

**REEDLEY COLLEGE
FOOD AND NUTRITION 40
NUTRITION 59962
Fall 2014**

Instructor: Phoebe Weber, DCN, RD, CDE

Contact Email: phoebe.weber@reedleycollege.edu

Time: Wed 6:00-8:50 pm

Place: Classroom Complex 1, Rm 206

Final Date: Dec 10, 2014

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

REQUIRED TEXT AND MATERIALS:

1. *Understanding Nutrition* by Whitney and Rolfes, West Publishing 13th ed.
ISBN 978-1-285-91635-4
2. Scantrons (882E) and #2 pencil
3. Other Readings as Assigned

EXPECTATIONS FROM INSTRUCTOR:

1. Hard work is expected. Your final grade will reflect how much effort you put in to the course.
2. Politeness, consideration and respect for all individuals are expected at all times.
3. Make the best out of the class and enjoy!

COURSE DESCRIPTION:

Students will learn about the macronutrients and micronutrients and study digestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion. The relationship of diet to physical and emotional health, diet patterns through the life cycle will be explored. Students will also learn about consumer concerns, current nutrition trends and issues. This class is targeted to students who are interested in studying general health and nutrition.

CLASS OBJECTIVES- Student will be able to:

1. Summarize what macronutrients and micronutrients are and their functions.
2. Outline the elements of anatomy and physiology; understand the body processes of digestion, absorption, metabolism, and excretion.
3. Recognize the factors influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.
4. Apply evidence-based knowledge in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
5. Explain what are the major nutrient requirements changes during the life cycle and how these nutrients can be met in different stages of the life cycle.
6. Develop skills to create healthy menu.
7. Compare his/her nutrient intake to the U.S. Recommended Dietary Allowances.

GRADING:

The final grade will be averaged from the scores of exams, papers, participation, attendance, and homework. There will be unannounced extra credits given throughout the course. You are encouraged to periodically check with the instructor concerning your progress in the course.

Grade will be based on overall percentage as follows:

- A 100-90
- B 89-80
- C 79-70
- D 69-60
- F 59-50

1. Exams: 40%

- Exam 1
- Exam 2
- Exam 3

2. Papers: 40%

- Personal Diet Analysis
- Menu Development and Presentation (Group assignment)
- Scientific Journal Article Evaluation

3. Attendance and Weekly Homework Assignments: 10%

4. Participation: 10%

SCHEDULE OF CLASSES

<u>Date</u>	<u>Topics</u>	<u>Assignment</u>
<u>Aug</u>		
13	Course Introduction	Syllabus
20	Overview of Nutrition and Diet Planning	Chapters 1-2
27	Digestion, Absorption, Transportation Review scientific Journal Article Due	Chapter 3
<u>Sept</u>		
3	Carbohydrates	Chapter 4
10	Lipids	Chapter 5
17	Proteins	Chapter 6
24	Exam #1 Energy Metabolism	Chapters 1-6 Chapter 7
<u>Oct</u>		
1	Energy Balance and Body Composition	Chapter 8
8	Weight Management and Fitness	Chapters 9, 14
15	Vitamins: water-soluble and fat-soluble	Chapter 10-11
22	Minerals and Water	Chapter 12-13
29	Exam #2 Life Cycle Nutrition: Pregnancy and Lactation	Chapters 7-14 Chapter 15
<u>Nov</u>		
5	Life Cycle Nutrition: Infancy, Childhood, and Adolescence	Chapter 16
12	Life Cycle Nutrition: Adulthood and Elders Personal Diet Analysis Due	Chapter 17
19	Diet and Health, World Food and Hunger	Chapter 18,20
26	Food Technology and Safety	Chapter 19
<u>Dec</u>		
3	Group Menu Presentation Due	
10	Exam #3	Chapters 15-20

ASSIGNMENTS AND EXAMS:

- A. You are expected to read the text ahead of time prior to class 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 your responsibility to stay current with reading, notes, and assignments. We will cover about 1 chapter per week.
- B. Assignments will be given in weekly basis. Instructor only accepts typed assignments and they should to be submitted in the beginning of the class. No late assignments will be accepted.
- 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, no late projects or homework will be accepted. Students will not be permitted to take an exam before it is scheduled. There will be no make up exams to be retaken. Students must be present during exam dates. There will be no retake exams.

INTERNET AND 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 make sure to include the following items when you email me:

- 1. Use the subject line. Each email you send to me must include the following:
Course #, your first and last name, and the subject you are writing about.
Example: FN40-52551 John Doe Question about Diet Project
- 2. Use spell checker.
- 3. Use proper grammar.

CLASS ETIQUETTE:

- A. Be punctual at all times. Late arrival or early departure students are disruptive and distraction to other students and the instructor. Please inform the instructor in advance if either situation may arise.
- B. No cell phone usage during class at any times. If cell phone should go off during exam, you will be asked to turn in your exam as its current state of completion and leave the classroom. You may keep your phone on vibrate mode.
- C. No eating, drinking, smoking or children are allowed in the classroom.
- D. Students are allowed to use technological device such as either iPad or laptop SOLELY for the purpose of accessing e-book. Other devices are prohibited during class.

ATTENDANCE:

- A. Your attendance is based on discussion and participations in class. Students are encouraged to ask pertinent questions during or after class.
- B. A total of 2 weeks of absence may result in being dropped from the class. It is the student's responsibility to drop from the class.
- C. 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.
- D. **Students with disabilities:** If you have a verified need for an academic accommodation 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.
- E. It will be helpful to find one study buddy who is willing to share notes and study together.
- F. DROP DEADLINE is Oct 10, 2014. The student may drop a course using Web Advisor.

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 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.

Please use the space below to record and keep track your grades.

Exam #1	
Exam #2	
Exam #3	
Personal Diet Analysis	
Menu Development	
Scientific Journal Article Evaluation	
Extra Credits	

ACKNOWLEDGMENT

Semester/Year: Fall 2014

I, _____, acknowledge the class policies and expectations of FN40-59962 Nutrition in accordance to the Instructor's syllabus.

Signature: _____ Date: _____