

## Nutrition



# Nutrition

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PART I

# FACULTY RESOURCES





# I. Assessments

[Download the Word file of the Assessments document here.](#)

## 2. I Need Help



Need more information about this course? Have questions about faculty resources? Can't find what you're looking for? Experiencing technical difficulties?

We're here to help! Contact [oeer@achievingthedream.org](mailto:oeer@achievingthedream.org) for support.

PART II  
OER TEXT



3.

[Human Nutrition, University of Hawai'i at Mānoa Food Science and Human Nutrition Program](#)



PART III

# THE SCIENCE OF NUTRITION





# 4. Introduction to Nutrition Lecture

[Download a PDF of the lecture here.](#)



PART IV

# DIGESTION IN THE HUMAN BODY



# 5. Digestion of Food Lecture

[Download a PDF of the lecture here.](#)



PART V

# CARBOHYDRATES: SUGAR, STARCHES, FIBER





# 6. Carbohydrates Lecture

[Download a PDF of the lecture here.](#)



PART VI

# ROLE OF NUTRITION IN DIABETES



# 7. Role of Nutrition in Diabetes Lecture

[Download a PDF of the lecture here.](#)



PART VII

# LIPIDS: FATS, OILS, CHOLESTEROL





# 8. Lipids in Foods Lecture

[Download a PDF of the lecture here.](#)



PART VIII  
PROTEIN



# 9. Protein Lecture

[Download a PDF of the lecture here.](#)



PART IX

# VITAMINS





# 10. Vitamins Lecture

[Download a PDF of the lecture here.](#)



PART X  
MINERALS



## II. Minerals Lecture

[Download a PDF of the lecture here.](#)



PART XI

# WEIGHT MANAGEMENT





# 12. Weight Management Lecture

[Download a PDF of the lecture here.](#)



PART XII

# HEALTHY EATING HABITS FOR LIFE



# 13. Healthy Eating Habits For Life Lecture

[Download a PDF of the lecture here.](#)



PART XIII

# CONTROVERSIAL ISSUES IN NUTRITION





# 14. Controversial Issues in Nutrition Lecture

[Download a PDF of the lecture here.](#)



PART XIV

# DIETARY ANALYSIS PROJECT



# 15. Project Instructions: 3 Week Dietary Analysis

## Dietary Analysis : Week 12

For this week, you will keep a diet diary and write down everything you eat and drink for 3 days. Make sure you write down portion size too.

## Dietary Analysis : Week 13

Using the diet diary, please answer these questions:

1. **Did you eat any foods that contained fiber at least once per day? Yes or No.**

**List the food that contains fiber and next to the food, write down at which meal (breakfast, lunch, dinner or snack) you ate the fiber rich food.**

2. **List the fruits and vegetables you ate each day. Then arrange them into categories like this:**

**Green fruits and vegetables I ate:**

**Orange fruits and vegetables I ate:**

**Purple fruits and vegetables I ate;**

**Yellow fruits and vegetables I ate:**

**Red fruits and vegetables I ate:**

**Other color fruits and vegetables I ate:**

**3. Did you eat protein foods every day? Yes or no?**

**Next, list the protein foods you ate and write down at which meal (breakfast, lunch, dinner, snack) you ate the protein rich food.**

**4. What percentage of your diet was junk food/processed foods/fast foods?**

**List the percentage here.**

## Dietary Analysis: Week 14: Personalized Recommendations

Review all the dietary information you have collected.

Select 2 specific dietary changes you would like to make to improve your diet and therefore your health.

List the two specific dietary changes you would like to make:

Dietary	Change	1:
-----		
Dietary	Change	2:
-----		

**For Dietary Change 1**, list the steps you will take to to make this

change a permanent habit. Write down at least 3 steps but you might have to write more than 3 steps, that is fine.

List the steps here:

Step 1:

Step 2:

Step 3:

**For Dietary Change 2**, list the steps you will take to make this change a permanent habit. Write down at least 3 steps, more steps are okay too.

List the steps here:

Step 1:

Step 2:

Step 3:

**For Dietary Change 1**, write down at least 2 health benefits you expect to see as a result of making these changes.

Benefit 1:

Benefit 2: