HEARTLAND TECHNICAL EDUCATION CENTER
1763 State Route 60, Ashland, Ohio 44805-9377 (419) 289-3313 (800) 686-3313 Fax (419) 289-3729

Adult Education
Medical Assisting
Nutrition
Syllabus
2026 - 2027
17 Hours

Instructor
Jamie Krabill BSN, RN krabillj@heartlandtech.org 419-289-3313 (ext. 2239)
- 19+ years nursing experience
- 13+ years nursing / medical education experience

Supplies
Notebook, pens, pencils, highlighters, etc. provided by student

Course Description:
This course introduces students to the fundamental principles of nutrition and their application in healthcare settings. Students will explore essential nutrients, dietary guidelines, digestion and metabolism, and the role of nutrition in health promotion and disease prevention. Special emphasis is placed on therapeutic diets, patient education, and the medical assistant's role in supporting nutritional counseling under the supervision of licensed healthcare providers. The course also examines common nutrition-related disorders and evidence-based dietary practices used in clinical care.

Course Objectives:
Upon successful completion of this course, students will be able to identify essential nutrients and describe their functions in the human body; explain the processes of digestion, absorption, and metabolism; interpret dietary guidelines and nutritional recommendations for various populations; recognize the relationship between nutrition and common health conditions; assist in patient education regarding basic nutritional principles and therapeutic diets within scope of practice; apply knowledge of nutrition to support wellness and disease prevention; and demonstrate professional communication and ethical behavior when discussing dietary information in healthcare environments.

Required Text
Today's Medical Assistant, 5th Edition by Kathy Bonewit-West and Sue A. Hunt

Today's Medical Assistant Study Guide, 5th Edition by Kathy Bonewit-West and Sue A. Hunt

Program Policies
Chapter reading and written assignments are to be completed *before* class. Class time will be devoted to discussing content, presenting enrichment materials, answering student questions, taking exams, and additional learning activities.

Student Assessment Grading
Students will be graded on the following weight system

50% Exams

25% Assignments/Quizzes/Projects/Midterms

25% Final Exam

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Percent Grade	Letter Grade	Point Value
97 to 100	A+	4.0
93 – 96	A	4.0
90 – 92	A-	3.7
87 – 89	B+	3.3
83 – 86	B	3.0
80 – 82	B-	2.7
77 – 79	C+	2.3
73 – 76	C	2.0
70 – 72	C-	1.7
67 – 69	D+	1.3
63 – 66	D	1.0
60 – 62	D-	0.7
0 - 59	F	0

Course Schedule/Outline/Calendar of Events (subject to change)

Date and Material Covered	Content Objectives	Related Learning Experiences & Assessments
<u>Week of May 17, 2027</u> Chapter 35: Nutrition	● List the six classes of nutrients ● Explain the difference between macronutrient and micronutrient ● State the number of kilocalories provided by 1 gram of each of the following: carbohydrate, fat, and protein ● Explain the difference between simple carbohydrates and complex carbohydrates and list food sources of each ● State the function of fat in the body ● Describe the different types of fat found in food ● State the function of protein in the body ● Explain the difference between essential amino acids and nonessential amino acids ● Describe the difference between complete protein and incomplete protein and identify food sources for each ● Identify water-soluble vitamins and state their function, food sources, and deficiency diseases of each ● Identify fat-soluble vitamins and state their function, food sources, and deficiency diseases of each ● State the function of water in the body ● Identify methods by which water is lost form the body ● Identify the MyPlate food groups and their recommended proportions on the plate ● State the purpose of the Dietary Guidelines for Americans ● List the four guidelines included in the 2020-2025 Dietary Guidelines for Americans and incorporate the NEW 2025-2030 Dietary Guidelines for Americans under the Trump Administration ● State the purpose of food labeling ● List and describe the five basic sections of the nutrition facts label ● Explain the purpose of weight management ● List and describe the three components included in a treatment plan for obesity ● Identify the elements of the TLC diet plan for a heart healthy diet ● Identify the elements of the DASH diet plan to lower hypertension ● List examples of food high and low in sodium ● Explain recommended nutrition therapy for type 1 and type 2 diabetes ● List the symptoms of lactose intolerance and identify the recommended nutrition therapy ● Explain the difference between celiac disease and non-celiac gluten sensitivity ● Identify the symptoms and describe the treatment for gluten intolerance ● List common food allergens ● Describe methods of treatment for food allergies	Read ● Ch 35 Study Guide Assignment ● Ch 35 Workbook Assessment ● Ch 35 Exam Procedures ● How to read and interpret a nutrition label ● Nutrition label labeling exercises ● Food / drink diary ● Instruct a patient according to their special dietary needs

All dates are subject to change

Revised 8/2026