

HLTH 160

Plant Based Nutrition

3 Credits

Community College of Baltimore County
Common Course Outline

Description

HLTH 160: Plant Based Nutrition: presents a critical analysis of the current scientific, epidemiological, and clinical research on the health benefits of plant-based foods and dietary phytochemicals. This course provides information for understanding the sources of dietary and supplementary phytochemicals, their interactions with nutrients and drugs and possible adverse effects of consuming them. Students are guided in developing a personal nutritional assessment.

Pre-requisites: ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

Upon completion of this course, students will be able to:

1. explain the importance of nutrition in regulating personal health;
2. identify common health problems that arise from poor nutrition;
3. explain the role of plant foods in preventing chronic disease;
4. identify intake recommendations for major plant food groups including fruits, vegetables, legumes, nuts and seeds, and whole grains;
5. explain the unique contribution of cruciferous vegetables;
6. discuss the potential health benefits and safety concerns of coffee and tea;
7. identify the role of phytochemicals in prevention and treatment of certain disease processes;
8. differentiate between healthy fats and those which promote disease;
9. analyze the difference between the nutrition benefits of whole plant foods vs. processed foods;
10. identify plant sources of specific phytochemicals;
11. develop realistic nutrition goals based upon assessments and develop a strategy to achieve those goals;
12. compare and contrast healthy and unhealthy nutritional habits;
13. examine the physiological adaptation and changes that occur as a result of adopting a plant-based nutrition program;
14. explain the lifetime benefits of a plant-based whole foods nutrition program; and
15. identify healthy alternatives to fast food.

Major Topics

- I. Phytonutrients
- II. Role in disease prevention and treatment
- III. Nutrient interactions

The Common Course Outline (CCO) determines the essential nature of each course.
For more information, see your professor's syllabus.

- IV. Intake recommendations
- V. Metabolism and bioavailability
- VI. Biological activities
- VII. Safety, dose, adverse effects, toxicity, and drug interactions

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two exams
- Two homework assignments
- One written paper
- One personal nutrition assessment

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course is an approved 3–credit General Education course in Wellness and Health. This course may not be offered every semester.

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