

# DHYG 244 : Biochemistry & Nutrition

## **Credits** 3

This course is designed to provide a review of the basic principles of biochemistry and nutrition related to oral health and disease. Nutritional knowledge and principles will be utilized as it relates to the dental hygiene process of care. Students will complete patient dietary surveys and develop correctional nutritional plans relative to oral health. This class may include students from multiple sections.

## **Course Outcomes**

- Describe connections between oral and nutritional health as they relate to systemic health.
- Perform nutritional assessments, utilizing patient-centered communication techniques to assess food diaries and 24-hour recalls of themselves, student partners, and clinic patients to develop treatment plans for dental hygiene care.
- Develop and model critical thinking and best-practices for learning, and engage in high quality, frequent oral discussions, and presentations.
- Describe the biochemical and physiological aspects of nutrients.
- Describe the basic process of food transport, digestion, and nutrient absorption.
- Describe metabolism of the energy nutrients.
- Describe the dietary function, recommended intake and ramifications of deficiency or excessive intake of carbohydrates, proteins, and lipids.
- Compare and contrast vitamins and minerals and their dietary function, recommended intake and ramification of deficiency or excess in oral and systemic health.
- Explain nutritional demands associated with various stages of human development.
- Describe nutritional implications related to chronic diseases.
- Develop and actively engage in academic/college writing and research skills appropriate to the high aptitude of students within this academic course.