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Macedonia International University, Inc.

health and Wellness Center (Body Soul & Spirit)

MIU Now offer Courses in Human Nutrition

Human Nutrition Course Outline

Presented by Dr. Gloria Bent & Keri Watkins-Webb

A. PURPOSE / DESCRIPTION

This course introduces the theories, principles, and concepts underlying the use of nutrients by the human body. The topics covered include micro and macronutrients; the digestive tract; nutrient digestion, absorption, and metabolism; energy balance; the relationship of diet to fitness, health, and life span; and essentials of food and diet analysis.

B. LEARNING OUTCOMES

1. Describe nutritional science theories and concepts.
2. Explain the digestive tract; nutrient digestion, absorption, and metabolism.
3. Identify principles in designing health promoting diets.
4. Apply the scientific method to explain the nature of the progress of nutrition science.

- Develop a critical approach to the evaluation of information.
- Explain the nature of the progress of nutrition science and understand the limitations of our current knowledge.
- Discuss social, cultural, political, and economic aspects of nutrition.
 - Analyze the global implications of food insecurity.
- Summarize health promotion and disease prevention theories and guidelines.

The primary text for this course is Nutrition: Concepts and Controversies. The Human Nutrition Online Content Guides within each module provide further commentary. The assessments include quizzes, discussions, a diet record and analysis, a critique of a weight loss diet, and a final project.

Required Textbooks and Materials

- Nutrition: Concepts and Controversies bySizer and Whitney. Cengage Learning.

C. METHODS AND CRITERIA FOR EVALUATION

Primary criteria will be

- 1) an understanding of the principles and concepts of nutrition science and how these are applied to the critical analysis of diets and the evaluation of nutrition information.
 - 2) the ability to apply knowledge gained to diet analysis and menu planning (including careful observation and recording of food intake, correct use of standard nutrition tables, correct calculations, and valid conclusions);
 - 3) ability to read critically, research a topic to explore important issues and ideas about nutrition, draw appropriate conclusions, and present information in a clearly written and well-organized annotated bibliography.
- Through these assignments, students should also demonstrate some

social and economic forces that affect nutrition and food choice.

This course investigates the role of nutrition in health maintenance. Nutrients, and their digestion, metabolism, function, and their sources in foods, are studied. Students also focus on practical aspects of nutrition and food selection. Social and economic forces that affect food intake and the causes of world hunger are examined. The nature of the science of nutrition - continuing, changing, growing, often controversial - is stressed. Critical thinking principles and techniques are illustrated, and students are asked to apply them.

D. PLAN FOR FORMATIVE ASSESSMENT

Evaluation of student learning and participation will be provided in the forms of grades and narrative feedback designed to review and measure the quality of content and performance. Instructors use formative assessment to identify the student's learning needs, improve the quality of work and help assure success.

Formative assessment will be provided at regular intervals, with an emphasis placed upon the first weeks of the term and the end of the term. In order for the feedback to be effective in supporting strong learning outcomes for students, students are expected to engage continuously throughout the term, maintaining the pace set by the course schedule. Students are also expected to contact their instructor in a timely manner when they are having difficulty with the material.

M IU Nutrition Health Services

Macedonia Community Nutrition Health Services (MCNHS) is committed to providing quality care and empowering individuals to make informed decisions about their health.

Clinical services provided by Registered Dietician, Dr. Gloria Bent and holistic health counseling, provided by Certified Holistic Nutritionist, Keri



Macedonia Community Members.

MCHS is committed to helping individuals with questions and concerns regarding health issues, disease prevention, weight management, meal planning, etc.

Bio

Gloria C. Bent, M.S., R.D., C.D.N, is a New York City based registered dietitian certified in Adult and Adolescent Weight Management who as Associate Director of NYC Health and Hospitals/North Central Bronx has developed and implemented a “Health and Wellness Program” providing the community with nutritional and exercise counseling to foster health and well-being. These programs have been presented at dietetic conferences across the nation, offering nutrition and wellness education.

Ms. Bent, a native of Jamaica, received the prestigious Pan American/World Health Organization Scholarship which allowed her to study community nutrition throughout Trinidad and Tobago, Barbados, Antigua, and Jamaica. After coming to the United States, Ms. Bent earned her Bachelor of Science in Food and Nutrition, and shortly after, achieved her Master of Science in Nutrition from Lehman College.

Ms. Bent is adored by her patients and is highly respected by her supervisors, peers and staff for her unwavering commitment to her

patients and our mission. Ms. Bent’s involvement in the community is not limited to her medical and nutritional services. Ms. Bent delivers nutrition health education, and mentors health service administration students at Lehman College, as well as medical students at the Albert Einstein School of Medicine. Currently, Ms. Bent holds the position of President of the Greater NY Dietetic Association, previously serving as R.D. Chair and Public Policy Coordinator. Community Board (CB) 7-member, CB Health and Hospitals Committee Vice chair.

Apart from Ms. Bent’s passion for helping people, she also loves traveling, spending time with friends and family, especially her two daughters Camille and Rochelle. In late winter of December 2020, Ms. Bent retired from a satisfying 30 years of service with the NYC Health and Hospital North Central Bronx and Jacobi Medical Center, in various roles she retired

creative ways to educate others on living a healthy lifestyle. Currently, Ms. Bent serves as a nutrition consultant and community organizer in the Bronx.

Bio

Keri Watkins Webb is a nutritionist, educator, lecturer, author, and lifestyle coach who provides safe and practical solutions to people's health problems. Over the past 19 years, she has encouraged healthy, mindful living and has inspired individuals to take control of their health rather than relying solely on the recommendations of medical doctors.

Keri is an Ivy League graduate and a certified Nutritionist with training in Eastern and Western nutritional theory from the Institute of Integrative Nutrition in NYC. She also holds a master's degree in health education from Georgian Court University. In 2010, she founded Empowered Living, LLC, a holistic healthcare practice dedicated to serving individuals in underserved, urban communities.

Since that time, Keri has facilitated over 150 wellness workshops for

agencies, schools, and churches. She also teaches Nutrition at SUNY Empire State University and shares healthy cooking and eating tips on her YouTube channel, The Sugarless Sista Presents.

Her journey to wellness is chronicled in her first book, Blood, Sweat and Prayers: The Soul, Spirit and Body Connection to Weight Loss. Her most recent work is entitled, Confectionery Killer: The Cause, Impact and Cure for Sugar Addiction.

CONTACT US

If you need to speak to Dr. Bent or Mrs. Watkins-Webb, don't hesitate to get in touch with us at the above information