

## **ASV1 Nutrition**

### *Competencies*

#### **Fundamentals of Nutrition**

The graduate recognizes healthy eating patterns as defined by the Dietary Guidelines for Americans and the My Pyramid Food guide; explains the importance of sound nutrition in promoting and maintaining good health; and recognizes cultural sensitivities pertaining to variation in diet.

#### **Digestion and Metabolism**

The graduate identifies barriers to digestion specific to different ethnic groups; describes the process of catabolic and anabolic metabolism as it pertains to the energy-yielding nutrients; nutrient absorption; and recognizes factors that affect overall rate of metabolism.

#### **Macronutrients**

The graduate recognizes energy-yielding macronutrients and their role in body functions; assesses the daily need, energy value, and healthy distribution for macronutrients in the diet and sources of each; and recognizes health hazards in overconsumption of macronutrients.

#### **Micronutrients**

The graduate identifies micronutrients essential to human health and recognizes manifestations of deficiency and/or toxicity; selects assessment tools for evaluating micronutrient content; and evaluates need for dietary supplements.

#### **Nutrition Assessment**

The graduate applies principles of basic nutrition to nutrition assessment of patients; describes the appropriate use of anthropometric tools to assess nutritional status; explains factors that influence dietary habits; discusses the importance of nutritional education; and recognizes cultural sensitivities that may influence nutritional assessment.