



**CAMOSUN COLLEGE**  
*School of Health & Human Services*  
*Dental Hygiene*

**DHYG 128 NUTRITION**  
**SPRING 2009**

**COURSE OUTLINE**

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The Approved Course Description is available on the web @ <http://www.camosun.bc.ca/calendar/current/web/dhyg.html#DHYG128>

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Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records.

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**1. Instructor Information**

(a) Instructor	Jacqueline Guyader
(b) Office hours	Posted on Office Door
(c) Location	Dental Building - Rm 003
(d) Phone	(250) 370-3193 <b>Alternative:</b> N/A
(e) E-mail	Guyader@camosun.bc.ca
(f) Website	<a href="http://camosun.ca/learn/programs/dhyg/dhyg-study.html">http://camosun.ca/learn/programs/dhyg/dhyg-study.html</a>

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**2. Intended Learning Outcomes *Critical Elements below each learning outcome***

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

1. Discuss the role of nutrition health.
  - define nutrition related terms
  - discuss the relationship between nutrition and overall health
  - discuss factors that affect food choices and eating patterns
  - discuss nutrition measures to prevent disease
  - identify sources of expert nutrition advice
  - identify local and national nutrition resources for obtaining reliable nutrition information

2. Discuss nutrition standards and guidelines.
  - list the six major classes of nutrients found in foods.
  - list five characteristics of a nutritious diet
  - explain the concept of nutrient density indicating its relevance in healthy eating and provide examples
  - discuss Dietary Reference Intakes (DRI) and describe values that make up the DRI standards
  - explain RDA and RNI in terms of what they stand for and what terms have now replaced them.
  - give an overview of the Canadian recommendations and guidelines for healthy eating
  - discuss food labeling in Canada and in the United States and identify relevance of nutrients and quantities, as indicated on food labels
  - attend a Shop Smart Tour (as arranged by instructor)
  
3. Discuss the relationship and significance of nutrition to total health, oral and dental.
  - explain the general role of nutrition in oral and dental health
  - discuss the roles of host, saliva, food and plaque and their influence on the caries process
  - explain the specific role of nutrition to dental health; including food choices recognized as being cariogenic and cariostatic
  - explain the specific role of nutrition and its relation to periodontal health (periodontium and other oral soft tissues)
  - describe the role of the dental hygienist in nutrition counseling
  
4. Have a working understanding of "Canada's Food Guide to Healthy Eating".
  - relate concepts and principles of nutrition to the recommendations of Canada's Food Guide. (CFG)
  - discuss how the CFG is designed to meet each individual's needs
  - relate the recommendations of CFG to personal nutrition habits
  
5. Discuss nutrition counseling for general health as well as dental / oral health.
  - identify clients that would benefit from nutritional counseling
  - instruct the client in completion of a food record
  - obtain additional client information on eating habits, etc., which will assist in understanding the client's needs
  - analyze food records and make recommendations for food choices and eating patterns which promote both general and oral/dental health
  - identify recommendations for changes to food choices and eating habits which promote health
  - educate the client on the relationship between good nutrition and general health as well as oral health

6. Discuss carbohydrates in relationship with diet and overall/general health
  - recall knowledge of digestion of metabolism of carbohydrates
  - define related terms
  - describe the different types of carbohydrates
  - explain the functions of different carbohydrates in the body
  - discuss recommendations for intake of carbohydrates including quality and sources of carbohydrates
  - list sources of different types of carbohydrates in foods / diet
  - discuss the following issues related to carbohydrate consumption: dental caries, diabetes, behavior, obesity and heart disease, use of artificial sweeteners, and lactose intolerance
  - recognize carbohydrates on product labels

**Note:** Nutrition continues into fall of the second year of the program – these outcomes are for the first part (Spring course) only.

### **3. Required Materials**

Text: Required

- Stegeman, C. & Ratliff Davis, J. (2005). *The dental hygienist's guide to nutritional care (2<sup>nd</sup> Ed.)*. St. Louis: Elsevier Saunders.

Text: Optional

- Sizer, F., Whitney, E. (2003). *Nutrition Concepts and Controversies (9th Ed.)*. Toronto: Wadsworth Publishing Co.

### **4. Course Content and Schedule**

(Can include: Class hours, Lab hours, Out of Class Requirements and/or Dates for quizzes, exams, lecture, labs, seminars, practicums, etc.)

(a) Class Hours 1 ½ hours per week for 7 weeks

(b) Out of Class hours 2 ½ hours per week (includes 2 hour Smart Shop tour)

All dates TBA

**5. Basis of Student Assessment (Weighting)**

- (a) Assignments
  - Smart Shop Tour – 15%
  - Diet analysis on self – 30%
  - Final Project – 30%
  
- (b) Mid-Term Quiz
  - Covers objectives 1, 2, 3 & 6 – 25%.

**6. Grading System**

*(If any changes are made to this part, then the Approved Course description must also be changed and sent through the approval process.)*

*(Mark with "X" in box below to show appropriate approved grading system – see last page of this template.)*

- Standard Grading System (GPA)
  
- Competency Based Grading System

**7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course**

**LEARNING SUPPORT AND SERVICES FOR STUDENTS**

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Student Services or the College web site at <http://www.camosun.bc.ca>

**STUDENT CONDUCT POLICY**

There is a Student Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.

<http://www.camosun.bc.ca/policies/E-2.5.pdf>

**A. GRADING SYSTEMS** <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

**1. Standard Grading System (GPA)**

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-	<b>Passing Grade</b>	4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F		0

**2. Competency Based Grading System (Non GPA)**

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

## **B. Temporary Grades**

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

<b>Temporary Grade</b>	<b>Description</b>
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.