**Course Title/Number**: BIOL2003 Nutrition and Health

**General Course Description:**This course examines the various aspects of nutrition and provides a broad overview of the factors that impact health and wellness. Topics include the nutritional requirements specific to human life cycles, nutrition to promote health, nutrition and disease processes, food safety, environmental and nutritional implications of food processing, genetic modifications, and current agricultural practices. This course also addresses the socio-cultural factors that impact health.

**You will be reviewing Module 10: Weight Management and Energy**

**In Module 10, we will define terminology associated with healthy weight and energy balance and explore how to go about maintaining a healthy weight. We will also probe some common eating disorders and their causes, chief among them, the social pressure to conform and to be “thin” at all costs.**

**Activity Instructions**

For this activity you will be looking for alignment and focus on Alignment Standards 2.1, 2.2, 3.1 and 4.1.

The **Module Level Learning Objectives** for this course are measurable and correct. Here are some decisions you will need to make:

1. Determine which **Course Level Learning Objectives** align with the **Module Level Learning Objectives** and which ones don’t.
2. Determine which **Instructional Materials** align with which **Module Level Learning Objectives** and which ones don’t. You might cross out the ones that don’t align.
3. Determine which **Assessments** align with which **Module Level Learning Objectives** and which ones don’t. You might cross out the ones that don’t align.

Mod. 10 Quiz

Sample Questions

1. T/F Body weight is affected by emotional states during food consumption
2. T/F Hunger is defined as an increase in appetite
3. T/F EER refers to the estimated energy requirement for a 24 hour period
4. T/F A person is defined as being “obese” if their BMI is greater than 20.
5. M/C Which of the following is accurate with respect to anorexia nervosa?
6. M/C Which of the following can result from bulimia?

**Assignment: Eating Disorders Presentation**

Using terminology appropriate to a high school audience, develop a short powerpoint presentation that includes:

1. An explanation of the concept of healthy weight and a description of what it means to be underweight, overweight and obese.

2. Discuss what happens ***to the body*** if too many or too few calories are consumed (in other words, what are the physiological effects of over- or under-consumption of calories)

3. List and explain three environmental factors that often contribute to higher body weight

4. Describe a basic plan for healthy weight loss and/or weight gain

5. Select two eating disorders or disordered eating behaviors and give a brief description of the disorder and its effects on the body

**Discussion Board**

What aspects of American culture encourage drinking? For example, consider how alcohol is portrayed in the media (TV movies, billboards, magazines etc.). How might this portrayal affect people who see the advertisements? What information about alcohol is missing from these depictions? Be as specific as possible. After thinking about the above, do you think alcohol is adequately controlled/regulated in the United States? Why or why not? Respond to at least two of your classmates postings.

View lecture ”Healthy Weight and Energy Balance”

View lecture “Eating Disorders”

MO

Recall the definitions of terms associated with hunger and satiety

MO

Recall the definitions of various eating disorders, their warning signs, clinical signs and potential health effects

MO

Recall the components and definitions of energy balance and what determines daily energy needs

MO

Explain the concept of healthy weight and differentiate among underweight, overweight and obese

MO

Describe a basic plan for healthy weight loss, weight gain and weight maintenance

CO

Formulate dietary plans throughout the life span

CO

Investigate eating disorders

Read the introduction to the website ”Alcohol Abuse in the US”

Read Chapter 10 in your text; Weight Management and Energy

CO

Analyze the basic nutrients needed for a healthy diet

View lecture: “Weight Loss and Gain”

View video “Glycolysis”

View video ”What Does 100 Calories Look Like?”

MO

Give factors that affect body weight

CO

Apply principles of basic nutrition to individuals