

Food and Nutrition 35 (FN35): Nutrition

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| <i>Semester: Spring 2021</i> | <i>Reedley College</i> |
| Instructor: Rana Strankman, MBA, RD, CLEC | <i>Class No. 51006</i> |
| Email: rana.strankman@fresnocitycollege.edu | Lecture: Digital Online Course |
| Email Response Time: 24-48hrs | |
| Office: N/A | |
| Office Hours: By Appointment | |
| <i>Date: 6/21/21-7/30/21</i> | |

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 a nutrition plan for better health. Designed for students with an interest in Food Services.

Prerequisites:

None, eligibility for ENGL 125, 126, or 153; or ESL 67 and 68 recommended.

Student Learning Outcomes:

Upon completion of this course, students will be able to:

1. Critically evaluate nutrition information
2. Analyze the relationship between diet and disease in order to apply to life's situations
3. Evaluate their dietary intake and as a basis for making lifelong dieting choices

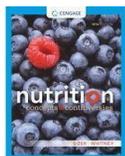
Course Objectives:

In the process of completing this course, students will:

1. Identify the social, physiological and cultural factors that influence food choices throughout the life cycle
2. Describe the body's basic need for nutrients and give the details of many of the body systems as they relate to nutrition
3. Compare nutrition information from a scientific perspective to distinguish from fallacy
4. Use the concept of food grouping and exchange systems
5. Describe food patterns that increase the risk of health problems and recommend appropriate modifications in dietaries to reduce the risk of developing health problems
6. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances
7. Identify the major functions of carbohydrates, lipids, proteins, vitamins, minerals, and water

Required Course Materials, Equipment and Resources

1. Nutrition: Concepts and Controversies, 15th Edition
Frances Sizer, MS, RDN, FAND | Ellie Whitney, PhD
ISBN-10: 1337906379 | ISBN-13: 9781337906371



2. Diet and Wellness Plus, 1 term (6 months) Instant Access, 1st Edition
Cengage | Michelle 'Shelley' McGuire | Kathy A. Beerman | Marie Dunford | J. Andrew Doyle
ISBN-10: 128585621X | ISBN-13: 9781285856216 © 2014



3. Other readings as assigned (provided on Canvas).
4. Active SCCCD email account is required. You must check your email often to interact in the course.
5. An Internet Connection (reliable connection with a backup plan in case you lose a connection). A dial up and wireless connection are not recommended when taking quizzes and exams online. Remember, this course meets online only.
6. Compatible browser (Google Chrome, Firefox or Internet Explorer) with JavaScript enabled and a media player (QuickTime or Windows Media) are needed. Alternative product for a Mac should be installed if you have an Apple system.
7. Contact the Student Service Helpdesk if you need assistance at (559) 637-2555
8. Contact the Cengage Learning Customer Support if experience product issues at 1-800-354-9706.
9. Contact Canvas Support or go to: <https://community.canvaslms.com/docs/DOC-10701-canvas-student-guide-table-of-contents> to view the Canvas Student Guide

Methods of Instruction

This course is 100% online, and will therefore require connection through a variety of modalities to meet the needs of students you will find:

1. Use of Canvas for assignments, quizzes, and exams
2. Supplementary videos and animations
3. Online assignments and activities
4. Discussion boards
5. Paper analysis and research papers

Attendance and Drop/Add Policy

Attendance in the digital classroom is just as crucial as an in-person classroom. You are expected to login to the course, and actively participate on a consistent basis. Because your materials are provided digitally, there is no excuse for lack of participation-based absences from this course.

Students' participation is based on in weekly check-in, as well as weekly online discussion.

If you have not actively participated and completed your materials during the week in which they are assigned, you will be marked absent from the course. Simply logging in to the course is NOT considered attendance. Ultimately, it is the student's responsibility to drop this course if they no longer want to participate. If the student does not drop the course and their name remains on the roster at the end of the course, they will receive a letter grade (A, B, C, D or F). If you are absent 2 weeks from the course, your grade will automatically drop 1 letter grade. If you are absent for 3 weeks, your grade will automatically drop 2 letter grades. If you miss more than 3 weeks, you will automatically fail FN35.

Student's attendance and active participation are important as they help contributing quality-learning experiences. Work schedules, other course works, personal appointments, wedding, and vacations are not excuses for not participating in class.

Students' attendance and participation are based on weekly online discussion and participation in class. All discussion board activity is statistically collected and evaluated by the instructor. Students will be considered absent if fail to participate in the weekly online discussions/postings, assignments, and quizzes for longer than one week. The instructor may reserve the right to drop students who have no participation for a week. Ultimately, it is the student's responsibility to drop this course if participation is no longer desired.

LATE ASSIGNMENTS, CHEATING, AND MAKE-UP POLICY

After one week, any missed grade may not be made up unless prior written arrangements have been made. This is to ensure fairness both to the other students and to me. Any student caught cheating will be subject to the Reedley College disciplinary procedures (see the catalog). Be aware that the procedures require a written notification to the dean that will become a part of your permanent record. Lecture Exams may only be made up due to extreme circumstances, at the discretion of the instructor, if arranged with the instructor before the scheduled exam period (at least 3 hrs prior).

In the case of technology issues please remember the following: You will only have 1 attempt. It is the student's responsibility to make sure the correct technology requirements are met to complete the quiz/exam, when accessed, in one sitting. Only verifiable, documented emergencies beyond the student's control (as decided by the instructor) will allow for any assignment to be reset for another student attempt. Simply saying my internet got slow, does NOT cut it.

TESTS AND EVALUATION

| Assignment Description | Points Possible |
|--------------------------------------|-----------------|
| Diet Analysis | 150 |
| Quizzes (11 @ 20 points ea) | 220 |
| Case Studies (4 @ 40 points ea) | 160 |
| Topic Discussions (6 @ 20 points ea) | 120 |
| Total Points Possible | 650 |

To calculate your grade, total all points earned and divide that number by the total points available (770). **Course grades are non-negotiable.** Students are recommended to monitor their class performance by checking gradebook in Canvas or check with the instructor concerning course progress periodically.

The final course grade is based on:

| Percent Range | Grade |
|---------------|-------|
| 90-100 | A |
| 80-89.99 | B |
| 70-79.99 | C |
| 60-69.99 | D |
| Less than 60 | F |

ASSIGNMENTS AND EXAMS

1. Students are expected to read the text and be prepared to participate in class discussion. A broad range of topics is covered extensively and quickly, which demands strenuous study at a rapid pace. It is the student responsibility to stay current with reading, notes, and assignments. We will cover about 1 chapter per week.
2. Weekly assignments in the form of homework and/or case studies, weekly quiz (post learning assessment), and all other assignments should be submitted electronically via Canvas.
3. Assignments may vary weekly. This may include written work, individual and group activities, and quizzes. Students are expected to log on at least three times per week, prepared and ready to discuss reading assignments.
4. All assignments must be neat and clearly labeled with student name and date.
5. Papers should be double - spaced, 12 point font, one inch margins in an easy to read font.
6. Always make a copy of your work.
7. Weekly modules and assignments will be posted on Monday at 9:00am for the upcoming week. All assignments are due by Sunday at 11:59 pm of the following week unless otherwise noted. Assignments will be graded one week from due date.

8. Exams will cover information from textbook, lecture, Canvas assignments i.e. Videos assigned for viewing on Canvas. There will be no make-up exams.

DISCUSSION FORUM

1. Students must complete their weekly discussion question(s) by 11:59 pm on Wednesday, although students may make their entries on the discussion board sooner. Each student is required to respond or comment to TWO other classmates' posts by 11:59pm on Sunday. Failure to respond or comment to classmates post will result in no credit for the assignment.
2. Respect your classmates' viewpoints when providing comment and feedback on the discussion board at all times.
3. Weekly discussion points will be based on the well thought out contributions on the discussion questions, completeness and quality of the answers to the questions. Keep posting constructive and precise.
4. Restrain words and/or signs such as "lol" and smiling or sad faces. Please limit words such as "good job" or "good work". Students need to elaborate your thoughts when posting.
5. Type all words appropriately, for instance: do not use "u" when it should be "you", "idk" when it should be "I don't know", or "4" when it should be "for".

Extra Credit Extra credit **may** be offered and will be posted to Canvas when available

***** I reserve the right to make changes in this syllabus with notification *****

Canvas, Email and Electronic Communication

All lecture and lab handouts, lecture notes, course schedules, and announcements are available at <https://scccd.instructure.com/login/ldap>. Your user name and password will be discussed in class.

An SCCCD email address is required for all students. Students are required to have an active Reedley College Email account and access to Canvas. To avoid delay replying or no replying from your instructor, be sure to include the following items when composing an Email to your instructor:

- Use subject line to include: Course #, your first and last name, and question you are writing about.
Example: FN40 John Doe-Discussion Question

College Policies and Student Conduct Code

Drops: You have until April 17th to drop this class. If you elect to do so, drop yourself. Do not assume you have automatically been dropped. After April 17th, you must be assigned a grade by state law, whether you attend class or not.

Tutoring Tutors are available in the Tutorial Center. You may also access the Writing Center for assistance with writing and reading in the course. The tutors are former students who know how to study for the class. "With this statement on my course syllabus, I am referring each of my enrolled students in need of academic support to

tutorial services. Referral reason: Mastering the content, study skills, and basic skills of this course is aided by the use of trained peer tutors”.

The college has several policies that you will be expected to adhere to in my course. The **Policy on Students with Disabilities, the College Honor Code, the Policy on Cheating and Plagiarism, a statement on copyright, and the university computer requirement**, portions of which are below, can all be found in the College Catalog (Policies and Regulations) and Class Schedule.

Students with disabilities should contact the Disabled Students Programs and Services’ (DSP&S). Please give me a copy of the letter you receive from DSP&S detailing class accommodations you may need. If you require accommodation for test-taking, please make sure I have the letter no less than three days before the test. If you have a 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 as soon as possible.

Cheating and Plagiarism:

I DO NOT TOLERATE CHEATING. The College policy reads, "Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term 'cheating' not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means.

Any student caught cheating or plagiarizing will be subject to the Reedley College disciplinary procedures (review the Reedley College catalog section on academic dishonesty). Electronics or outside assistance of any kind are not permitted during exams and will result in an automatic zero for that exam.

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 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 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.

TENTATIVE SCHEDULE: Subject to change with notification

| Week | Dates | Lecture (Book Chapter) | Readings/Assignments/Assessments |
|------|-------------------|---|---|
| 1 | Week of (6/21) | Chapter 1: Food Choices and Human Health Chapter 2: Standards and Guidelines | Introduce Yourself Discussion Board Syllabus Quiz Discussion Board #1 Quiz #1 & 2 Homework #1 Dietary Reference Intakes |
| 2 | Week of (6/28) | Chapter 3: The Remarkable Body Chapter 4: Carbohydrates | Week 2 Check-in Discussion Board #2 Quiz # 3 & 4 Diet Analysis #1 Case Study #1 |
| 3 | Week of (7/5) | Chapter 5: Lipids Chapter 6: Proteins and Amino Acids | Week 3 Check-in Discussion Board #3 Diet Analysis #2 Quiz #5 & 6 Case Study #2 |
| 4 | Week of (7/12) | Chapter 7: Vitamins Chapter 8: Water and Minerals | Week 4 Check-in Discussion Board #4 Quiz #7 & 8 Diet Analysis #3 Case Study #3 |
| 5 | Week of (7/19) | Chapter 9: Energy Balance and Healthy Body Weight Chapter 10: Performance Nutrition | Week 5 Check-in Discussion Board #5 Quiz #9 & 10 Case Study #4 |
| 6 | Week of (7/26) | Chapter 11: Nutrition and Chronic Diseases Chapter 12: Food Safety and Food Technology **Please note-the final module ends on Friday, 7/30** | Week 6 Check-in Discussion Board #6 Diet Analysis #4- Self Assessment Quiz #10 & 11 |