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Dental Hygiene (DNLT) 2026 Nutrition in Dentistry (1 Unit) CSU
[formerly Dental Hygiene 26]

Prerequisite: Successful completion of all first semester Dental Hygiene Program courses with a grade of “C” or higher

Advisory: None

Total Hours: 16 hours lecture

Catalog Description: This course provides the basic principles of nutrition and their relationship to dental and total health. Its intent is to teach the students how to perform dietary surveys on clinical patients and to plan nutritional dietary programs.

Type of Class/Course: Degree Credit

Text:

Sroda, Rebecca. *Nutrition for a Healthy Mouth. 2nd ed.* Baltimore: LWW, 2010. Print.

Additional Instructional Materials:

Wilkins, Esther M. *Clinical Practice of the Dental Hygienist. 11th ed.* Baltimore: LWW, 2013. Print.

Course Objectives:

By the end of the course, a successful student will be able to:

1. compare and contrast factors in the relationship between nutrition and dental health,
2. analyze the digestive system and its mechanisms,
3. identify factors that influence food choices,
4. evaluate the nutritional status of dental patients,
5. demonstrate nutritional counseling with the dental patient, and
6. prepare a seven day Nutritional Analysis for a patient at risk for nutritional deficiencies.

Course Scope and Content (Lecture)

Unit I Introduction

- A. Eating
- B. Current and future trends in nutrition

Unit II The Major Nutrients

- A. Carbohydrates: The Body's Fuel
- B. Proteins: The Body Builder
- C. Lipids: The Body's Cushion
- D. Vitamins: Directors of Cell Processes
- E. Minerals: Regulators of Body Fluid
- F. Water: Vital for Life
- G. Dietary and Herbal Supplements: Uncovering the Unknown

Unit III Relationship of Nutrition to Oral Disease

- A. Diet and Dental Caries
- B. Diet, Nutrition and Periodontal Disease

Unit IV Food Guidelines

- A. Choosing Foods Wisely
- B. Reading Labels
- C. Nutritional Counseling

Unit V Food for Growth

- A. Nutritional Needs for Development, Growth and Maintenance of Oral Structures
- B. Dietary Considerations for the Lifestyle

Unit VI Nutritional Counseling

- A. Eating Disorders
- B. Special Nutritional Needs

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside regular class time doing the following:

1. Independent reading
2. Independent study and research
3. Completing a Nutritional Analysis for an at-risk patient

Methods of Instruction:

1. Lecture
2. Handouts
3. Group Work
4. Class Discussion
5. Computer Research

Methods of Evaluation:

1. Dietary Analysis for an at risk patient based on:
 - a. choice of subject
 - b. organization
 - c. comprehensiveness
 - d. dietary recommendations
2. Chapter quizzes:
 - a. multiple choice

- b. true/false
- c. short answer
- d. completion of chapter outlines of text

Supplemental Data:

TOP Code:	124020: Dental Hygienist
SAM Priority Code:	C: Clearly Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE