

# HEOC-172: BASIC NUTRITION

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**Effective Term**

Fall 2026

**CC Approval**

11/07/2025

**AS Approval**

11/13/2025

**BOT Approval**

11/20/2025

**COCI Approval**

03/03/2026

## SECTION A - Course Data Elements

**CB04 Credit Status**

Credit - Degree Applicable

**Discipline**

Minimum Qualifications	And/Or
Health Care Ancillaries (Any Degree and Professional Experience)	

**Subject Code**

HEOC - Health Occupations

**Course Number**

172

**Department**

Health Occupations

**Division**

Health Occupations (HEOC)

**Full Course Title**

Basic Nutrition

**Short Title**

Basic Nutrition

**CB03 TOP Code**

1260.00 - \*Health Professions, Transfer Core Curriculum

**CIP Code**

51.0000

**CB08 Basic Skills Status**

NBS - Not Basic Skills

**CB09 SAM Code**

D - Possibly Occupational

**Rationale**

Remove "emergency only" to permanent online and/or hybrid delivery.

## SECTION B - Course Description

### Catalog Course Description

This course examines the principles of proper nutrition for optimum health and wellbeing. Course material enables the student to plan food selections that support health, prevent disease, and manage nutrition-related conditions.

## SECTION C - Conditions on Enrollment

### Open Entry/Open Exit

No

### Repeatability

Not Repeatable

### Grading Options

Letter Grade Only

### Allow Audit

Yes

## Requisites

## SECTION D - Course Standards

### Is this course variable unit?

No

### Units

2.00

### Lecture Hours

36.00

### Outside of Class Hours

72

### Total Contact Hours

36

### Total Student Hours

108

## Distance Education Approval

### Is this course offered through Distance Education?

Yes

### Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

## SECTION E - Course Content

### Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	Develop proper food selection plans.
2.	Identify food selections that promote optimum nutrition and health.

## Course Objectives

**Upon satisfactory completion of the course, students will be able to:**

1. Differentiate the four basic food groups and identify at least four common foods belonging to each group.
2. Construct a menu for three meals per day for three days based on proper nutritional standards and adjust that diet for varying age groups, disease entities and cultural preferences.
3. Analyze a specific menu, identify type of diet and describe the physical condition with which that diet is associated and write a paragraph explaining the reason for that diet.

## Course Content

1. Factors Effecting Food Choice
2. Function of Food in the Body
3. Nutritional Requirements
4. Protein
5. Carbohydrates
6. Fats
7. Minerals
8. Water
9. Digestion
10. Nutrition and Consumer Education
  - a. Labeling
  - b. Budgeting
  - c. Sources of Additional Information
11. Meal Planning
12. Food Facts, Fads, Fallacies
13. Special Feeding
  - a. Prenatal
  - b. Lactation
  - c. Infant and Child
  - d. Aging Citizen
  - e. Diets in Disease
14. Problems in the USA
  - a. Over-fed but Undernourished
  - b. High Percentage of Carbohydrates
  - c. Need to Cut Down on "Empty Calories"
  - d. Need to Reduce Fats - Especially Saturated

## Methods of Instruction

### Methods of Instruction

Types	Examples of learning activities
Lecture	Discuss and review the primary roles and sources of protein, fats, and carbohydrates in the the diet.
Other	Projects

### Online Adaptation

Types	Examples of learning activities
Discussion	Engage is focused discussion on the role of specific nutrients to alleviate disease processes.
Lecture	Discuss and review the roles of proper nutrition and nutritional balance in weight loss, maintenance, and athletic performance.

### Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards  
 Chat Rooms  
 Discussion Boards  
 E-mail Communication  
 Telephone Conversations  
 Video or Teleconferencing

**Student-Initiated Online Contact Types**

Discussions  
Group Work

**Course design is accessible**

Yes

**Methods of Evaluation****Methods of Evaluation**

Types	Examples of classroom assessments
Exams/Tests	Midterm and final exam.  Examples of test items: 1. Compare and contrast "good" versus "bad" fats, giving two examples of each. 2. List four food items that would properly be described as "empty calories."
Quizzes	Examples of quiz items: 1. Compare and contrast "good" versus "bad" fats, giving two examples of each. 2. List four food items that would properly be described as "empty calories."
Projects	Examples of assignments:  1. Construct a menu for three meals per day for three days based on proper nutritional standards. 2. Differentiate the four basic food groups and identify at least four common foods belonging to each group.

**Assignments****Reading Assignments**

Textbook readings in preparation for lecture/discussion

**Writing Assignments**

1. Preparation in writing of nutritional analysis for 3 days menu consisting of 3 meals/day.
2. Compose a Dietary menu for a specific disease of the body.

**Outside-of-Class Assignments**

Other assignments as needed.

**SECTION F - Textbooks and Instructional Materials****Material Type**

Textbook

**Author**

Peckenpaugh, N.

**Title**

Nutrition Essentials and Diet Therapy

**Edition/Version**

15th

**Publisher**

Philadelphia: W.B. Saunders

**Year**

2021

**Rationale**

Updated version

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## SECTION G - Diversity, Equity and Inclusivity

**How does your course and/or course outline of record reflect strategies for accommodating and engaging diverse student populations, advancing equitable outcomes, and fostering inclusion for all students?**

Provides equitable opportunity for students to explore human nutrition in a course that has no formal prerequisites. This course engages diverse learners by using multiple instructional methods.

### Course Codes (Admin Only)

**CB00 State ID**

CCC000304638

**CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

**CB11 Course Classification Status**

Y - Credit Course

**CB13 Special Class Status**

N - The Course is Not an Approved Special Class

**CB23 Funding Agency Category**

Y - Not Applicable (Funding Not Used)

**CB24 Program Course Status**

Program Applicable

**Allow Pass/No Pass**

No

**Only Pass/No Pass**

No