**BARTON COMMUNITY COLLEGE  
COURSE SYLLABUS**

1. **GENERAL COURSE INFORMATION**

Course Number: DIET 1631

Course Title: Nutrition Therapy

Course Hours: 2 credit hours

Prerequisite: None

Division and Discipline: WTCE/Dietary Manager

Course Description: This course is a study of basic nutrition and medical nutrition therapy and includes digestion, food preferences, nutrition screening, nutrition assessment, physicians' orders, menus, supplemental feedings, modified diets, continuous quality improvement, medical records, nutrient intake calculation, and state and federal regulations.

1. **INSTRUCTOR INFORMATION**
2. **COLLEGE POLICIES**

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at [disabilityservices@bartonccc.edu](mailto:disabilityservices@bartonccc.edu)

1. **COURSE AS VIEWED IN TOTAL CURRICULUM**

This course is a required course for the Dietary Manager Certificate Program. As a component of the certificate requirements, the course prepares the student to take the National Certification Exam administered by the Association of Nutrition and Foodservice Professionals. This curriculum fulfills 29 hours of the 120 total hours of classroom instruction included in the Dietary Manager Program.

1. **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies

A. Translate Nutrition Science into Food Intake

1. Discus the importance of good nutrition

2. Discuss dietary recommendations for carbohydrates (simple sugars, complex carbohydrates, and fiber)

3. Discuss dietary recommendations for fats (total fat, saturated fat, and cholesterol)

4. Discuss the importance of adequate protein

5. Distinguish between vitamins and mineral

6. Identify the role of water as a nutrient

7. Define phytochemicals and functional foods

8. Select the best food sources of specific vitamins and minerals

9. Differentiate between different food guides

10. Analyze intake with ChooseMyPlate.gov

B. Use the Building Blocks of Nutrition

1. Discuss the six groups of nutrients

2. Define Calorie

3. List the energy content of nutrients

4. Differentiate between simple and complex carbohydrates

5. Explain nutrient density of foods

6. Calculate energy content of a simple food

C. Describe the Process of Digestion, Absorption, and the Utilization of Nutrients

1. Follow the path of digestion

2. Relate digestion to nutrition

3. Describe the organs involved in digestion

4. Differentiate between digestion of protein, fat, and types of carbohydrate

5. Discuss absorption and its relationship to other body system

6 Explain the concepts of absorption and availability of nutrients

D. Manage Food Allergies, Complimentary Medicine, and Alternative Therapies in Nutrition

1. Describe common food allergies and discuss dietary implications

2. Define alternative and complimentary therapies

3. Identify risks and benefits of alternative therapies and allergies

4. Classify use of alternative therapies in long-term and acute care

5. List questions to ask in evaluating dietary supplements and other complementary and alternative therapies and treatment with allergies

6. Differentiate between an allergy and a food intolerance

7. Identify the role of basic nutrition concepts in assessment and implementation of complementary and alternative therapies and treatment with allergies

8. Explain the role of the Certified Dietary Manager for assisting clients in alternative therapies or allergies

E. Review Body Systems and Medical Nutrition Therapy (MNT) Interventions

1. Review symptoms of nutritional deficiency and excess

2. Identify basic medical nutrition terminology as related to gastro-intestinal track, the hepatic system, renal systems, and other conditions of the body (Alzheimer’s disease and developmental disabilities)

3. Define the basic concepts of MNT, as related to gastro-intestinal track, the hepatic system, renal systems, and other conditions of the body (Alzheimer’s disease and developmental disabilities)

4. Relate basic concepts to nutritional deficiency and excess

5. Relate basic concepts of MNT to gastro-intestinal track, the hepatic system, renal systems, and other conditions of the body (Alzheimer’s disease and developmental disabilities)

6. Compare basic concepts to current diet manual or other accepted resource

7. Explain utilization of medical nutritional therapy in long-term care and acute care settings

F. Review Disease Processes and Medical Nutrition Therapy (MNT) Interventions

1. Identify basic medical terminology, as related to obesity, weight management, cardiovascular disease, diabetes, cancer, and HIV/AIDS

2. Define basic concepts of MNT to diseases related to obesity, weight management, cardiovascular disease, diabetes, cancer, and HIV/AIDS

3. Relate basic concepts to nutrition deficiency and excess

d. Relate basic concepts of MNT to diseases related to obesity, weight management, cardiovascular disease, diabetes, cancer, and HIV/AIDS

4. Explain the utilization of MNT in long-term and acute care settings

G. Document Nutrition Information in the Medical Records

1. Chart in medical records

2. Enter data using a computer

3. Use nutritional information to develop and write nutrition assessments

H. Interview for Nutrition Related Information

1. Ask appropriate questions of clients (e.g. allergies, preferences)

2. Gather client information from relevant sources (e.g., medical record, referrals)

3. Recognize nonverbal responses and communication cues

4. Record information gathered

5. Use ethical and confidentiality principles and practices

6. Identify food customs and nutrition preferences based on race, culture, or religion

I. Obtain Routine Nutrition Screening Data

1. Use established guidelines to distinguish between routine and at-risk clients

2. Gather client data from relevant sources (e.g. medical record referrals)

3. Complete client forms (e.g., MDS)

4. Comply with federal regulations related to evaluating client status and care

5. Calculate nutrient intake

6. Document relevant nutrition related information (e.g. laboratory values, BMI)

J. Identify Nutrition Problems and Client Rights

1. Verify information to ensure accuracy

2. Review documentation for nutrition care follow up

3. Perform ethical behaviors regarding client rights

K. Modify Diet Plans

1. Develop menus

2. Implement nutrition plan into meals/foods to be served

3. Identify client needs and food habits

4. Use nutrition analysis data to modify menus for nutrients, textures, feeding needs, allergies, and personal conditions/preferences

L. Implement Physician’s Dietary Orders

1. Recognize medical and nutrition terminology

2. Provide needed diets

3. Include client input on diet prescribed by physician

4. Recognize appropriateness of diet order for diagnosis

5. Explain importance of adhering to physician diet orders

M. Apply Standard Nutrition Care Procedures

1. Review client’s nutrition needs, based on guidelines provided

2. Assess nutrition content of foods

3. Identify sources to consult to assist in implementing nutrition care plans

N. Review Effectiveness of Nutrition Care

1. Identify effectiveness of the nutrition care plan

2. Evaluate care plans for individual needs

O. Manage Special Nourishments and Supplemental Feedings

1. Identify clients who need nourishments or supplemental feeding

2. Identify appropriate supplemental products

3. Monitor the delivery of nourishments and supplements

4. Audit the acceptance of nourishments or supplements

P. Assist Clients with Food Selection

1. Review dietary requirements of client

2. Determine client’s knowledge and needs

3. Suggest acceptable food substitutes based on client preferences

4. Verify substitutes in terms of availability and facility practices

Q. Use Nutrition Education Materials

1. Develop a plan for nutrition education

2. Select educational materials and resources

3. Use resource materials and equipment in teaching

R. Adapt Teaching to Clients’ Educational Needs

1. Evaluate client readiness and ability to learn

1. **INSTRUCTOR’S EXPECTATIONS OF STUDENTS IN CLASS**
2. **TEXTBOOKS AND OTHER REQUIRED MATERIALS**
3. **REFERENCES**
4. **METHODS OF INSTRUCTION AND EVALUATION**
5. **ATTENDANCE REQUIREMENTS**
6. **COURSE OUTLINE**