**REEDLEY COLLEGE**

**FN 40-51050**

**Food and Nutrition**

**Spring 2016 Syllabus**

Instructor: Phoebe Weber, DCN, RD, CDE

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Email will be answered within 24-48 hours except on weekends

Location: Web-Based Course; Online Meeting(s) via Blackboard Collaborate

Semester: Spring 2016 (1/11/16-5/20/16)

Final Date: Week of May 16-20, 2016

**TEXTBOOKS, MATERIALS, EQUIPMENTS, AND RESOURCES:**

1. Understanding Nutrition; Whitney/Rolfes, 2015, 14ed. **AND/OR** Access Code for MindTap® Nutrition.

* Access code for Cengage Learning-MindTap, which goes with this course.
* Student Registration URL**:** <https://login.cengagebrain.com/course/MTPQ-5QTP-XRJG>

1. Other Readings as Assigned.
2. Microphones and Speaker for virtual meeting(s).
3. Active SCCCD email account is required.
4. An Internet Connection (reliable connection with a backup plan in case you lose a connection). A dial up and wireless connections are not recommended when taking quizzes and exams online.
5. 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.
6. Contact the Student Service Helpdesk if you need assistance at (559) 442-8240 or ext. 3261 from any campus telephone.

**COURSE DESCRIPTION:**

FN 40 Food and Nutrition introduces the student the basic scientific principles of nutrition. Students will learn about the macronutrients and micronutrients. This course covers physiological processes related to digestion, absorption, and metabolism of nutrients. Nutrients needs through the life cycle including will be studied. Students will also learn about consumer concerns, current nutrition trends and issues. This course places an emphasis on practical applications for nutrition including how to read nutrition labels, review a scientific journal article, analyze personal eating habits, and plan a healthy meal. This class is targeted to students who are interested in studying general health and nutrition.

**CLASS OBJECTIVES:**

1. Explain steps to conduct scientific studies and how to obtain and recognize

reliable nutrition information.

1. Identify the social, physiological, and cultural factors that influence food choices

throughout the life cycle.

1. Describe the body’s basic need for nutrients and provide details of how body

systems related to nutrition.

1. Evaluate nutrition information from a scientific perspective.
2. Develop skills to create a healthy and balanced meal plan.
3. Identify the major functions of macronutrients, vitamins, minerals, and water.
4. Analyze food patterns that increase the risk of health problems and recommend

appropriate dietary modifications to reduce risk of developing health problems.

1. Analysis personal diet analysis and provide correction plans for area of

inadequacies as necessary.

**COURSE LEARNING OUTCOMES:**

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

1. Critically evaluate reliable nutrition information.
2. Identify sources of macronutrients.
3. Describe the relationship between diet and disease development.
4. Assess personal dietary intake and make healthy food choices.

**CLASS ASSIGNMENTS/METHODS OF INSTRUCTION INCLUDE:**

1. Lecture with PowerPoint, Video, and Animation
2. Online Quizzes and Exams
3. Online Assignments
4. Paper Preparation Feedback

**CLASS ATTENDANCE AND PARTICIPATION:**

1. Students’ attendance and participation are based on weekly online discussion and participation in class. Simply logging in to the course is not considered participation or attendance. All discussion board activity is statistically collected and evaluated by the instructor. You will be considered absent if you fail to participate in the weekly online discussions/postings, assignments, and quizzes for longer than one week. The instructor may drop students who have no participation for more than a week. It is the student’s responsibility to drop this course if participate is not longer desired. If student does not drop the course, a letter grade will be received (A, B, C, D or F) when their name remains on the roster at the end of the course.
2. Student’s attendance and active participation are important as they help contributing quality-learning experiences. Work schedules, other course works, personal appointments, and vacations are not excuses for not participating in class.
3. It is helpful to find at least a study buddy who is willing to review class materials and study together.
4. 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 your instructor, or the DSPS office – ext.3332 as soon as possible.

**DICUSSION FORUM:**

1. Respect your classmates’ viewpoints when providing comment and feedback in discussion board at all times. Weekly Blackboard participation points will be based on the well thought out contribution and involvement to the subject matter.
2. Students are expected to read the text prior to participating 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’s responsibility to stay current with reading and assignments. We will cover about 1 chapter per week and a new week begins on a Monday.
3. Weekly Blackboard discussion must be answered and responded by **Fridays 11:59 pm**. Students must then submit their answers and responses in “Assignment Dropbox” by **Sundays 11:59pm.** Each student is required to response **TWO** other classmates’ posts each week.
4. Only constructive, precise, and quality feedback toward classmates’ work is wanted. Students need to elaborate the answers or ideas when postings. Words such as “good job”, “good work” when providing your comment should be limited.
5. Type all words appropriately, for instance: do not use “u” when it should be “you” or “4” when it should be “for”, “idk” when it should be “I don’t know”. Restrain signs such as smiling or sad faces.

**ASSIGNMENTS:**

1. Weekly assignment (case study), weekly quiz (post learning assessment) and exams should be completed via MindTap, otherwise, all other assignments should be submitted electronically via Blackboard by Sunday midnight at 11:59 pm each week.
2. No late work will be accepted or graded. There will be no make up exams. Exams will cover information from textbook. Your instructor welcomes early work, however, students will not be permitted to take an exam before it is scheduled.
3. Make Up Work Policy
   1. When emergency situation arises, such as hospitalization of yourself or an immediate family member, make-up or late work is allowed once the emergency has been verified.
   2. Technology problems do occur occasionally; students are allowed to have ONE make up assignment up to 100 points when the technical problem is validated.
4. All assignments are graded on the following basis:
   1. Accuracy of the answer.
   2. Completeness of the assignment.
   3. Evidence of the answer.
   4. Quality in organization and clarity of the assignment.

**EMAIL:**

A SCCCD email address is required for all students. Students are required to have an active Reedley College Email account and access to Blackboard. Please ensure

to include the following items when composing an Email to your instructor in order to avoid delay replying or no replying from your instructor.

* Use the **subject line** to include:
  + - Course #, your first and last name, and question you are writing about.
    - **Example: FN40 John Doe-Diet Analysis Project question**
* Use spell checker.
* Use proper grammar.

**GRADING POLICY:**

The final grade will be averaged from the scores of exams, papers, assignments, quizzes, class participation and attendance. There will be unannounced extra credit opportunities throughout the course. Students are encouraged to periodically check with the instructor concerning progress in the course. Grade will be based on overall percentage as follows:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 50-59%

A total of 1,610 points can be earned in this class as follows:

1. Exams: 300 points

* Exam 1 (100 points)
* Exam 2 (100 points)
* Exam 3 (100 points)

2. Big Assignments: 300 points

* Review Scientific Journal Article (100 points)
* Personal Diet Analysis (100 points)
* Menu Planning (100 points)

3. Online Assignments (Case Studies): 320 points (20 points @ week)

4. Online Quizzes (Learning Assessments): 320 points (20 points @ week)

5. Online Bb Discussion/Participation: 320 points (20 points @ week)

6. Self Reflection Assessments: 50 points

* Mid-Term Self Reflection (25 points)
* Final Self Reflection (25 points)

**CLASS SCHEDULE AND ASSIGNEMNT DUE DATES\***

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| **Week** | **Topics** | **Assignment are due by 11:59pm** |
| 1 | Course Introduction/Syllabus  Ch 1: Overview of Nutrition  1/11-1-17 | **Friday, 1/15**  Self Introduction on Bb  Weekly Bb discussion for Ch1  **Sunday, 1/17**  Submit acknowledgement statement  Complete MindTap registration  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  *1/13 Wed 5:00-5:30pm Online Classroom Meeting via Blackboard Collaborate* |
| 2 | Ch 2: Planning a Healthy Diet  Ch 18: Diet and Health  1/18-1/24 | **Friday, 1/22**  Weekly Bb discussion for Ch 2 and Ch 18  **Sunday, 1/24**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 3 | Ch 3: Digestion, Absorption,  Transportation  1/25-1/31 | **Friday, 1/29**  Weekly Bb discussion for Ch 3  **Sunday, 1/31**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  REVIEW SCIENTIFIC JOURANL ARTICLE DUE |
| 4 | Ch 4: Carbohydrates  2/1-2/7 | **Friday, 2/5**  Weekly Bb discussion for Ch 4  **Sunday, 2/7**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 5 | Ch 5: Lipids  2/8-2/14 | **Friday, 2/12**  Weekly Bb discussion for Ch 5  **Sunday, 2/14**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 6 | Ch 6: Protein  2/15-2/21 | **Friday, 2/19**  Weekly Bb discussion for Ch 6  **Sunday, 2/21**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  **EXAM #1 (Chapters 1-6 and 18)** |
| 7 | Ch 7: Energy Metabolism  2/22-2/28 | **Friday, 2/26**  Weekly Bb discussion for Ch 7  **Sunday, 2/28**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  PERSONAL DIET ANALYSIS Steps 1-3  *Online meeting via Blackboard Collaborate*  *Date and Time TBA* |
| 8 | Ch 8: Energy Balance  Ch 9: Weight Management  2/29-3/6 | **Friday, 3/4**  Weekly Bb discussion for Ch 8 and Ch 9  **Sunday, 3/6**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  PERSONAL DIET ANALYSIS Steps 4-5  MID-TERM SELF REFLECTION ASSESSMENT DUE |
| 9 | Ch 10: Vitamins- Water Soluble  Ch 11: Vitamins- Fat Soluble  3/7-3/13 | **Friday, 3/11**  Weekly Bb discussion for Ch 10 and Ch 11  **Sunday, 3/13**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 10 | Ch 12: Major Minerals + Water  Ch 13: Trace Minerals  3/14-3/20 | **Friday, 3/18**  Weekly Bb discussion for Ch 12 and Ch 13  **Sunday, 3/20**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  **EXAM #2 (Chapters 7-13)** |
| 11 | **3/21-3/27** | **Spring Recess- No Class** |
| 12 | Ch 14: Fitness  3/28-4/3 | **Friday, 4/1**  Weekly Bb discussion for Ch 14  **Sunday, 4/3**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  PERSONAL DIET ANALYSIS DUE Steps 1-6 |
| 13 | Ch 15: Life Cycle Nutrition- Pregnancy and Lactation  4/4-4/10 | **Friday, 4/8**  Weekly Bb discussion for Ch 15  **Sunday, 4/10**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 14 | Ch 16: Life Cycle Nutrition- Infancy through Adolescence  4/11-4-17 | **Friday, 4/15**  Weekly Bb discussion for Ch 16  **Sunday,4/17**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 15 | Ch 17: Life Cycle Nutrition- Children, Teens and Elders  4/18-4/24 | **Friday, 4/22**  Weekly Bb discussion for Ch 17  **Sunday, 4/24**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 16 | Ch 19: Foods and Water Safety  4/25-5/1 | **Friday, 4/29**  Weekly discussion for Ch 19  **Sunday, 5/1**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb  MENU PLANNING ASSIGNMENT DUE |
| 17 | Ch 20: Hunger and Global Environment  5/2-5/8 | **Friday, 5/6**  Weekly discussion for Ch 20  **Sunday, 5/8**  Weekly Quiz and Weekly Assignment in MindTap  Submit discussion answers and responses in Dropbox-Bb |
| 18 | Course Review & Catch Up  5/9-5/15 | FINAL SELF REFELECTION ASSESSMENT DUE |
| 19 | **FINAL WEEK**  5/16-5/20 | **EXAM #3 (Chapters 14-20 except chapter 18)** |

**\* Tentative schedule only, may subject to change**

**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.

**STUDENT CODE OF CONDUCT:**

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 2016

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge the

class policies and expectations of FN 40-51050 Food and Nutrition in accordance to the Instructor’s syllabus.

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