

**University of Arkansas - Fort Smith**  
**5210 Grand Avenue**  
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**Fort Smith, AR 72913-3649**  
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## **General Syllabus**

### **DHYG 4372 Dental Nutrition**

Credit Hours: 2

Lecture Hours: 2

Laboratory Hours: 0

Prerequisites: DHYG 3113 Clinic I Theory, DHYG 3212 Periodontology I, DHYG 3213 Dental Hygiene Clinic I, DHYG 3443 Pharmacology, and DHYG 3453 General and Oral Pathology

Corequisites: DHYG 4122 Clinic II Theory, DHYG 4224 Dental Hygiene Clinic II, DHYG 4142 Advanced Dental Hygiene Theory for Special Needs Patients, DHYG 4311 Periodontology II, DHYG 4463 Dental Materials, and DHYG 4512 Local Anesthesia and Nitrous Oxide

Effective Catalog: 2018-2019

## **I. Course Information**

### **A. Catalog Description**

Provides dental healthcare professionals with information in many aspects of nutrition. The biochemistry of nutrients, their metabolism, current concepts in nutrition throughout the life cycle are considered.

### **B. Additional Information-None**

## **II. Student Learning Outcomes**

### **A. Subject Matter**

Upon completion of this course, the student will:

1. Explain the function of each nutrient in the maintenance of oral and general health.
2. Explain diet and its effects on metabolism.
3. Explain nutritional changes throughout one's life.
4. Explain the concepts of epidemiology, etiology, and prevention in the treatment of dental caries and diseases in man related to nutrition.
5. Identify the five food groups and explain how they provide the body with key nutrients.
6. Identify alternative sources of food which are non-cariogenic and yet acceptable to the patient.

7. Analyze individual eating habits and food selections relating to biofilm formation and dental health status.
8. Describe the role of dietary assessment and planning in dental hygiene care.
9. Learn strategies for assessing a patient's diet, using a five day food diary of intake.

## **B. University Learning Outcomes**

This course enhances student abilities in the following areas:

### **Analytical Skills**

**Critical Thinking Skills:** Students will demonstrate their ability to analyze and evaluate dietary data in order to enhance and/or modify overall patient health. Students will synthesize data into a report in order to provide nutritional counseling to a patient.

### **Communication Skills (written and oral)**

Students will present the diet analysis of a patient to the patient using recommendations in both written and verbal forms, soliciting cooperation and results.

### **Global and Cultural Perspectives**

Students will describe detailed information of nutrients required by the body necessary for reducing dental diseases by studying human diseases and conditions which result from inadequate nutrition in third world countries and different cultures.

## **III. Major Course Topics**

- A. Nutrition Overview
- B. Carbohydrates and Caries
- C. Protein
- D. Lipids
- E. Vitamins
- F. Minerals
- G. Nutritional Counseling for the Dental Patient
- H. Diet and Oral Diseases
- I. Life Cycle