

Montgomery County Community College
 ESW 208
 Integrative Nutrition
 3-3-0

COURSE DESCRIPTION:

The course investigates the interrelatedness of health; the environment; and food nutrients, components and additives which are essential to health and wellness. In depth study of the application and use, safety and efficacy of herbal, vitamin, mineral and biological supplements, taken in complement with food to promote health will be covered. Current emerging trends in holistic nutrition including, but not limited to: organic foods, slow foods, food synergy and eating plans such as Ayurvedic approaches to nutrition, macrobiotics, fasting and raw food diets will be evaluated by students for integration into a holistic self-care plan and application into a personal nutrition-related approach to health.

REQUISITES:

Previous Course Requirements

- ENG 010A Basic Writing or ENG 011 Basic Writing II or ESL 011 Basic Writing II
- REA 011 Fundamentals of College Reading or REA 017 Vocabulary and Reading Comprehensive Development II

Previous Course Requirements

None

COURSE COMMENT

Completion of ESW 206 Basic Nutrition prior to this course is recommended but not required.

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Analyze the interconnectedness of food selection to its overall role in promoting health.	Pre-learning Assessment Lecture/Discussion Demonstrations Field Trip Guest Experts Research Project Diet Analysis Exams Written Assignments	Research Project Diet Analysis Exams

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Evaluate the safety, efficacy, and side effects of all types of dietary supplements.	Pre-learning Assessment Lecture/Discussion Demonstrations Field Trip Guest Experts Research Project Diet Analysis Exams Written Assignments	Research Project Exams
3. Describe the relationship between diet, food resources, and the environment; including but not limited to: sustainable agriculture and organic foods.	Pre-learning Assessment Lecture/Discussion Demonstrations Field Trip Guest Experts Research Project Diet Analysis Exams Written Assignments	Research Project Exams
4. Critically assess a variety of informational resources relating to integrative nutrition and health.	Pre-learning Assessment Lecture/Discussion Demonstrations Field Trip Guest Experts Research Project Diet Analysis Exams Written Assignments	Research Project Diet Analysis Exams
5. Discuss patterns and practices related to emerging theoretical views of the interrelationship between diet and nutrition in the development of disease and promotion of health.	Pre-learning Assessment Lecture/Discussion Demonstrations Field Trip Guest Experts Research Project Diet Analysis Exams Written Assignments	Research Project Diet Analysis Exams

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Philosophy of Holistic Nutrition
2. Food Synergy
3. Truth in Nutrition: Discerning reliable websites. Using information technology and information literacy to do research
4. Nutrition Foundations
 - a. The six essential nutrients' functions and role
 - b. The Energy Yielding Nutrients: Carbohydrate, Protein, and Fat
 - c. The non-Energy Yielding Nutrients: Vitamins, Minerals, Water
5. Effects to the Whole Person
 - a. Digestion, Absorption, Elimination
 - b. Gastro-intestinal health approaches: Colonic cleansings, enemas
6. Functional Foods: Emerging Trends of Food as Medicine, Fortification of Foods, and Designer Foods
7. Phyto-Nutrients: Plant's Compounds' Role in Health
8. From Farm to Table
 - a. How the US Agricultural system works
 - b. Use of fertilizers, crop rotation, nutrient retention in soil and plants
 - c. Organic foods for man and the environment
9. The Slow-Food Movement and Benefits of "Coming Back to the Table" for Health
10. Food Supplements
 - a. Safety and Efficacy. Current regulatory standards and laws governing food supplements. US Pharmacopoeia
 - b. Vitamins and Minerals as supplements: mega-dosing, avoiding deficiency (RDAs of 1940s) and disease prevention
 - c. Herbal or botanical supplements (examples: senna, feverfew, ginkgo-biloba, green tea, aloe vera, saw palmetto)
 - d. Other biological food supplements (examples: omega-3 fatty acids, flax seed oil, Brewer's yeast, branch-chain amino acids, pro-biotics, red yeast rice)
 - e. Forms of food supplements; energy bars, protein drinks, designer foods, pills, teas, topical applications, suppositories and syrups
11. Interactions
 - a. Herbal/Medication interactions
 - b. Food/Medication interactions
12. Medical Nutritional Therapy (MNT): Using Food to Treat Chronic Diseases
13. Diets and Food Plans: Ayurvedic Nutrition, Cleansing and Detoxification, Macrobiotics, Fasting, and Raw Foods Diets
14. Safe Water
15. Eating Disorders: Orthorexia Nervosa, Night Eating Syndrome

LEARNING MATERIALS:

Ballentine, Rudolph. (2007). *Diet and Nutrition: A Holistic Approach*. Himalayan Institute Press.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Claire Kratz, MS, RD, LDN and
Melanie Zook, MA, RD

Date: 9/2009

Revised by: Dr. Anne Livezey

Date: 12/2012

VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D.

Date: 12/21/2012

Revised by: Dr. Anne Livezey

Date: 1/8/2018

VPAA/Provost or designee Compliance Verification:

Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.