Nutrition

Nutrition

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Contents

FACULTY RESOURCES

1. Request Access

To preserve academic integrity and prevent students from gaining unauthorized access to faculty resources, we verify each request manually.

Contact oer@achievingthedream.org and we'll get you on your way.

Overview of Faculty Resources

This is a community course developed by an Achieving the Dream grantee. They have either curated or created a collection of faculty resources for this course. Since the resources are openly licensed, you may use them as is or adapt them to your needs.

Now Available

- Homework Questions
- Discussion Prompts
- Quizzes

Share Your Favorite Resources

If you have sample resources you would like to share with other faculty teaching this course, please send them with an explanatory message and learning outcome alignment to oer@achievingthedream.org.

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 oer@achievingthedream.org for support.

OER TEXT

3.

Human Nutrition, University of Hawaiʻi at Mānoa Food Science and Human Nutrition Program

THE SCIENCE OF NUTRITION

4. Introduction to Nutrition Lecture

Download a PDF of the lecture here.

DIGESTION IN THE HUMAN BODY

5. Digestion of Food Lecture

Download a PDF of the lecture here.

CARBOHYDRATES: SUGAR, STARCHES, FIBER

6. Carbohydrates Lecture

Download a PDF of the lecture here.

ROLE OF NUTRITION IN DIABETES

7. Role of Nutrition in Diabetes Lecture

Download a PDF of the lecture here.

LIPIDS: FATS, OILS, CHOLESTEROL

8. Lipids in Foods Lecture

Download a PDF of the lecture here.

PROTEIN

9. Protein Lecture

Download a PDF of the lecture here.

PART IX
VITAMINS

10. Vitamins Lecture

Download a PDF of the lecture here.

MINERALS

11. Minerals Lecture

Download a PDF of the lecture here.

WEIGHT MANAGEMENT

12. Weight Management Lecture

Download a PDF of the lecture here.

HEALTHY EATING HABITS FOR LIFE

13. Healthy Eating Habits For Life Lecture

Download a PDF of the lecture here.

CONTROVERSIAL ISSUES IN NUTRITION

14. Controversial Issues in Nutrition Lecture

Download a PDF of the lecture here.

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 to 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 except to see as a result of making these changes.

Benefit 1:

Benefit 2: