oral Health in Females, (NutritionCalc Plus 5. and MyPlate) Chapter 14 Nutritional Requirements During Growth and Development and Eating Habits Affecting Oral Health, Chapter 15 Nutritional Requirements for Older Adults and Eating Habits Affecting Oral Health and PowerPoints
Week 6:	Reading Assignment: (Stegeman) Chapter 16 Food Factors Affecting Health, Chapter 17 Effects of Systemic Diseases on Nutritional Status and Oral Health, (NutritionCalc Plus 5. and MyPlate) Chapter 18 Nutritional Aspects of Dental Caries: Causes, Prevention, and Treatment and PowerPoints

Week	Chapter/Topic/Lab
Week 7	Reading Assignment: (Stegeman) : Chapter 19 Nutritional Aspects of Gingivitis and Periodontal Disease, (NutritionCalc Plus 5. and MyPlate) Chapter 20 Nutritional Aspects of Alteration in the Oral Cavity, Chapter 21 Nutritional Assessment and Education for Dental Patients and PowerPoints
Week 8	Final Exam.