

NUTRITION & the ELDERLY FCSC 4142

Fall Semester, 2000

August 28 - September 29

Instructor: DR. K. SHANE BROUGHTON
Office: Room 3010 Ag. Building
Phone: 766-5248
Office Hours: MTWF 8:00 - 9:00 or by appointment.

Textbook: DEVELOPMENTAL NUTRITION. N Kretchmer & M Zimmerman 1st Edition, 1997

Supplement:

1. NUTRITION IN AGING Schlenker, E.D. 1993. Times Mirror/Mosby College Publishing, St. Louis, MO
2. Selected reading to cover specific areas of interest.

<u>Lecture</u>	<u>Topic</u>	<u>Readings</u>	Schlenker	Supplement
I.	Adulthood			
	1. General	9		
	2. Requirements and the RDAs			
	3. Nutrition and Disease Prevention			
	4. Community Nutrition			
	QUIZ			
II.	Elderly	10		
	5. Physiology & Pathology of Aging			
	6. Nutritional Requirements		5	
	7. Nutritional Deficiencies			
	8. Assessment of Nutritional Status	1: 23-42		
	9. Nutritional Status of the Elderly		10	
	QUIZ			
	10. Factors Affecting Food Intake			
	11. Diseases That Respond to Diet Modification			
	12. Drugs/Medications and Nutrition		9	
	13. Community Nutrition		12 & 13	
	FINAL			

FINAL EXAM: 30 % of Grade; Material from Topic 8 - 19; **Last day of Class**
Two Quizzes: 25 % of Grade each
Project: 20 % of Grade
Grading: A = 90% B = 80% C = 70% D = 60%