



STARK STATE COLLEGE

GENERAL SYLLABUS

Course Information

Course Name: Nutrition for Health
Course Number: NTR121

Required Materials

Textbook(s): Brown, Judith. (2024) Nutrition Now. 9th edition. Wadsworth, Cengage Learning
Required Readings: None additional
Additional Materials: MindTap access is required; calculator

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	Unit 1: Key Nutrition Concepts and Terms Unit 2: The Inside Story about Nutrition and Health
Week 2	Unit 3: Ways of Knowing about Nutrition Unit 4: Understanding Nutrition Labels
Week 3	Unit 5: Nutrition, Attitudes and Behavior Unit 6: Healthy Diets, Dietary Guidelines, My Plate and More
Week 4	Unit 7: How the Body Uses Food: Digestion and Absorption Unit 8: Diet Culture and Anti-Fat Bias
Week 5	Unit 9: Energy Balance and Weight Status Unit 10: Disordered Eating and Intuitive Eating
Week 6	Unit 11: Carbohydrates: Sugars, Starches, and Fiber Unit 12: Diabetes Now Unit 13: Alcohol: The Positives and Negatives
Week 7	Unit 14: Proteins and Amino Acids Unit 15: Plant-Based Dietary Patterns Unit 16: Food Allergies and Intolerances
Week 8	Unit 17: Fats and Health Unit 18: Nutrition and Heart Disease
Week 9	Unit 19: Vitamins and Your Health Unit 20: Phytochemicals
Week 10	Unit 21: Diet and Cancer Unit 22: Good Things to Know About Minerals

Week	Chapter/Topic/Lab
Week 11	Unit 23: Dietary Supplements
Week 12	Unit 24: Water is an Essential Nutrient Unit 25: Nutrient-Gene Interactions in Health and Disease
Week 13	Unit 26: Nutrition and Physical Fitness for Everyone Unit 27: Nutrition and Physical Performance
Week 14	Unit 28: Good Nutrition for Life: Pregnancy, Breastfeeding, and Infancy Unit 29: Nutrition for the Growing Years: Childhood through Adolescence Unit 30: Nutrition and Health Maintenance for Adults of All Ages
Week 15	Unit 31: Multiple Dimensions of Food Safety Unit 32: Aspects of Global Nutrition
Week 16	Appointments with students, as needed.