

FN- 35-51151-2017 SP Web  
Nutrition & Health  
Mr. Avakian  
Spring 2017  
Arranged  
Skill Levels: Eligible for Eng. 125 & 126 or equivalent

Final: due May, 17, 2017 12:00 p.m. noon.  
Mid term due: March 8, 2017 12 p.m. noon  
Email Preferred: Through Reedley College  
Instructor's response time is up to 24 busi-  
ness hours  
Virtual Office Hour: W 9-10 a.m.

## Syllabus

1. Text: MindTap Access Code for Canvas: In order to access Cengage and use the Canvas classroom, students need to purchase an access code. Students have the option to either purchase it at the Reedley Bookstore or online through the publisher at [www.Cengage.com](http://www.Cengage.com). Students can register in the course and have access without a code until Sunday, January 22, 2017.

### PICK ONE OF

#### NUTRITION (LOOSELEAF)-W/MindTap ACCESS

**Author** SIZER **Edition** 14TH 17 **Published Date** 2017

**ISBN** 9781337127547 **Publisher** CENGAGE L

or

**NUTRITION-MINDTAP ACCESS** **Author** SIZER

**Edition** 14TH 17 **Published Date** 2017

**ISBN** 9781305671195 **Publisher** CENGAGE L

**Please make sure to have the correct edition!** Please do not try to get through the course without the MindTap Access code number.

**Each student is required to register a new online MindTap Access Code Number by Sunday, January 22, 2017.**

## 2. Internet & Email

Access to broadband internet is required. If students do not have an internet connection, they 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.** It can obtain an email address through the RC Library.

Please note: The instructor teaches multiple courses (and multiple sections of some courses) so there are rules about email. They are as follows:

1. Use the subject line correctly. Each email sent must include the following line:  
**Course number, first and last name, and the subject writing about** For example,  
FN35-51151 John Doe Question about Diet Project.
2. Use the spell checker.
3. Use proper grammar.

**Address the instructor as Mr. Avakian and at the end of the message include the student's first and last name.**

**All others will be treated as spam.**

### 3. Catalog Description:

Relationship of diet to physical and emotional health: nutrients: diet patterns throughout the life cycle. Optimal nutrition to reduce the risks of cancer, heart disease, allergies, and other diseases. Social, psychological, and cultural dictates which affect food selection and health. Personal strategies to develop nutrition plan for better health. Not open to students with credit in FN 40 Nutrition.

### 4. Objectives - Student will be able to:

- A Assess the social, physiological, psychological and cultural factors that influence food choices throughout the life cycle.
- B Describe the body's basic need for nutrients and give the details of many of the body systems as they relate to nutrition.
- C Evaluate nutrition information from a scientific perspective to distinguish fact from fallacy.
- D Construct a diet plan based on the concept of food grouping and exchange systems.
- E Identify the major functions of carbohydrates, lipids, protein, vitamins, minerals and water.
- F Analyze food patterns that increase the risk of health problems and recommend appropriate modifications in dietaries to reduce the risk of developing health problems.
- G Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances.

NOTE: It is the student's responsibility to put forward the time, effort, and ability needed to master these course objectives upon completion of this course. The lower the student's ability, the higher will be the student's effort and time needed to master the objectives.

### 5. 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

## 6. Grading:

The final grade will be averaged from the scores of quizzes, diet and wellness activities, discussion boards, and exams. Students are encouraged to periodically check with the instructor concerning progress in the course. The final grade is based on 100%...

The following is an estimate of the total points possible.

Mid term & Final Exams	200	450-500	A
Diet and Wellness Analysis	50	400-449	B
Discussion Boards	50	350-399	C
<u>Quizzes</u>	<u>200</u>	300-349	D
Total	500	0 -299	F
Extra Credit	20		

## 7. Assignments and Exams:

- A. Students are expected to read the text each week to familiarize themselves with the terminology used in nutrition. A broad range of topics is covered extensively and quickly, which demands strenuous study at a rapid pace. Students are responsible for staying current with reading, notes, and assignments. About 1 chapter per week is covered. There will be at least 1 quiz, assignments, and projects due every week. Students should spend at least 9 hours on study each week. Regularly log onto the course, see announcements, check email and view the course content.
- B. Assignments are due at the day and time stated on Canvas Calendar and will not be accepted late. All work is to be original and submitted via Canvas.
- 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.
8. Make-up policy- Sometimes emergencies arise both in one's personal life and with the technology that is being used.. To account for these unexpected events, The following allowances have been made:
  - A. Quizzes are available for one week, there are 2 attempts with the highest score being recorded.
  - B. Remember the mid term and final exams will have 2 attempts with the highest attempt being the recorded score.
  - C. Missing the mid term or final exam will result in a score of 0.
  - D. There are no makeups for any missed discussion boards, diet and wellness projects, quizzes, midterm or the final exam.
  - E. Twenty points extra credit will be offered.

9. Technology-This class requires students to access MindTap in a timely manner, so a computer with a high speed connection is needed. The browser (i.e. google chrome, firefox, etc.) must have specific plug-ins. Firefox or Google Chrome seem to be the best browsers to use with Cengage MindTap. Clearing cookies and allowing pop-ups avoids issues as well. A dial-up connection is too slow for this class. Students need to make sure they have access to the proper technology before proceeding in this class. Most labs have the proper technology. (Please note that technology problems are not an excuse to missing assignments, quizzes, or exams.)
10. Attendance- The weekly attendance is based on “academically related activity” which includes:
  - A. Meaningful participation in an online discussion.
  - B. Quizzes, diet and wellness assignments, mid term exam, final, or assignment submissions.
  - C. It is the student’s responsibility to make sure they have a good internet connection and that the computer used is able to handle the necessary software for the course. Technology problems will not be accepted as excuses to get extensions, second chances or exceptions for any assignment, especially on tests. If the computer ‘freezes’ during an online exam, students will get a second attempt, if it happens again a grade of zero will be recorded for that exam.
  - D. **Exams will be available beginning and ending at 12 noon.**
11. **Academic Dishonesty: Reedley College rules on plagiarism will be strictly enforced. Academic dishonesty in any form is a very serious offense and will incur serious consequences, including but not limited to receiving a grade of F in the course.**
12. Canvas The website is: [www.reedleycollege.edu](http://www.reedleycollege.edu)  
The standard login is:  
Username: student id number  
Password: student id number
13. 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 DSPPS office – ext. 3332 as soon as possible.
14. **DROP DEADLINE IS March 10, 2017:**

To drop a course, the student may do so using Web Advisor.

Let’s work together for a great learning experience

15. I acknowledge the class policies in accordance with the instructor’s syllabus.