

COURSE OUTLINE

**Lifelong Learning Seminars 044
Diet and Nutrition for Seniors**

I. Catalog Statement

Lifelong Learning Seminars 044 covers nutritional basics as a foundation for personalizing a healthy, simple, and effective diet plan that is best for each mature adult student.

Units — 0.0

Lecture Hours — 12.0

II. Course Entry Expectations

Skill Level Ranges: Reading 5, Writing 4, Listening/Speaking 5, Math 2

III. Course Exit Standards

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

1. describe the student's personal nutritional status;
2. examine personal dietary habits and identify goals for change;
3. identify dietary needs specific to seniors;
4. define the function of proteins, carbohydrates, fats, water, herbs, and vitamins in the body;
5. develop healthy dietary plan for the individual student;
6. examine the effects of diet on various health conditions, particularly those prevalent in the older population;
7. describe the ways in which dietary habits affect health and well-being of the older adult.

IV. Course Content

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| A. | Introduction and Orientation | 1 hour |
| | 1. Staying healthy as we age | |
| | 2. Responsibilities of participation in the class | |
| | 3. Observing and Recording | |

B.	Evaluation of Individual Nutritional Status	1 hour
	1. Characteristics of the older age group	
	2. Personal statistics and activity level	
	3. Relevant health conditions related to aging	
C.	Dietary Influences	3 hours
	1. Effects of family dynamics	
	2. Effects of emotions	
	3. Cultural influence	
D.	Reading Labels	1 hour
	1. USDA nutrition pyramid	
	2. Calculating calorie and fat percentages	
	3. Identifying desirable and undesirable ingredients	
E.	Purpose of Nutrients	1 hour
	1. Micronutrients	
	a. Vitamins	
	b. Minerals	
	2. Macronutrients	
	a. Proteins	
	b. Fats	
	c. Carbohydrates	
F.	Water	1 hour
	1. Sources	
	2. Benefits	
	3. Hazards	
G.	Sources of Specific Nutrients	1 hour
	1. Natural	
	2. Artificial	
	3. Supplements	
H.	Herbs	1 hour
	1. Identification and culinary uses of various herbs	
	2. Benefits of various herbs	
	3. Hazards of various herbs	
I.	Safety	1 hour
	1. Avoiding food poisoning	
	2. Pesticides vs. organics	
	3. Medical issues	
J.	Designing a Personal Dietary Plan	1 hour
	1. Identification of personal goals and preferences	
	2. Making healthy choices in the market and the pantry	
	3. Writing a personal meal plan	

V. Methods of Presentation

The following instructional methodologies may be used in the course:

1. lecture;
2. group discussion;
3. demonstration;
4. field trips and/or excursions;
5. audiovisual instruction;
6. independent study using worksheets and journal.

VI. Assignments and Methods of Evaluation

1. Recorded worksheets.
2. Journal entries.
3. Participation in group discussions.
4. Participation in self-evaluation activities.
5. Personal nutrition plan.

VII. Textbook(s)

Handouts

1. Instructor generated handouts on nutrition.
2. Duplicated articles from books and periodicals with copyright permission.

VIII. Student Learning Outcome

- Identify desirable and undesirable ingredients on labels.
- Discuss individual nutritional habits as they relate to activity level and health conditions related to aging.
- Recognize the effects of stress and emotions on diet.
- Explain the function of proteins, carbohydrates, fats, water, herbs, and vitamins.
- Develop an individual dietary plan.