

FOODS AND NUTRITION 35
NUTRITION & Health **55123 Web**
Mr. Avakian
Fall 2012
ARR
Reedley College

Final: Dec. 10-12, 2012
Office: CC1 211
Phone: 638-3641, Ext. 3412
Email Preferred: Through
Blackboard Communications
Office Hours: MW 10-11. a.m.
TTH 9:00-9:30 a.m.

CLASS POLICY

I. Text: Pkg:Concepts&Controversies(LI)+Dietary Assess+Diet Analysis,
SizerISBN 1-2851-5201-8Edition 12Binding Kit/Set/Package

II. Catalog Description:

Relationship of diet to physical and emotional health: nutrients: diet patterns throughout the life cycle. Optimal nutrition to reduce the risks of cancer, heart disease, allergies, and other diseases. Social, psychological, and cultural dictates which affect food selection and health. Personal strategies to develop nutrition plan for better health. Not open to students with credit in FN 40 Nutrition.

III. Objectives - Student will be able to:

- A. Assess the social, physiological, psychological and cultural factors that influence food choices throughout the life cycle.
- B. Describe the body's basic need for nutrients and give the details of many of the body systems as they relate to nutrition.
- C. Evaluate nutrition information from a scientific perspective to distinguish fact from fallacy.
- D. Construct a diet plan based on the concept of food grouping and exchange systems.
- E. Identify the major functions of carbohydrates, lipids, protein, vitamins, minerals and water.
- F. Analyze food patterns that increase the risk of health problems and recommend appropriate modifications in dietaries to reduce the risk of developing health problems.
- G. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

IV. Course Outline:

- A. Human Physiology and Nutrition
- B. Diet Planning
- C. Diet and Disease
- D. The Carbohydrates: Sugar, Starch and Fiber
- E. The Lipids: Fats and Oils
- F. The Proteins and Amino Acids
- G. The Vitamins
- H. Minerals and Water
- I. Energy Balance and Weight Control
- J. Nutrition and the consumer
- K. Food Technology and Safety
- L. Nutrition Assessment
- M. Nutrition Throughout the Life Cycle
- N. World Food and Hunger

V. Grading:

The final grade will be averaged from the scores of exams and assignments. You are encouraged to periodically check with the instructor concerning your progress in the course. Exams, assignments, and the final grade are based on 100%...

100 - 90	A
89 - 80	B
79 - 70	C
69 - 60	D
59 - 0	F

The following is an estimate of the total points possible.

Exams	400	450-500	A
Diet Analysis	50	400-449	B
Discussion Board	50	350-399	C
		300-349	D
Total	<u>500</u>	0 -299	F
Extra Credit	20		

VI. Assignments and Exams:

- A. You are to have your book and notebook with you when online. You are expected to read the text each week to familiarize yourself with the highly technical terminology used in nutrition. A broad range of topics is covered extensively and quickly, which demands strenuous study at a rapid pace. It is your responsibility to stay current with reading, notes, and assignments. We will cover about 1 chapter per week. There will be about one exam or project due every other week. You are to spend at least 9 hours on study each week.
- B. Assignments are due at the day and time stated on blackboard announcements and will not be accepted late. All work is to be original and submitted via Blackboard.
- C. Assignments are graded on the following basis:
 - 1. Accuracy of the assignment.
 - 2. Completeness of assignments.
 - 3. Your evaluation and presentation of materials.
 - 4. Organization and presentation of materials.
- D. Exam and assignment make-up policy - Under no circumstances will projects, discussion board or homework be accepted late. It is your responsibility to make sure that your work is turned in at the time that it is due. Students will not be permitted to take an exam before it is scheduled. Students will be permitted to make - up only one missed exam. There are no retakes of exams. To make - up an exam, the student must take the exam during the scheduled Final exam.
- E. You are expected to have the required text and Online Diet Analysis no later than the second week of class. Failure to do so will result in a loss of points.
- F. When taking tests on Blackboard, do so on a timely basis or you will be logged off. Use a computer that is **not** wireless because you might lose a connection and not be able to get back into the exam. If the exam gets locked, you may ask the instructor to reset the exam no later than 2 hours before the exam time ends.
- G. Exams will be available beginning and ending at 12 noon.

The following is taken from the Reedley College Catalog:

Academic Dishonesty

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to

ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

Cheating

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism

Plagiarism is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

VII. Internet & Email

Access to broadband internet is required. If you do not have an internet connection, you may use the resources in the Reedley College Library or at other computer labs on campus.

A SCCCD email address is required for all students. You can obtain an email address through the RC Library.

Please note: I teach multiple courses (and multiple sections of some courses) so I have strict rules about email. They are as follows:

1. Use the subject line correctly. Each email you send to me must include the following line:
Course number, your first and last name, and the subject you are writing about For example, FN35-55123 John Doe Question about Diet Project.
2. Use the spell checker.
3. Use proper grammar.

You are to address me as Mr. Avakian and at the end of the message include

your first and last name.

All others will be treated as spam.

VIII. Blackboard: The website is: <http://blackboard.reedleycollege.edu>

The standard Blackboard login is:

Username: student id number

Password: student id number

IX. Attendance:

- A. Your attendance is based on activity and assignments. You are to log onto Blackboard on a regular basis.
- B. A total of 2 weeks of absence may result in being dropped from the class.
- C. It is the student's responsibility to drop from the class.
- D. A student's participation is considered to be important to the quality of their learning and to insure their opportunity to contribute to the learning. Students should consider this online class to be their job and grades to be their pay. Work schedules, other courses, job interviews, vacations, and personal appointments are not excuses for not participating in this online class. Those commitments you must learn to manage on you off-duty time.
- E. The teaching techniques involved in this online class involve collaborative learning. You are expected to post messages to the message board, take notes, keep up with reading, ask questions, make comments, and contribute to discussion board so that we may learn from each other.
- F. Accommodations for students with disabilities: If you have a verified need for an academic accommodation or materials in alternate media (i.e.: Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me, or the DSPS office – ext. 3332 as soon as possible.

All of your Blackboard activity is statistically collected and evaluated by the Instructor.

- G. It will be helpful to find a study buddy who is willing to share notes and study together.

Name & Email

H. DROP DEADLINE IS October 12, 2012

To drop a course, the student may do so using Web Advisor.

Let's work together for a great learning experience

**I. Go to Course Documents and select Acknowledgement.
Complete and click submit.**