

**FOODS AND NUTRITION--40  
NUTRITION**

Mr. Alan B. Avakian  
Fall 1997  
M 6:00-8:50 p.m.

Final: Mon, December 15, 1997  
6:00 - 8:50 p.m.  
Office: BE 46  
Phone: 638-3641, ext. 412  
Office Hours:

M W F  
10-11

Kings River Community College  
Skills Level: Eligible for Eng. 25 and Eng. 26, Math 54  
previously or concurrently, or equivalent.

## CLASS POLICY

- I. Text - Understanding Nutrition. Whitney and Rolfes, West Publishing 1996.  
Study Guide to accompany Understanding Nutrition.
- II. Catalog Description:  
Nutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. The relationship of diet to physical and emotional health, diet patterns through the life cycle, consumer concerns, and recent developments.
- III. Objective - Student will be able to:
  - A. Describe the fundamentals of chemical structures and understand the composition of foods, tissues, and certain elementary nutrients.
  - B. Outline the elements of anatomy and physiology, understand the body processes of digestion, absorption, metabolism, and excretion.
  - C. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building and maintenance of tissues.
  - D. Recognize the factors influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
  - E. Demonstrate how and why nutrient requirements change during the life cycle and how the recommended dietary allowances based on these needs can be met.
  - F. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
  - 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:
  - A. 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	600	779 - 865	A
Diet Analysis	100	692 - 778	B
Homework	35	606 - 691	C
Abstract Readings	60	519 - 605	D
Class participation	<u>70</u>	518 - 0	F
TOTAL	865		
Extra Credit	10		

- B. Each student will complete two exams, two homework assignments, and class activities by the eighth week. All work completed is returned to the student. The student may find their current grade by dividing their total points scored by the total cumulative points possible.
- C. The ninth week deficiency notice is an estimate of a student's progress at that point in the semester. A deficiency notice does not mean that a student will fail. Nor does not receiving a deficiency notice mean that a student who has a "C" or better at the ninth week will successfully complete the course at that level.

VI. Assignments and Exams:

- A. You are expected to read the text before lectures 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. Lectures are used to introduce new topics and elaborate the subject matter and assignments. It is your responsibility to stay current with reading, lecture notes, and assignments. You are to spend at least twice as much time on study as in class.
- B. Assignments are due at the beginning of the class period.
- C. Assignments are graded on the following basis:
  - 1. Accuracy of the assignment.
  - 2. Completeness of assignments.
  - 3. Your evaluations and conclusions.
  - 4. Organization and presentation of materials.
  - 5. All work is to be stapled. Unstapled papers will not be accepted.
- D. Exam and assignment make-up policy - Under special instances, and at the discretion of the instructor, work may be made up. Only those circumstances such as serious medical conditions requiring the treatment of a doctor, death of an immediate relative, jury duty, or off-campus school-related activity will be considered. To make up work, the student must provide the instructor with written verification and complete the work within one week of the absence during the instructor's normal office hours. Personal notes from friends or relatives are not acceptable.

Medical excuses may be obtained through the KRCC Health Services at the time of the illnesses, not after the fact.

No provisions will be made for the final exam.

E. Your lower test score or missed test will be thrown out.

VII. Necessary Materials:

- A. Three hole folder and paper.
- B. Material or paper for completing assignments.
- C. 7 ScanTron Answer Sheets. Form 882 green.
- D. 3 Number #2 pencils and erasers.
- E. 1 soft pocket folder.
- F. Stapler.
- G. Hole puncher.
- H. No voice recording devices will be permitted.

VIII. Attendance and Tardiness:

- A. You are tardy after roll has been taken.
- B. If you are late, check with the instructor concerning your tardiness.
- C. Two tardies are the equivalent of one absence.
- D. If you leave early, it will count as an absence.
- E. A total of two absences or 2 weeks may result in being dropped from the class.
- F. It is the student's responsibility to drop from the class.
- G. No eating, drinking, smoking or children are allowed in the classroom. No beepers, telephones, or tape players are permitted in the classroom.
- H. A student's presence is considered to be important to the quality of their learning and to insure their opportunity to contribute to the learning. Students should consider classes to be their job and grades to be their pay. Work schedules, other courses, job interviews, and personal appointments are not excuses for missing class. Those commitments you must learn to manage on your off-duty time.
- I. The teaching techniques involved in this class involve collaborative learning. You are expected to attend each class meeting, take notes, keep up with reading, ask questions, make comments, and contribute to class discussion so that we may learn from each other.
- J. It will be helpful to find a "study buddy" in the class who is willing to share notes and study together.

\_\_\_\_\_  
Name & Telephone Number

\_\_\_\_\_  
Name & Telephone Number

K. Please sit in your permanent seat.

L. DROP DEADLINE IS FRIDAY, OCTOBER 17, 1997.

IX. If you wish to meet with the instructor other than during office hours, other hours are available by special arrangement.

Let's work together for a great learning experience!

# ACKNOWLEDGEMENT

Date: \_\_\_\_\_

Semester/Year: FALL / 1997

I \_\_\_\_\_  
Student's Name (please print) acknowledge the

class policies of \_\_\_\_\_  
FN 40  
Class ID in accordance to the

instructors syllabus.

Signature: \_\_\_\_\_