



NUTRITION

Liberal Arts & Sciences

Course Code: GSCI1045	Co-Requisites: Please see Course Related Information	Pre-Requisites: Please see Course Related Information
Applicable Program(s): Multiple Programs Please See Below for Details	Core/Elective: Core/Elective	
Prepared by:	Liberal Arts & Sciences, Faculty	
Approved by:	Susan Heximer, Associate Dean	
Approval Date:	Sunday, August 27, 2023	
Approved for Academic Year:	2023-2024	
Contact Hours:	42.00	
Credit Hours:	3.00	

Course Description

This course provides basic principles of nutrition. The scope of the course ranges from a review of the gastrointestinal system, energy sources and macronutrients to a more detailed discussion of nutrient function, dietary sources, recommended intakes, deficiencies, and excesses. Students consider behavioural aspects of diet and weight management as well as the effects of modern technology, cultural diversity and aging on views of nutrition. They also examine aspects of nutrition related to disease and to physical and mental health, as well as controversial topics such as alternative therapies. Upon completion of this course, students have the basis for assessing their own diet for nutritional adequacy, and for putting concepts into practice for overall better health.

Essential Employability Skills

This course contributes to your program by helping you achieve the following Essential Employability Skills:

- EES 1 **COMMUNICATION:** Communicate clearly, concisely and correctly in the written, spoken and visual form that fulfills the purpose and meets the needs of the audience. (P, E,)
- EES 2 **COMMUNICATION:** Respond to written, spoken or visual messages in a manner that ensures effective communication. (P,)
- EES 3 **NUMERACY:** Execute mathematical operations accurately. (T, P, E,)
- EES 4 **CRITICAL THINKING & PROBLEM SOLVING:** Apply a systematic approach to solve problems. (T, P, E,)
- EES 5 **CRITICAL THINKING & PROBLEM SOLVING:** Use a variety of thinking skills to anticipate and solve problems. (T, P,)

- EES 6 INFORMATION MANAGEMENT: Analyze, evaluate and apply relevant information from a variety of sources. (T, P, E,)
- EES 7 INFORMATION MANAGEMENT: Locate, select, organize and document information using appropriate technology and information systems. (T, P, E,)
- EES 8 INTERPERSONAL: Show respect for diverse opinions, values, belief systems and contributions of others. (P,)
- EES 9 INTERPERSONAL: Interact with others in groups or teams in ways that contribute to effective working relationships and the achievement of goals. (T, P, E,)
- EES 10 PERSONAL: Manage the use of time and other resources to complete projects. (T, P,)
- EES 11 PERSONAL: Take responsibility for one's own actions, decisions and consequences. (T, P, E,)

Note: "T" means elements of the skill are taught; "P" means elements of the skill are practiced; "E" means elements of the skill are evaluated; "C" means the skill culminates.

Course Learning Outcomes

When you have earned credit for this course, you will have demonstrated the ability to:

CLO 1 Explain the major nutrients and their function

Objectives:

- Differentiate between micro and macro nutrients

CLO 2 Evaluate types of nutritional information

Objectives:

- Discuss their relationship to personal, consumer and community health
- Apply logic of science and critical thinking to nutritional concerns and issues.
- Identify Canadian legislation dealing with food safety, labeling, and other important issues.

CLO 3 Analyze the body's need for energy and nutrients

Objectives:

- Familiarize the basic anatomy and physiology of the digestive system.
- Describe the changing nutritional needs of an individual through the lifecycle and other community based nutritional issues

CLO 4 Explore the link between diet and health

Objectives:

- Discuss the link between diet and chronic disease prevention
- Demonstrate how human diversity and culture present its own nutritional challenges

CLO 5 Design a healthy diet plan by evaluating nutritional intake.

Delivery Methods/Learning Activities

The presentation of course material is achieved through a variety of methods including lectures, presentations, pre-class readings, home assignments and discussions as well as tests.

This course is offered with both Face-to-Face and On-line Options. See your CSI (course section information) document for more specific information on your section.

Learning Resources

Recommended:

NUTR by Michelle "Shelley" McGuire; Kathy A. Beerman, Cengage Publisher, 2nd edition

ISBN - 13: 978-1-337-09747

Please see your course section document for other resources used in your class.

Course Related Information

There are no pre-requisites or co-requisites for this course.

George Brown Related Information

ACKNOWLEDGEMENT OF THE TRADITIONAL LAND

We would like to acknowledge that George Brown College is located on the traditional territory of the Mississaugas of the Credit First Nation and the land of other Indigenous Peoples who have lived here over time.

PROGRAM LEARNING OUTCOMES

College programs are designed to deliver program learning outcomes that relate to the unique content of a particular area of study. To review the specific program learning outcomes for your program, please go to your program page on the George Brown College website at <https://www.georgebrown.ca/>

IMPORTANT PROGRAM INFORMATION

Students are advised to consult program coordinators regarding specific requirements for successfully completing their program, including adding/dropping courses and other issues that might disrupt their course of study.

RETENTION OF COURSE OUTLINES

Students are expected to retain their course outlines to support learning in the course and for future use in applications for transfer of credit to other educational institutions.

COLLEGE POLICIES

It is essential that students review all college policies, including Academic Policies available at <https://www.georgebrown.ca/policies>.

DIGITAL LEARNING REQUIREMENTS

Students are required to have access to a computer and to the internet. There may also be additional technology-related requirements to participate in a course that are not included in the course materials fee, such as headphones, webcams, specialized software, etc. Details on these requirements can be found in the course outline for each course.

The Library Learning Commons (LLC) has a limited number of devices including laptops and portable WIFI devices to support students; however, the LLC cannot guarantee access to a device for all students.

ACCESSIBLE LEARNING SERVICES FOR STUDENTS

Accessible Learning Services facilitates academic support and services for George Brown College students with physical, sensory, learning, medical or mental health disabilities. Delivered in collaboration with academic departments and other service areas, these services are available to students in all programs at all campuses.

George Brown College is committed to upholding a student's right to individualized and timely accommodation that promotes dignity, independence, autonomy, equity, and inclusion for the student. In addition to our current supports, we are working to eliminate barriers by increasing access to alternate formats, planning accessible buildings and classrooms, enhancing employee training, and adopting inclusive practices in placement and on campus.

Only those involved in a student's accommodation plan shall be alerted to their registration with Accessible Learning Services, and a student's registration with Accessible Learning Services will not be identified on the student's official college transcript and/or graduation documentation. For more information, please visit the Accessible Learning Services website at <http://www.georgebrown.ca/accessible-learning-services/> or call 416-415-5000 ext. 2622 or email letstalk@georgebrown.ca

EQUITY STATEMENT

George Brown College values the diversity of our students, employees, and community partners, and is committed to providing a learning environment where all people are safe and respected. Comments, behaviours, or interactions that are inconsistent with our values may be a violation of the following college policies: Sexual Assault and Sexual Violence, Human Rights Discrimination and Harassment, and the Prevention of Workplace Violence and Harassment. These types of actions or comments are not acceptable and will not be tolerated. The commitment and cooperation of all students and employees is required to maintain a welcoming environment in which to learn and work.

Support and information are available through a Human Rights Advisor at diversity@georgebrown.ca or the Sexual Violence Response Advisor at svra@georgebrown.ca

For information on the relevant policies visit <https://www.georgebrown.ca/diversity/>

TEXT-MATCHING DETECTION SOFTWARE

Text-matching detection software assists faculty and students in preventing and detecting plagiarism. Faculty may

use such software to check the originality of the academic work students submit in a course by comparing submitted assignments to those contained in publicly accessible internet sites, and academic journals, as well as databases of submitted papers and other sources. Faculty may not submit any student work that contains personally identifiable information through a text matching/anti-plagiarism tool or require students to do so.

Automated text matching software will be made available to all academic staff and students to promote academic integrity and appropriate documentation of sources. Professors may choose to use the college-approved automated text matching detection software in their courses. Students are permitted to submit draft assignments prior to the due date, and to receive the screening report that is also available to professors.

Student Evaluation System

Below is a list of evaluation methods included in this course along with the course learning outcomes (CLO) and essential employability skills (EES) assessed by each. In some cases, program learning outcomes (PLO) assessed may also be indicated.

Exercises / Assignments (In-class &/or On-line) (30%)

A series of assignments/ quizzes over the term with a total value of 30%.

Validates Outcomes: CLO 1, CLO 2, CLO 3, CLO 4, EES 1, EES 3, EES 4, EES 6

Self Assessment (20%)

Diet Analysis to analyze your diet and plan for a healthy diet

Validates Outcomes: CLO 2, CLO 3, CLO 4, CLO 5, EES 1, EES 4, EES 6, EES 7

Midterm Exam (25%)

Validates Outcomes: CLO 1, CLO 2, CLO 3, CLO 4, EES 1, EES 3, EES 4, EES 6, EES 7

Final Exam (25%)

Validates Outcomes: CLO 1, CLO 2, CLO 3, CLO 4, EES 1, EES 3, EES 4, EES 6, EES 7, EES 9, EES 11

Prior Learning Assessment and Recognition

Prior learning assessment and recognition (PLAR) is a process that gives students the opportunity to obtain academic credit for one or more courses in a certificate, diploma or degree based on demonstrated prior learning acquired through life experiences before enrollment in a program. More information regarding PLAR can be found on the GBC website at: <http://www.georgebrown.ca/plar/>

- This course is PLAR eligible, please see Program Coordinator/Chair for more information.

Grading System

The passing grade for this course is 50% / "D"

Final Grade	Percentage	Weight
A+	90-100	4.0

A	86-89	4.0
A-	80-85	3.7
B+	77-79	3.3
B	73-76	3.0
B-	70-72	2.7
C+	67-69	2.3
C	63-66	2.0
C-	60-62	1.7
D+	57-59	1.3
D	50-56	1.0

Refer to the Evaluation System on this outline for information on how marks are distributed. More detailed information on assessments may also be found in your Course Section document.

As per Office of the Registrar Policies:

“A” Range = GPA 4.0-Consistently exceeds (course) requirements; shows evidence of being well-organized; shows original and creative thinking and a superior grasp of subject matter.

“B” Range = GPA 3.0-Shows consistent performance and evidence of being well-organized, shows elements of original and creative thinking; has a strong grasp of subject matter

“C” Range = GPA 2.0-Applies the subject matter appropriately; comprehends the subject matter.”

"D" Range = GPA 1.0-The student inconsistently applies and communicates knowledge of the subject matter

"F" Range = GPA 0.0-The student fails to apply and communicate an understanding of the subject matter.

Additional information regarding grading for this course may also be found in the "Course Related Information" section of this course outline.

Programs

This Course is applicable to the following Programs.

B103 - Business - Accounting

B107 - Business Administration - Accounting

B108 - Business Administration - Marketing

B120 - Business - Marketing

B122 - Business Administration - Supply Chain and Operations Management

B125 - Business

B126 - Business Administration - Project Management

B130 - Business Administration - Finance
B131 - Business Administration - International Business
B133 - Business - Finance
B134 - Business - Human Resources
B144 - Business Administration - Human Resources
B145 - Business Administration
B150 - Business Administration - Finance
B154 - Business Administration - Human Resources
B155 - Business Administration
B156 - Business Administration - Project Management
B157 - Business Administration - Accounting
B158 - Business Administration - Marketing
B161 - Business Administration - International Business
B162 - Business Administration - Supply Chain and Operations Management
C101 - Community Worker
C119 - Social Service Worker
C133 - Child and Youth Care
C137 - Assaulted Women's and Children's - Counsellor/Advocate
C139 - Health Information Management
C146 - Behavioural Science Technician
C152 - Recreation Management in Gerontology
F102 - Fashion Management
F110 - Jewellery Methods
F112 - Fashion Business Industry
F113 - Fashion Techniques and Design
F114 - Jewellery Arts
G102 - Graphic Design
G113 - Interaction Design
G119 - Game - Art
H132 - Food and Beverage Management - Restaurant Management
H133 - Hospitality - Hotel Operations Management
H141 - Event Planning
P104 - Theatre Arts - Performance
P112 - Video Design and Production
R101 - General Arts and Science
R104 - General Arts and Science - One-Year
S100 - Dental Technology
S102 - Orthotic/Prosthetic Technician
S121 - Practical Nursing
S135 - Office Administration - Health Services
T105 - Construction Engineering Technology
T109 - Architectural Technology

T121 - Mechanical Engineering Technology - Design
T132 - Architectural Technician
T141 - Computer Systems Technician
T146 - Electro-Mechanical Engineering Technician
T147 - Computer Systems Technology
T148 - Building Renovation Technology
T160 - Heating, Refrigeration, and Air Conditioning Technician
T161 - Construction Engineering Technician
T162 - Heating, Refrigeration, and Air Conditioning Technology
T164 - Civil Engineering Technology
T167 - Electrical Techniques
T171 - Electromechanical Engineering Technology - Building Automation
T173 - Mechanical Technician - CNC and Precision Machining
T176 - Construction Techniques
T177 - Computer Programming and Analysis
T178 - Interior Design
T180 - Carpentry and Renovation Technician
T182 - Electromechanical Engineering Technology - Power and Control
T184 - Civil Engineering Technology
T187 - Computer Systems Technology
T191 - Computer Systems Technician
T193 - Game - Programming
T197 - Computer Programming and Analysis
T217 - Computer Programmer Analyst

Legend

Terms

- ILO: Indigenous Learning Outcome
- Apprenticeship LO: Apprenticeship Learning Outcome
- CLO: Course Learning Outcome
- DPLO: Degree Program Learning Outcome
- EES: Essential Employability Skill
- EOP: Element of Performance
- GELO: General Education Learning Outcome
- LO: Learning Outcome
- APO: Additional Program Outcome
- PLA: Prior Learning Assessment
- PLAR: Prior Learning Assessment and Recognition
- PLO: Program Learning Outcome