

REEDLEY COLLEGE
Food and Nutrition
FN 40-55653
Spring 2015 Syllabus

Instructor: Phoebe Weber, DCN, RD, CDE

Contact Email: phoebe.weber@reedleycollege.edu

Time: Wed 6:00-8:50 pm

Location: CCI 201

Final Date: May 20, 2015

Skills Level: Eligible for Eng 125, Eng 126, or Math 101

REQUIRED TEXT AND RESOURCES:

1. Understanding Nutrition; Whitney and Rolfes, 2013, 13th ed.
ISBN 978-1-285-91635-4
2. Other Readings as Assigned

EXPECTATIONS FROM INSTRUCTOR:

1. Hard work is expected.
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 macronutrients and micronutrients and study 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 factors influencing the physiological 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 supplementation practices.
5. Explain the major nutrient requirement 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 choices.
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: 30%
 - Scientific Journal Article Evaluation
 - Personal Diet Analysis
 - Menu Development and Presentation (Group Assignment)
3. Attendance and Weekly Homework Assignments: 20%
4. Participation: 10%

ASSIGNMENTS AND EXAMS:

1. Students are expected to read the text prior to week starts 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. Assignments will be given on a weekly basis. Instructor only accepts typed assignments with 12-point font. No late assignments will be accepted.
3. Assignments are graded on the following basis:
 1. Accuracy of the assignments.
 2. Completeness of assignments.
 3. Evidence of answers.
 4. Clarity, organization and presentation of materials.
4. Exam and assignment make-up policy: Under no circumstances, no late projects or homework will be accepted. However, I do accept early work. Students will not be permitted to take an exam before it is scheduled. There will be no make up exams. Exams will cover information from lecture and textbook readings.
5. Any sign of academic dishonest cheating, or plagiarism will receive zero for the assignment (s) or exam(s) and potential further academic discipline or dismissal from the class.

CLASS ETIQUETTE:

1. Be punctual at all times. Late arrival or early departure students are disruptive and distraction to other students and the instructor. Please inform the instruction in advance if either situation may arise.
2. No cell phone usage during class at any times. Student may either keep cell phone on vibrate mode or simply turn cell phone off. If cell phone should go off during exam, student will be asked to turn in exam as its current state of completion and leave the classroom. Your instructor will ask student to leave the classroom if cell phone is used during class.
3. No eating, drinking, smoking or children are allowed in the classroom.
4. 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.

CLASS ATTENDANCE AND PARTICIPATION:

1. Students' attendance and participation are based on weekly discussion and participation in class. Students are encouraged to ask pertinent questions and provide ongoing feedback to the instructor.
2. Participation, not only attendance, is considered to be important to the quality of student's learning experience and to insure their opportunity to contribute to the learning. Work schedules, other course works, personal appointments, and vacations are not excuses for not participating in class.
3. 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. **Drop deadline is March 13, 2015.** It is the student's responsibility to drop from the class. The student may drop a course using Web Advisor.
4. It will be helpful to find one study buddy who is willing to share notes and study together.
5. 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.

EMAIL:

A SCCCD email address is required for all students. Students are required to have an active Reedley College Email account. In order to ensure a prompt response from your instructor, please make sure to include the following items when composing an Email to your instructor:

1. Use the **subject line**. In order to avoid delay reply or no reply from your instructor, each email 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.

FINAL COMMENT:

Your instructor reserves the right to revise the syllabus content as appropriate during the semester. Any changes to the syllabus will be announced to the class in advance.

SCHEDULE OF CLASSES:

<u>Date</u>	<u>Topics</u>	<u>Assignment</u>
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<u>Jan</u>		
14	Course Introduction Overview of Nutrition	Syllabus Chapter 1
21	Planning a Healthy Diet	Chapter 2
28	Digestion, Absorption, Transportation Review Scientific Journal Article Due	Chapter 3
<u>Feb</u>		
4	Carbohydrates	Chapter 4
11	Lipids	Chapter 5
18	Proteins	Chapter 6
25	Exam #1 Energy Metabolism	Chapters 1-6 Chapter 7
<u>Mar</u>		
4	Energy Balance and Body Composition	Chapter 8
11	Weight Management and Fitness	Chapters 9, 14
18	Vitamins: water-soluble and fat-soluble	Chapters 10-11
25	Minerals and Water	Chapters 12-13
<u>April</u>		
1	SPRING BREAK- NO CLASS	
8	Exam #2	Chapters 7-14
15	Life Cycle Nutrition: Pregnancy through Adolescence	Chapters 15-16
22	Life Cycle Nutrition: Adulthood and Elders Personal Diet Analysis Due	Chapter 17
29	Food Technology and Safety	Chapter 19
<u>May</u>		
6	Diet and Health, World Food and Hunger	Chapters 18, 20

13 **Group Menu Presentation Due**

20 **Final Exam #3**

Chapters15-20

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

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

ACADEMIC INTEGRITY

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.

ACKNOWLEDGMENT

Semester/Year: Spring 2015

I, _____, acknowledge the
class policies and expectations of FN40-55653 Food and Nutrition in accordance to
the Instructor's syllabus.

Signature: _____ Date: _____