

# Nutrition Classes

## Health Professions Division

### Lane Community College

#### FN 105 - Nutrition for Foodservice Professionals, 3 credits

As nutrient functions, food sources and guidelines are discussed throughout the term, issues concerning those nutrients and the sustainability of our food system will also be explored. Some of the other topics include digestion, food allergies, vegetarianism, eating disorders, and religious eating traditions.

#### FN 190 - Sports Nutrition, 2 credits

This course focuses on how active individuals can develop an eating and hydration plan to support athletic performance and to stay well-nourished. This course presents the role of a variety of nutrients in maintaining a body that is healthy and that supports athletic performance. Skills are developed for improving personal eating habits and for evaluating nutrition information in the mass media.

#### FN 225 - Nutrition, 4 credits

A study of how the body takes in and uses the nutrients from food. Food sources, functions, and requirements of the following are discussed: carbohydrates, proteins, fats, vitamins, minerals and water. In addition, digestion, absorption and metabolism of all nutrients are covered. Skills are developed for improving personal eating habits and for evaluating nutrition information in the mass media.

#### FN 230 - Family Food and Nutrition, 3 credits

This course's focus is how to prepare and offer to families a variety of nutrient dense foods in an environment that helps family members develop a positive approach to eating. Each food group's role in a nutritionally adequate diet is discussed. Presented are ideas for menu planning and food selection as well as a variety of quick, nutritious and tasty recipes.

#### FN 255 - Medical Nutrition Therapy, 3 credits

Prerequisite: FN 225 or FN 105. This introductory course covers the fundamental principles of medical nutrition therapy throughout the life cycle, including at-risk populations from different cultural and socioeconomic backgrounds. A variety of case studies of clients with diseases including heart disease, diabetes, cancer, and many others will provide opportunities to discuss the purposes and procedures for culturally competent nutrition screening, documentation, education, and verbal communication in a variety of medical settings. The roles of professionals on the health care team involved with food and nutrition, from dietitians and dietary managers to nurses, doctors, chefs and others will be discussed. Community resources will be provided throughout the term.

For questions, contact:

Beth Naylor, 541-463-5533, [naylore@lanecc.edu](mailto:naylore@lanecc.edu)

Tamberly Powell, 541-463-5525, [PowellT@lanecc.edu](mailto:PowellT@lanecc.edu)

Teresa Snyder, [SnyderT@lanecc.edu](mailto:SnyderT@lanecc.edu)

Noy Rathakette, [RathaketteN@lanecc.edu](mailto:RathaketteN@lanecc.edu)

Amber Yui, [YuiA@lanecc.edu](mailto:YuiA@lanecc.edu)

Bobbi Phillips, [PhillipsB@lanecc.edu](mailto:PhillipsB@lanecc.edu)



ACHIEVING DREAMS