

FOODS AND NUTRITION 40
NUTRITION **52549**
Mr. Avakian
Fall 2012
TTH 9:30-10:45a.m..

Final: Dec. 13, 2012
09:00-10:50am
Office: CC1 211
Phone: 638-3641, Ext. 3412
Office Hours: MW 10-11. a.m.
TTH 9:00-9:30 a.m.

Reedley College

Skills Level: Eligible for Eng. 125 and Eng. 126, Math 101 previously or concurrently, or equivalent.

CLASS POLICY

I. Text: **Pkg:Understanding Nutrition(LI)+Myplate Updt+Diet Analysis** WhitneyBinding Kit/Set/PackageCopyright 11Edition 12ISBN 1-2851-5202-6

II. Catalogue 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. Objectives - 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:

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	500	540 - 600 A
Diet Analysis	50	480 - 539 B
Homework	50	420 - 479 C
		360 - 419 D
		0 - 359 F
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Total	600	
Extra Credit	20	

VI. Assignments and Exams:

- A. You are to bring your book, and notebook each class session. 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 and on the day stated on the course calendar. All homework is to be submitted via Blackboard Course Documents. All written work is to be an RTF (Rich Text Format) Document.
- 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.
 - 5. All work is to be stapled. Unstapled papers will not be accepted.
- D. Exam and assignment make-up policy - Under no circumstances will projects 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. There is no make-up for quizzes. Students will not be permitted to take an exam before it is scheduled. There are no retakes of exams. Students will be permitted to make - up only one missed exam. To make - up an exam, the student must take the exam during the scheduled Final exam, during Final's week.
- E. You are expected to come to class with the required text each class period, no later than the first class meeting during the third week. Failure to do so could result in poor performance in the course.

VII. Necessary Materials:

- A. Three hole folder and paper.
- B. Materials or paper for completing assignments.
- C. 5 Scantron Answer Sheets. Form 882 E
- 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 immediately 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 four 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. Please turn off beepers, telephones, and tape players 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 course, 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. 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.

- K. Participation in classroom discussion, activities, and work will contribute to your success. .
- L. 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

- M. Please sit in your permanent seat.
- N. If class is cancelled, a notice will be placed on the classroom door.
- O. **DROP DEADLINE IS October 12 , 2012**

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.

IX 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, FN40-52549 John Doe Question about Diet Project.
2. Use the spell checker.
3. Use proper grammar.
4. **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.

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

The standard Blackboard login is:

Username: student id number

Password: student id number

Let's work together for a great learning experience

ACKNOWLEDGMENT

Date: _____

Semester/Year: Fall 2012

I _____ Acknowledge the class policies
of FN40 Nutrition in accordance to the instructor's syllabus.

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Signature: _____.