

ACCHS COURSE OUTLINE/SYLLABUS

COURSE TITLE: Nutrition and Vitamins
COURSE NUMBER: BS 218
UNITS/HOURS: 2/30
INSTRUCTOR: N. Collins
TERM OFFERED: VI

COURSE OBJECTIVES:

This class is a substantial review of the principles of Western Nutrition. Students will discuss the biochemical components of a balanced diet, digestive metabolism, and using nutritional counseling as dietary therapy. Students will focus in particular on holistic nutritional concepts the therapies through the use of national whole foods, supplements, and food preparation.

TEACHING METHODS:

Teaching methods include lectures, discussion, charts, overhead projector, models, handouts, slides, quizzes, term paper, project, midterm and final.

GRADING POLICY:

40% weekly quizzes, 45% final, 15% attendance and participation

PRE-REQUISITES: Herbology II - HM151

TEXTBOOK:

Pitchford, Paul: *Healing with Whole Foods: Oriental Traditions and Modern Nutrition* (revised edition). North Atlantic Books, 1993

DESCRIPTION OF CONTENT ON A WEEKLY BASIS:

WEEK 1	Elements of Nutrition : Price-Potyteenger, Industrial Food
WEEK 2	Fats & Oils: HW: Pitchford, Ch 10
WEEK 3	Proteins: HW: Pitchford, Ch 9
WEEK 4	Sweeteners and Grains: HW: Pitchford, Ch 11, 35
WEEK 5	Vitamins & Minerals: HW: Pitchford, Ch 14, 15
WEEK 6	Water, Condiments & Micronutrients HW: Pitchford, Ch 8, 13
WEEK 7	Diatary Dangers/Toxins HW: Digital Articles
WEEK 8	Gastrointestinal Health and Nutritional Candida, Leaky Cuts, Hypertension, Diabetes, Obesity, Heart Disease, HW: Digital Articles
WEEK 9	Diets, Food Preparation and Supplements HW: Pitchford, Ch 10 Diatary Plans, Food Combining, Food Preparation, Microwaves, Fasting, Raw Food, Vegetarianism, and Metabolic Typing HW: Digital Articles, Ch 16
WEEK10	Review and Finals