

Basic Nutrition Modules Objectives

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Following the training, the participant will be able to:

Module 1: Nutrition Basics

1. Understand the digestive process along the entire gastrointestinal tract.
2. Explain how nutrients are absorbed and enter the bloodstream.
3. List the 4 macronutrients.
4. Describe the chemical structure of the 3 major macronutrients: carbohydrates, fats, and protein.
5. State the functions of each macronutrient.
6. List the primary food sources for each macronutrient.
7. Describe how the deficiency of each the 3 macronutrient affects the body.

Module 2: Micronutrients and Water

1. List and describe the differences between the two categories of vitamins: fat soluble and water soluble.
2. Explain the functions of the following vitamins: vitamins A, D, E, K, eight B complex vitamins and vitamin C.
3. Describe the symptoms of deficiency and toxicity for each of the vitamins discussed in the module.
4. List the primary food sources for each of the vitamins discussed in the module.
5. Understand the differences between the two categories of minerals: major and trace.
6. Explain the functions of the following minerals: calcium, phosphorous, magnesium, sodium, potassium, iron, and zinc.
7. Describe the symptoms of deficiency and toxicity for each of the minerals discussed in the module.
8. List the primary food sources for each of the minerals discussed in the module.

Module 3: Energy Balance and Metabolism

1. Understand how energy balance is required for weight maintenance.
2. Describe how our bodies use energy through metabolism

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3. Explain the following three types of metabolism: Basal Metabolic Rate; Physical Activity; Thermic Effect of Food.
4. List ways to calculate energy expenditure.
5. Explain how our bodies regulate hunger.
6. Describe the differences between hunger and appetite.

Module 4: Nutrition Related Diseases

1. Describe the incidence of obesity in the United States.
2. Define obesity.
3. State methods of determining obesity.
4. List risk factors and possible complications for obesity.
5. Describe obesity treatments.
6. Describe the incidence of Diabetes Mellitus in the United States.
7. Identify the differences between Type 1 and Type 2 Diabetes Mellitus.
8. List the risk factors and possible complications for Diabetes Mellitus.
9. State the treatments for each type of Diabetes Mellitus.
10. Define Hypertension.
11. List the risk factors for Hypertension.
12. Describe possible complications from Hypertension.
13. State the treatments for Hypertension.

Module 5: Putting it into Practice

1. Describe how the Dietary Guides for Americans are developed.
2. List key 2010 Dietary Guidelines.
3. Describe the MyPlate messages.
4. List the main components of a food label.
5. Describe how to interpret the information on a Nutrition Facts label.
6. State how portion sizes have changed over the past 20 years.
7. Define cultural competence and identify possible resources for staff development.

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