



EDO UNIVERSITY IYAMHO

Department of Nursing Science



NSC 203 Community Human Nutrition

Instructor: *M. E. Akpotor*, email: akpotor.eugene@edouniversity.edu.ng

Lectures: Thursday, 1:00 p.m. – 3:00 p.m. LT3, phone: (+234) 8068524872

Office hours: Thursday, 8:30 a.m. – 12:30 p.m. Office: Department of Nursing, Ground Floor Rm 32

Teaching Assistants: *A. A. Ogunlade*

General overview of lecture: This course covers the basic concepts in nutrition, classification of food based on nutrient, functions of nutrients, the gastrointestinal tract, digestion, absorption and metabolism of nutrients, energy balance, types of food found in our locality, factors that influence our choice of food, the concept of adequate diet, food security, and nutritional need across the developmental milestones. It will focus also on the role of nutrition in the prevention, management, and care of various disease as well as promoting health.

Prerequisite: students are expected to have a background knowledge of biology and chemistry at the secondary level and first year of university study.

Learning outcomes: At the completion of this course, students are expected to:

1. Display an understanding of basic nutrition.
2. Demonstrate ability to use basic knowledge in nutrition to solving diet related health problems.
3. Show an understanding of the importance of nutrition in nursing practice.
4. Identify major nutrient requirements through life cycle.
5. Assess the nutritional status of an individual/community.

Assignments: the course is designed in such a way that the students will be assigned topics for term paper in addition to two written tests, group paper presentation and a Final Exam.

Grading: We will assign 5% of this class grade to term paper. Another 5% for the group paper presentation, 20% for the two tests, and 70% for the final exam. The Final exam will be comprehensive.

Textbooks: The recommended textbooks for this class are as stated:

Title: *Nutrition essentials for nursing practice*

Author: S. G. Dudek

Publisher: Wolters Kluwer Health/Lippincott Williams & Wilkins, 7th Edition

ISBN: 978-1-4511-8612-3

Year: 2014

Title: *Nutrition and diet therapy*

Author(s): C. Lutz, E. Mazur, N. Litch

Publisher: F. A. Davies Company, 6th Edition

ISBN: 978-0-8036-3718-4

Year: 2015

Title: *Nutrition for nurses*

Author(s): O. L. Oke, E. O. Ojofeitimi

Publisher: Longman Group Ltd, 1st edition,

Year: 1984

Title: *Nutrition and diet therapy*

Author: R. A. Roth

Publisher: Cengage Learning, 10th Edition

ISBN: 13: 978-14354-8629-4

Year: 2011

Courseware: - NSC 203 – Human Nutrition

The following documents outline the courseware for the course NSC 203- Human Nutrition. Much of this material is taken from recommended text books.

1: Introduction to Human Nutrition.

- i. Introduction and overview.
- ii. Historical perspective of human nutrition.
- iii. Definition of nutritional terms.
- iv. Importance of nutrition to nursing.

2: Classification of Nutrients/Foods.

- v. Types, sources, functions, digestion, absorption, metabolism excretion of nutrients.
- vi. Meat, milk, cereal, starchy, fruit/tuber and fruit/vegetable groups of food.

3: Energy Balance, Nutrient and Recommended Daily Caloric Requirement.

- vii. Introduction and definition.
- viii. Calorie intake and output.
- ix. Estimating total energy expenditure.
- x. Evaluating weight status.
- xi. Energy balance in health promotion.
- xii. Dietary reference intake, recommended dietary allowances, estimated average requirement and estimated energy requirements.

4: Food and Culture.

- xiii. Food and culture.
- xiv. Definition of terminologies in culture.
- xv. The meaning of food.
- xvi. The functions of food.
- xvii. Cultural and religious food choices.
- xviii. Factors influencing food habits.

5: Food Management.

- xix. Food quality, handling and presentation.
- xx. Food purchasing and determinants of food purchasing.

- xxi. Food preparation and methods of food preparation.
 - xxii. Effects of food preparation on the food nutrient.
 - xxiii. Food safety and adequacy of food supply.
 - xxiv. Food preservation and reasons for food preservation and methods of food preservation.
- 6: Assessment of Nutritional Status and Nutrition Education.**
- xxv. Technique in assessing nutritional status.
 - xxvi. Nutrition education, information and counselling.
 - xxvii. Methods of disseminating nutrition information and barriers to effective nutrition education.
- 7: Nutritional Deficiencies and Management.**
- xxviii. Protein-energy deficiency diseases.
 - xxix. Mineral deficiency diseases.
 - xxx. Vitamin deficiency diseases.
 - xxxi. Food allergies.
 - xxxii. Food-borne disease.
- 8: Conditions Associated with Nutrition and their Nutritional Management.**
- xxxiii. Weight management and obesity.
 - xxxiv. Diabetes mellitus and hypoglycemia.
 - xxxv. Cardiovascular diseases.
 - xxxvi. Renal diseases.
 - xxxvii. Digestive diseases.
 - xxxviii. Cancer.
- 9: Dietary Management of Special Conditions.**
- xxxix. The surgical patient.
 - xl. The patient on enteral nutrition.
 - xli. The patient on parenteral nutrition.
 - xl.ii. The patient with burns.
 - xl.iii. The patient with HIV/AIDs.
 - xl.iv. The patient with infection.
 - xl.v. The terminally ill patient.
- 10: Nutritional Deficiencies and Management.**
- xlvi. Nutrition in pregnancy.
 - xlvii. Nutrition during lactation.
 - xlviii. Nutrition for infant.

