

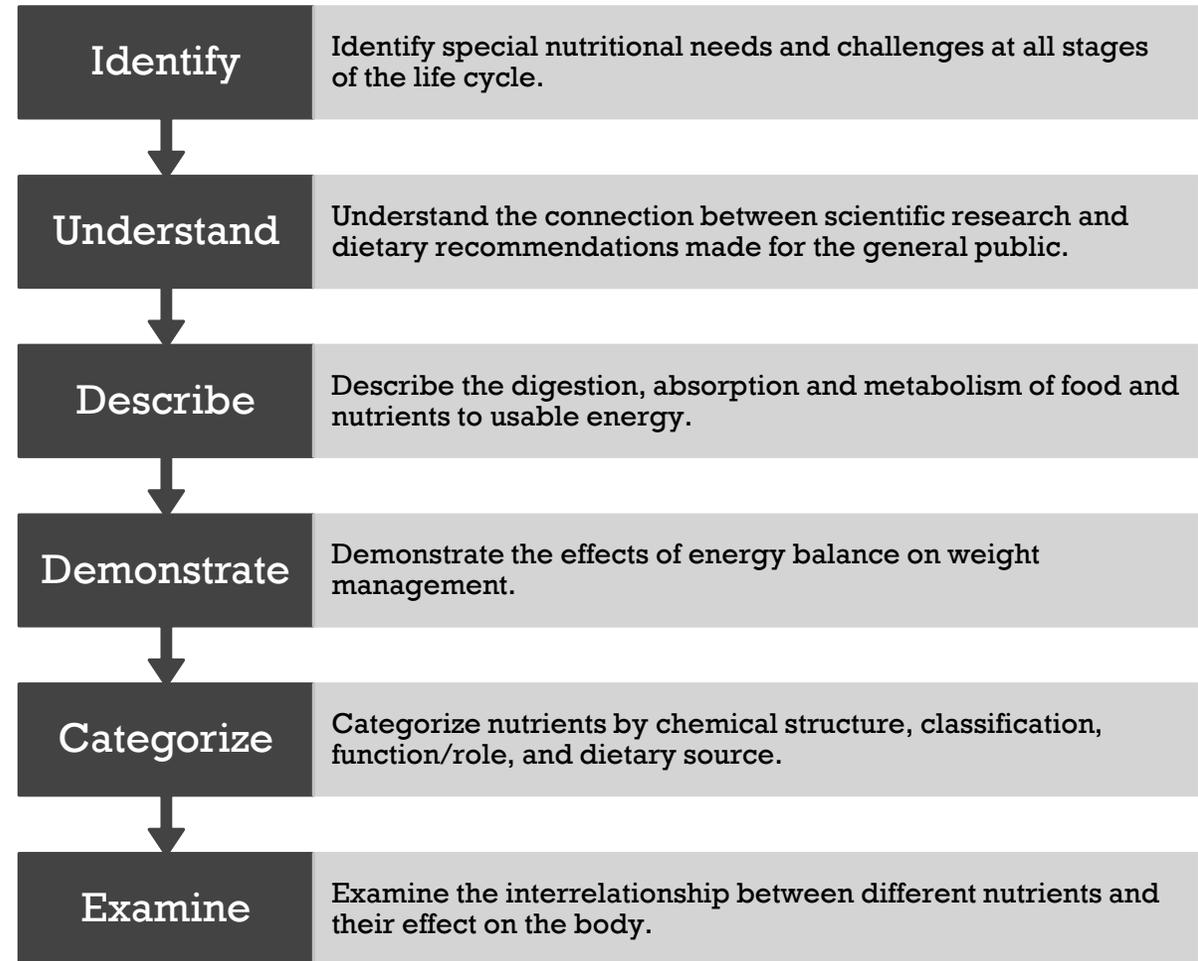


HUN1201

General Education Opt-In

Kristin Bartholomew

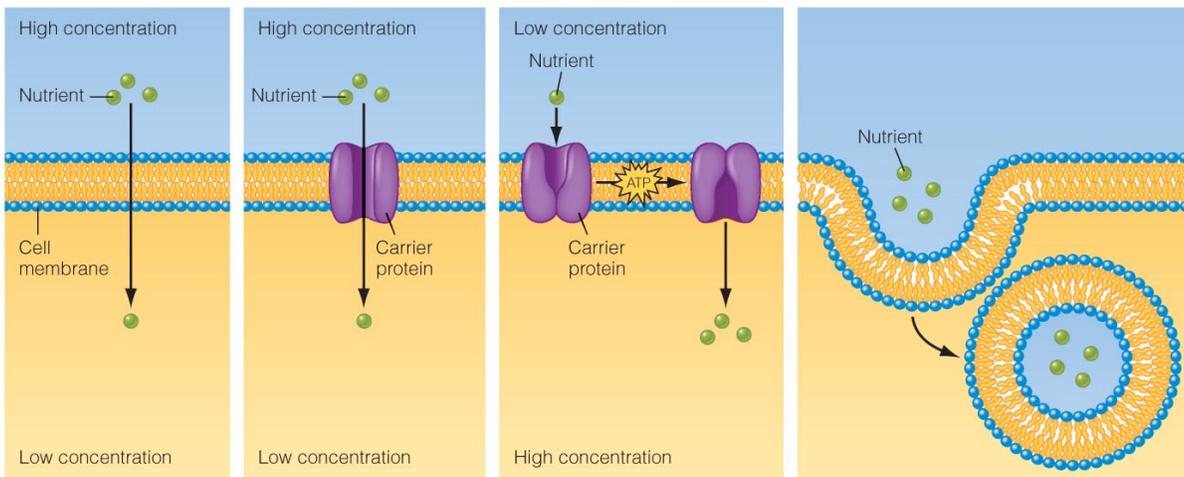
HUN1201 Course Objectives





Topics Covered

- **Scientific Methodology, research methods, consensus recommendations**
- **Digestion, absorption, metabolism**
- **Structure, function, sources of all macro and micro nutrients**
- **Nutrient needs through the lifecycle and fitness**
- **Food technology effects on nutrients, health and environment;**
- **Hunger and malnutrition; global nutrition**
- **Evaluating personal nutrition in regards to adequate intakes, health, and lifecycle**

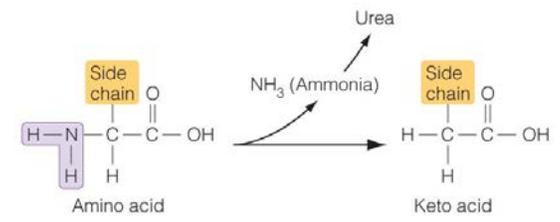


a Passive diffusion: Nutrients pass through the cell membrane.

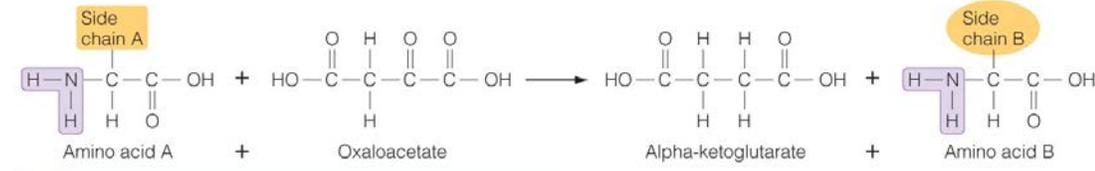
b Facilitated diffusion: Requires a specific carrier but no energy is needed to cross the membrane.

c Active transport: Requires both a carrier protein and energy to cross the cell membrane.

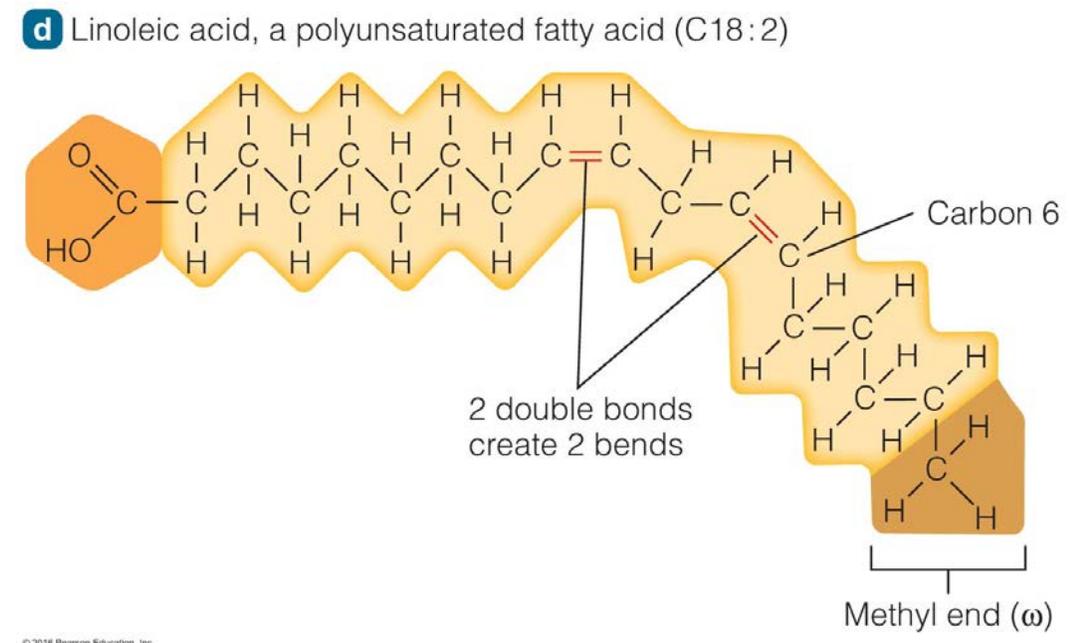
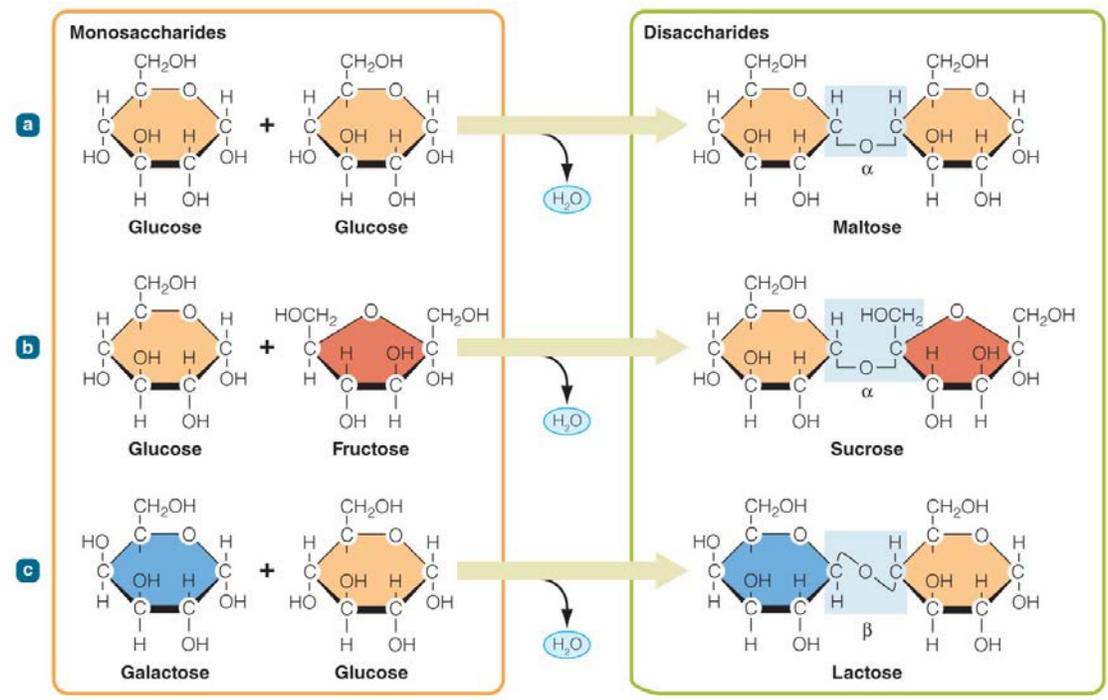
d Endocytosis: Whole molecules are engulfed by the cell membrane.



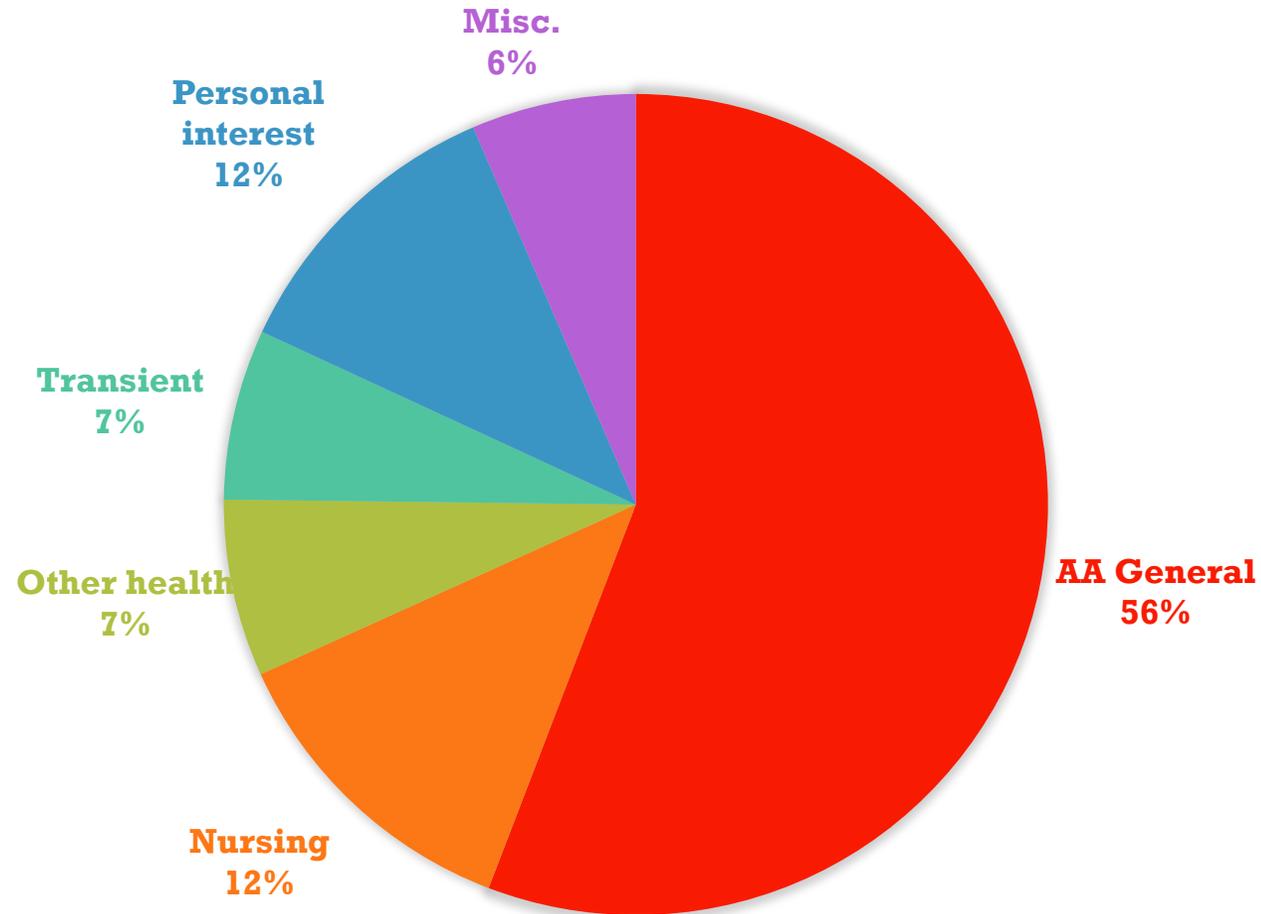
a Deamination: In the liver, the amine group is removed, producing ammonia and a keto acid. The ammonia is used to form urea, which is excreted in the urine.



b Transamination: An amine group from an essential amino acid is transferred to a keto acid, producing a nonessential amino acid and a new keto acid.



ENROLLMENT



FALL 2014 –
SPRING 2017
Total 386 students
college-wide

- prerequisite for Valencia's AA Nutrition and Dietetics
- recommended for Valencia's AA Food Science
- required for UCF BS Health Science, so many of the Valencia AA Health Science students take it at Valencia before graduating.

Miscellaneous: AS degrees and Dual Enrollment

Schools accepting
HUN1201 as a
Science General
Education course

Florida Universities	Florida Community Colleges
Florida State University	Palm Beach State
University of Florida	Pensacola State
University of North Florida	Daytona State College
	Miami Dade College
	St. Petersburg College

General Education Elective: 1) Northwest Florida State College
2) College of Central Florida

Which students benefit?

1

Provides option for those seeking AS and AA degrees in fields outside of science and health.

2

Culinary Management AS

- Requires HUN1004 (nutrition)
- Requires 1 Math or Science General Education course

Cardiovascular = \$1 Billion Per DAY!



**Overweight and obese =
\$150-210 Billion year**

Diabetes = \$245 Billion per year

Osteoporosis and fractures: \$154 – 256 million per year



Thank You