

COURSE IMPLEMENTATION DATE: May 2007  
 COURSE REVISED IMPLEMENTATION DATE:  
 COURSE TO BE REVIEWED: September 2009  
 (Four years after UPAC final approval date) (MONTH YEAR)

**OFFICIAL COURSE OUTLINE INFORMATION**

Students are advised to keep course outlines in personal files for future use.  
 Shaded headings are subject to change at the discretion of the department and the material will vary  
 - see course syllabus available from instructor

FACULTY/DEPARTMENT:	Faculty of Science, Health and Human Services / Dental Hygiene Program	
	<b>DHYG 128</b>	<b>1</b>
COURSE NAME/NUMBER	FORMER COURSE NUMBER	UCFV CREDITS
	<b>Nutrition I</b>	
COURSE DESCRIPTIVE TITLE		

**CALENDAR DESCRIPTION:**

Students learn about the Canada Food Guide Recommendations and the role of nutrition in oral and general health. Students apply concepts in the analysis of their own diet.

PREREQUISITES:  
 COREQUISITES: **DHYG 125, DHYG 126, DHYG 162, DHYG 190**

SYNONYMOUS COURSE(S)	<b>SERVICE COURSE TO:</b>
(a) Replaces: _____ (Course #)	_____
(b) Cannot take: _____ for further credit. (Course #)	_____

TOTAL HOURS PER TERM:	<b>10.5</b>	TRAINING DAY-BASED INSTRUCTION
<b>STRUCTURE OF HOURS:</b>		LENGTH OF COURSE: <b>7 weeks</b>
Lectures:	10.5 Hrs	HOURS PER DAY: <b>1.5 hours / day, once a week</b>
Seminar:	Hrs	
Laboratory:	Hrs	
Field Experience:	Hrs	
Student Directed Learning:	Hrs	
Other (Specify):	Hrs	

MAXIMUM ENROLLMENT:	<b>16</b>
EXPECTED FREQUENCY OF COURSE OFFERINGS:	<b>Spring Term, 1<sup>st</sup> year only</b>
<b>WILL TRANSFER CREDIT BE REQUESTED? (lower-level courses only)</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>WILL TRANSFER CREDIT BE REQUESTED? (upper-level requested by department)</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
<b>TRANSFER CREDIT EXISTS IN BCCAT TRANSFER GUIDE:</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

**AUTHORIZATION SIGNATURES:**

Course Designer(s): _____ Shauna Warner	Chairperson: _____ Rosie Friesen ( <i>Curriculum Committee</i> )
Department Head: _____ Wanda Gordon	Dean: _____ Jackie Snodgrass
PAC Approval in Principle Date: _____	PAC Final Approval Date: September 30, 2005

**LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:**

The student will be able to:

1. Discuss the role of nutrition health
2. Discuss the relationship and significance of nutrition to total health, oral and dental health
3. Discuss nutrition standards and guidelines
4. Understand Canada's Food Guide to Healthy Eating
5. Describe procedures for nutrition counselling as a dental hygienist, in the area of general health and in dental / oral health
6. Discuss carbohydrates in relationship with diet and overall / general health

**METHODS:**

Lecture  
Shop Smart Tour of a grocery store  
Group Work  
Case Analysis

**PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):**

Credit can be awarded for this course through PLAR (Please check:)     Yes                       No

**METHODS OF OBTAINING PLAR:**

Challenge Exam

**TEXTBOOKS, REFERENCES, MATERIALS:**

[Textbook selection varies by instructor. An example of texts for this course might be:]

Required:

Palmer, C. (2003)Diet and Nutrition in Oral Health. , New Jersey: Prentice Hall Company

UCFV Course Pack    DHYG 128

Optional:

Sizer, F., Whitney, E.(2003) Nutrition Concepts and Controversies,( 9<sup>th</sup> Ed.). Toronto: Wadsworth Publishing Company

**SUPPLIES / MATERIALS:**

**STUDENT EVALUATION:**

[An example of student evaluation for this course might be:]

The final grade in this course will be assigned based upon the following:

Assignment #1(Diet Analysis)	50%
Assignment #2 (Shop Smart Tour)	20%
Final Comprehensive Exam	30%

UCFV letter grading system will be used. A passing grade is 70% (B-)

**COURSE CONTENT:**

[Course content varies by instructor. An example of course content might be:]

Main Themes / Critical Elements are:

1. Nutrition and overall health; general and specific relation between nutrition and dental / oral health
2. Related vocabulary and definitions
3. Resources for nutrition advice
4. Role of the dental hygienist in nutrition counselling
5. Food labelling; RDA and DRI
6. Canada's Food Guide for Healthy Eating
7. Characteristics of a nutritious diet; selection of clients for nutrition counselling; dietary record analysis and recommendations

## 8. Types, functions and sources of carbohydrates