



Course Description

DEA0132 | Dental Nutrition | 1.00 credit

This course is designed to integrate nutrition into the diagnosis, care, and treatment of dental patients demonstrating the relationship between diseases, diets, and oral health. An emphasis on dietary assessment methods in relation to dental health is explored.

Course Competencies:

Competency 1: The student will demonstrate their knowledge and comprehension of healthy eating habits by:

1. Discussing the purpose of the Dietary Guidelines for Americans
2. Identifying the components of a food label
3. Differentiating between enriched and fortified foods

Competency 2: The student will demonstrate their knowledge and comprehension of the function of carbohydrates by:

1. Explaining the role of xylitol in caries prevention
2. Explaining the role of carbohydrates in the caries process
3. Identifying the names of artificial sugar used in foods
4. Identifying dietary sources of starches and other sugars

Competency 3: The student will demonstrate their knowledge and comprehension of nutritional requirements through the life cycle and eating habits affecting oral health by:

1. Discussing nutrition education needs for patients in different stages of the life cycle
2. Describing factors that influence the food intake of older patients
3. Describing the role of snacks in the diet of toddlers and children

Learning Outcomes:

- Solve problems using critical and creative thinking and scientific reasoning
- Formulate strategies to locate, evaluate, and apply information