



Course Syllabus

Course title: Nutrition

Class section: DHYG - 328 - X01

Term: 2025W

Course credits: 1.5

Total hours: 34

Delivery method: In-Person

Territorial Acknowledgement

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Łək̓ʷəŋən (Songhees and Kosapsun) and W̱SÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

Instructor Details

Name: Elizabeth Morch

Email: morch@camosun.ca

Instructor Statement

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

Instructor Office Hours

Office:	Hours:
Room #	Hours:
004	available on request via email

Course Description

Course Description:

In this course, students study the basic nutritional concepts, including micro- and macro-nutrients, nutritional standards and guidelines, and apply these to client care in the clinical dental hygiene setting. Students will examine the role and importance of nutrition, its relationship to oral and overall health, and client counseling in the dental environment.

Prerequisites:

All of:

- B- in BIOL 260

Course Delivery Hours

ACTIVITY	HOURS / WEEK	# OF WEEKS	ACTIVITY HOURS
Lecture	2	17	34
Seminar			
Lab / Collaborative Learning			
Supervised Field Practice			
Final Exam			
		TOTAL HOURS:	34

Course Learning Outcomes / Objectives

Upon completion of this course a student will be able to:

- Discuss the role of nutrition and its relationship to oral health.
- Describe the effect of nutrient intake, including minerals, vitamins, and water, and the utilization of micro- and macro-nutrients on the body.
- Describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.
- Utilize information about nutritional standards and guidelines, including Canada's Food Guide and Canada's Food Guide for First Nations, Inuit, and Metis, in nutritional analysis and client counseling.
- Analyze dietary information and provide appropriate nutrition counseling that supports clients to make dietary choices that promote oral and overall health.

Course Materials - Required

Stegeman, CA and Davis JR (2019) *The dental hygienist guide to nutritional care* (5th Edition)
Elsevier. USA

Learning Outcomes and Performance Indicators

1. Discuss the role of nutrition and its relation to oral and dental health

- Define nutrition related terms.
- Identify local, national, and online nutrition resources for obtaining reliable nutrition information (CFG, Health Canada).
- Differentiate between food fads and misinformation as presented in various sources of literature.
- Explain the role of diet relative to form and frequency as well as cariogenic, anti-cariogenic and cariogenic food choices in association with host, saliva and plaque biofilm in the caries process.
- Explain the impact of nutrition on development, maintenance and repair and supporting integrity of oral mucosa and periodontal health or disease.
- Discuss the Canada Food Guide recommendation re food preparation and processing.

2. Describe the effect of nutrient intake including minerals, vitamins and water, and the utilization of micro and macronutrients on the body.

- List the six major classes of nutrients found in foods and distinguish between those that are energy producing.
- Discuss physiological roles of macronutrients (carbohydrates, lipids and proteins) in relationship with diet and overall/general health.
- Describe the requirements, and identify sources and differentiate between the classifications within each macronutrient family (carbohydrates, lipids and proteins).
- Discuss nutrition measures to prevent disease.
- Demonstrate an understanding of the classification of vitamins.
- Describe the fat -soluble (A, D, E, and K) and water-soluble (B-complex and C) vitamins including their physiological roles, sources, and general, as well as oral, effects of deficiency and excess.
- Discuss the use of vitamin supplements.
- Discuss the major and trace minerals the body requires, including functions, sources and effects of deficiency or excess on general and oral health.
- Discuss the physiological roles of water, electrolytes, sodium and potassium.
- Discuss the major minerals the body requires for health including functions, sources and effects of deficiency or excess.
- Discuss metabolism and balance of the macronutrients (carbohydrates, proteins, lipids, etc)
- Describe total energy requirements and basal metabolic rate (BMR) for individual needs

3. Describe the effect of systemic disease upon nutrient utilization and/or nutrient uptake.

- Discuss nutrition measures to optimize health and to promote health
- Discuss the following issues related to consumption of dietary fat: saturated and non-saturated fats, essential fatty acids, hydrogenation and, emulsification of fats, cholesterol, LDL and HDL.
- Discuss over and under consumption of protein and health related problems.
- Discuss obesity as a disease and risk factor for periodontitis.

4. Utilize information about nutritional standards and guidelines, including Canada's Food Guide and Canada's Food Guide for First Nations, Inuit, and Metis, in nutritional analysis and client counseling.

- Relate the following terms and concepts with nutritional health; characteristics of a nutritious diet, nutrient density, Dietary Reference Intakes (DRI), Recommended Dietary Allowances (RDA) and Recommended Nutrient Intakes (RNI) or current nutrition related terms.
- Discuss food labeling in Canada and identify the relevance of claims, nutrients and quantities that may be indicated on food packaging and labels. As well as identifying macronutrients on food labels.
- Relate concepts and principles of nutrition for a variety of individuals including but not limited to the following; socioeconomic, physiologic, age-related (children through elderly) and indigenous needs.
- Identify nutritional requirements for optimum health using the recommendations and guidelines for healthy eating, from Canada's Food Guide (CFG).
- Identify sources of macro and micronutrients from CFG.

5. Analyze dietary information and provide appropriate nutrition counseling that supports clients to make dietary choices that promote oral and overall health.

- Analyze food trends and diets clients may be utilizing for nutritional value, benefits and risks
- Analyze alternative food choices and eating patterns which promote both general and oral/dental health.
- Recall food factors such as; culture, budget, preparation and patterns that affect nutritional choices for individuals of any age and cultural diversity.

Course Schedule, Topics, and Associated Preparation / Activity

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. Course days, times and locations can be found on MyCamosun.

Week or Date Range	Activity or Topic	Other Notes
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Week or Date Range	Activity or Topic	Other Notes
Week 1	Course Introduction and Role of Nutrition in Health	
Week 2	Canada Food Guide and Labeling	
Week 3	Nutritional influences on oral health	
Week 4	Carbohydrates	
Week 5	Proteins	
Week 6	Lipids	
Week 7	Reading week	
Week 8	Vitamins and Minerals	
Week 9	Discussion on Braided Sweetgrass: influence of indigenous life on nutrition	
Week 10	no class in lieu of CDHA webinar. upload certificate	
Week 11	Impact of aging	
Week 12	Obesity discussion rethinking obesity?	
Week 13	Presentations	
Week 14	Presentations	
Week 15	no class Easter Monday	
Week 16	AI presentation and discussion	
Week 17		

Evaluation of Learning: Weighted

DESCRIPTION	WEIGHTING
5 Quizzes	50%
CDHA Webinar	10%
Braided Sweetgrass summary	10%
Assignment two :AI assignment	20%
Diet Assignment	10%
TOTAL:	100%

NOTE: Minimum passing grade for this course is a B- of 70%

See Camosun's Grading Systems for Details

<https://camosun.ca/registration-records/student-records/camosun-grading-systems>

Grade Reviews and Appeals

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the **Grade Review and Appeals policy** for more information.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

The Centre for Accessible Learning (CAL) is part of Camosun's Student Affairs unit. CAL coordinates academic accommodations and provides related programs and services to students with documented disabilities.

Students who require academic accommodations are expected to request and arrange accommodations through CAL in a timely fashion. While we understand that not all accommodation needs are known to students at the beginning of a course, accommodations cannot be provided unless the proper process is followed through CAL and an accommodation letter has been released to the instructor. Students are responsible for providing CAL with the proper documentation prior to the beginning of a course.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required.

Deadlines can be reviewed on the CAL exams page

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

Please consult the CAL webpage for more information:

<https://camosun.ca/services/academic-supports/accessible-learning>

Artificial Intelligence: A Guide for Students

Generative Artificial Intelligence (GenAI) is an evolving technology that brings potential benefits but also substantial risks. While GenAI tools have the ability to transform how we work and learn, it is essential for the college community to adapt to these changes in a thoughtful and secure way.

When using GenAI tools, students should ensure proper citation and attribution guidelines are followed. This includes acknowledging AI assistance in reports, presentations, or any external communications. Clear citation helps build trust, ensures ethical use, and reduces the risk of misinformation or copyright issues.

For citation support visit the college's citation style guide.

<https://camosun.libguides.com/cite>

Artificial Intelligence: A Guide for Students

Visit the following website to learn about AI use in academic settings.

<https://camosun.libguides.com/artificialintelligence/home>

Course Guidelines & Expectations

Class attendance is strongly recommended to encourage active discussion and the integration of theory into practice.

School or Departmental Information

Students are required to read and are accountable for the College policies (outlined in the section below).

If relevant, students are required to read and are accountable for the guidelines noted on the HHS Clinical and Practice Placements website.

<https://camosun.ca/programs-courses/school-health-and-human-services/hhs-programs/practicums>

In addition students are required to follow the guidelines as described in the School of Health & Human Services (HHS) and program handbooks, including information on supplemental exams.

School of Health & Human Services (HHS) Handbook

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-1#top>

Dental Hygiene Handbook

<https://camosun.ca/programs-courses/school-health-and-human-services/information-health-and-human-services-students-4>

Student Responsibility

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

College Policies

Academic Integrity

Students are expected to follow the college's [Academic Integrity policy](#), and be honest and ethical in all aspects of their studies. To help you understand these responsibilities review the online

[Academic Integrity guide](#).

The college's [Academic Integrity policy and supporting documents](#) detail the process for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

If you have a documented disability and need accommodations contact the Centre for Accessible Learning (CAL). CAL will arrange the appropriate academic accommodations so you can participate in all academic activities. Visit the [CAL website](#) for more information

Academic Progress

The [Academic Progress policy](#) details how the college monitors students' academic progress and what steps are taken if a student is at risk of not meeting the college's academic progress standards.

Acceptable Technology Use

The [Acceptable Technology Use](#) policy outlines how students are expected to use college technology resources, this includes using your own devices on the college's network. The use of the college resources in a way that violates a person's right to study in an environment free of discrimination, harassment or sexual violation is prohibited.

Course Withdrawals Policy

For details about course withdrawal see the [Course Withdrawals policy](#). Be aware of the [deadlines for fees, course drop dates, and tuition refunds](#).

Grading Policy

To learn more about grading see the [Grading Policy](#).

Grade Review and Appeals

The process to request a review of grades is outlined in the [Grade Review and Appeals policy](#).

Medical / Compassionate Withdrawals

If you have experienced a serious health or personal issue, you may be eligible for a [medical/compassionate withdrawal](#). The [Medical / Compassionate Withdrawal Request form](#) outlines what is required.

Sexual Violence

If you have experienced sexual violence on or off campus, you can get support from the Office of Student Support. The Office of Student Support is a safe and private place to talk about what supports are available and your options for next steps. Visit the [sexual violence support and education site](#) to learn more or email oss@camosun.ca or phone: 250-370-3046 or 250-370-3841.

Student Misconduct (Non-Academic)

Camosun expects students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Review the [Student Misconduct Policy](#) to understand the college's expectations of conduct.

Looking for other policies? See [Camosun College Policies and Directives](#)

Services and Supports

Services are free and available to all students.

Academic Supports	Enrollment Supports
Centre for Accessible Learning	Academic Advising
English, Math and Science Help Centres	Financial Aid and Awards
Library	Registration
Writing Centre & Learning Skills	Tuition and Fees
Health and Wellness	Applied learning
Counseling	Co-operative Education and Career Services
Fitness and Recreation	Makerspace
Office of Student Support	

The [Centre for Indigenous Education Centre and Community Connections](#) provides cultural and academic supports for Indigenous students.

[Camosun International](#) provides supports to international students.

[The Ombudsperson](#) provides an impartial, independent service to ensure students are treated fairly. The service is a safe place for students to voice and clarify concerns and complaints.

If you have a mental health concern, contact Counselling. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

Changes to this Syllabus

Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change the course content or schedule. When changes are necessary the instructor will give clear and timely notice.