



COURSE OUTLINE
Palo Verde College
 One College Drive, Blythe, CA 92225
 (760) 921-5500

Latest Revision: 2-9-06

Board Approval: 2/28/06

1. Completed by the Course Initiator: Rhonda Entwistle

Subject Area and Course Number: NBE 037		Course Title: FOOD & NUTRITION EDUCATION			
New Course <input type="checkbox"/>	Revised <input checked="" type="checkbox"/>	Updated <input checked="" type="checkbox"/>	Static ID C03700	TOP Code 1306.00	Credit Status Request Noncredit
Classification Code C=Adult and Secondary Basic Education		SAM Code E=Non-occupational			Course prior to college level Y=Not applicable
Noncredit category I=Short-term vocational		Meets a unique need: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>	Course duplicated: Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>		Demand/Enrollment Potential: Yes <input checked="" type="checkbox"/> No <input type="checkbox"/>
Transfer request C=Non-transferable		Articulation request: UC <input type="checkbox"/> CSU <input type="checkbox"/> CSU-GE <input type="checkbox"/> IGETC <input type="checkbox"/> CAN <input type="checkbox"/>			

2. Curriculum Committee Approval Date: 2/9/06

3. After Curriculum Committee approval, to be completed by the Office of Instruction:

TRANSFER APPROVAL STATUS	ARTICULATION APPROVAL STATUS					
		Not Requested	Date of Submission	Approval Pending	Approval Denied	Date Approved
N/A						
	UC	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
	CSU	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
	CSU-GE	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
	IGETC	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	
	CAN	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	

CATALOG DESCRIPTION:

This course is designed to assist adults and their families to acquire the knowledge, skills, attitudes and changed behaviors necessary for nutritionally sound diets, improvement of family nutrition, and the basics of safe food preparation. This course is repeatable.

UNITS: 0 HOURS: Lecture: 9 Laboratory: 9 Lecture/Lab: Clinic/Field:

ENTRY LEVEL SKILLS, PREREQUISITES, AND/OR COREQUISITES:

None

OBJECTIVES and LEARNING OUTCOMES:

Upon successful completion of the course the student will be able to:

1. Identify and describe the food types in the Food Guide Pyramid.
 2. Improve diet and nutritional welfare.
 3. List the essentials of human nutrition.
 4. Select and buy foods that satisfy nutritional needs.
 5. Explain food production, preparation, storage, safety, and sanitation.
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COURSE OUTLINE AND SCOPE:

1. Outline of Topics:

1. The Food Guide Pyramid.
2. The essentials of human nutrition.
3. Practices in food production, preparation, storage, safety, and sanitation.
4. Healthy meal planning, food shopping, and reading food labels.
5. Special dietary needs.

2. Examples of Reading Assignments:

Instructor-assigned materials.

3. Examples of Writing Assignments:

Food Shopping list.

4. Appropriate Assignments to be completed outside of class:

Practice theories discussed in class at home.

5. Appropriate Assignments that demonstrate critical thinking:

None.

6. Other Assignments:

None.

METHOD OF EVALUATION:

1. In-Class Presentations
2. Exams and Quizzes
3. Class Participation/Discussion
4. DVD/Video Response
5. Projects
6. Demonstrations
7. Group Activities

METHOD OF INSTRUCTION:

1. Lecture
2. Demonstration
3. Videotapes
4. Group projects

TEXTS, OTHER READINGS AND MATERIALS:

(List typical or required primary sources, texts, and other materials; or reference college bookstore computerized listings, etc.)

Instructor handouts, government manuals and publications, sample nutrition labels.

SIGNATURES:

COURSE INITIATOR: _____ **DATE:** _____

LIBRARY: _____ **DATE:** _____

CHAIR OF CURRICULUM COMMITTEE: _____ **DATE:** _____

SUPERINTENDENT/PRESIDENT: _____ **DATE:** _____