

**REEDLEY COLLEGE**  
**FN 40-57718**  
**Food and Nutrition**  
**Spring 2017 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

Semester: Spring 2017 (1/9/17-5/19/17)

Final Date: Week of May 19, 2017

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

1. Bundle: ***Understanding Nutrition by Whitney/Rolfes***, Loose-Leaf Version, **14<sup>th</sup> ed** + LMS Integrated for MindTap Nutrition, 1 term (6 months) Printed Access Card. ISBN: 9781337350402.
2. Other Readings as Assigned.
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.
7. Contact the Cengage Learning Customer Support if experience product issues at 1-800-354-9706.

## **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:**

Upon completion of the course, the student will be able to:

1. Explain steps to conduct scientific studies and how to obtain and recognize reliable nutrition information.
2. Identify the social, physiological, and cultural factors that influence food choices throughout the life cycle.
3. Describe the body's basic need for nutrients and provide details of how body systems related to nutrition.
4. Evaluate nutrition information from a scientific perspective.
5. Develop skills to create a healthy and balanced meal plan.
6. Identify the major functions of macronutrients, vitamins, minerals, and water.
7. Analyze food patterns that increase the risk of health problems and recommend appropriate dietary modifications to reduce risk of developing health problems.
8. Analysis personal diet analysis and provide correction plans for area of inadequacies as necessary.

## **STUDENT LEARNING OUTCOMES:**

Upon completion of this course, the student 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.

## **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 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. Ultimately, it is the student's responsibility to drop this course if they no longer want to participate. If the student does not drop the course and their name remains on the roster at the end of the course, they will receive a letter grade (A, B, C, D or F).
2. Student's attendance and active participation are important as they help contributing quality-learning experiences in this class. Work schedules, other course works, personal appointments, and vacations are not excuses for not participating in class or completing assignments.
3. It is helpful to find/connect with 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.

## **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 or two chapters in some weeks.
2. Weekly assignment (case study), weekly quiz (post learning assessment), and exams should be completed via MindTap. All other assignments should be submitted electronically via Canvas by Thursday before midnight each week.
3. Exams will cover information from textbook. There will be no make-up exams. Students will not be permitted to take an exam before it is scheduled.

## **DISCUSSION FORUM:**

1. Students must complete their weekly discussion question(s) by 11:59 pm on **Wednesdays**, although students may make their entries on the discussion board

sooner. Each student is required to respond or comment on **TWO** other classmates' posts by 11:59pm on **Thursdays**.

2. Respect your classmates' viewpoints when providing comment and feedback on the discussion board at all times.
3. Weekly discussion points will be based on the well thought out contributions on the discussion questions, completeness and quality of the answers to the questions. Keep posting constructive and precise.
4. Restrain words and/or signs such as "lol" and smiling or sad faces. Please limit words such as "good job" or "good work". Students need to elaborate your thoughts when posting.
5. Type all words appropriately, for instance: do not use "u" when it should be "you", "idk" when it should be "I don't know", or "4" when it should be "for".

## **MAKE-UP WORK POLICY:**

### **\*No late work will be accepted or graded**

1. Technology problems occur occasionally; students are allowed to have make-up assignment only when technical problem is verified.
2. Emergency situation arises sometimes; students are allowed to have make-up assignment only when **verification is presented**.
3. There will be **NO** make-up exams. Students will not be permitted to take an exam before it is scheduled.

## **EMAIL COMMUNICATION:**

A SCCC email address is required for all students. Students are required to have an active Reedley College Email account and access to Canvas. To avoid delay replying or no replying from your instructor, be sure to include the following items when composing an Email to your instructor:

- Use **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 and proper grammar.

## **GRADING POLICY:**

The final grade will be averaged from the scores of exams, papers, weekly class

discussion, weekly quizzes and assignments, and self-reflection assessments.

Students are recommended to monitor their class performance by checking gradebook in Canvas or check with the instructor concerning course progress periodically. Your final grade will be based on overall percentage as follows:

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

**Break down of the overall points as follows:**

Three Exams (100 points @ exam)	300 points
Major Assignments (100 points @ assignment)	300 points
<ul style="list-style-type: none"> <li>▪ Review Scientific Journal Article</li> <li>▪ Personal Diet Analysis</li> <li>▪ Menu Planning Assignment</li> </ul>	
Weekly Quiz (15 points @ week) Quiz= Post Learning Assessment in MindTap	240 points
Weekly Assignment (8 points @ week) Assignment = Case Study in MindTap	128 points
Weekly Discussion (15 points @ week)	160 points
Mid-Term Self Reflection Assessment	20 points
Final Self Reflection Assessment	<u>20 points</u>
<b>Total Points</b>	<b>1,168 points</b>

**CLASS SCHEDULE AND ASSIGNMENT DUE DATES\***

Week	Topics	Readings/Discussions/Assignments/Quizzes/Exams
1	Course Introduction/Syllabus Ch 1: Overview of Nutrition  1/9-1/16	<ul style="list-style-type: none"> <li>• Canvas tutorials</li> <li>• Complete RC Student Online Orientation</li> <li>• Submit Acknowledgement Statement</li> <li>• Complete Mind Tap Registration</li> <li>• Self-Introduction</li> <li>• Weekly Discussion for Ch1</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>

2	Ch 2: Planning a Healthy Diet Ch 18: Diet and Health  1/16-1/20	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 2 and Ch 18</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
3	Ch 3: Digestion, Absorption, Transportation  1/23-1/27	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 3</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <a href="#">REVIEW SCIENTIFIC JOURNAL ARTICLE DUE</a></li> </ul>
4	Ch 4: Carbohydrates  1/30-2/3	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 4</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <a href="#">PERSONAL DIET ANALYSIS Steps 1-3 (Nothing Due)</a></li> </ul>
5	Ch 5: Lipids  2/6-2/10	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 5</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <a href="#">PERSONAL DIET ANALYSIS Steps 4-5 (Nothing Due)</a></li> </ul>
6	Ch 6: Protein  2/13-2/17	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 6</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <a href="#">PERSONAL DIET ANALYSIS DUE Steps 1-6 (Due)</a></li> </ul>
7	Ch 7: Energy Metabolism  2/20-2/24	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 7</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <b>EXAM #1 (Chapters 1-6 and 18)</b></li> </ul>
8	Ch 8: Energy Balance Ch 9: Weight Management  2/27-3/3	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 8 and Ch 9</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <a href="#">MID-TERM SELF REFLECTION ASSESSMENT DUE</a></li> </ul>
9	Ch 10: Vitamins- Water Soluble Ch 11: Vitamins- Fat Soluble  3/6-3/10	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 10 and Ch 11</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
10	Ch 12: Major Minerals + Water Ch 13: Trace Minerals  3/13-3/17	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 12 and Ch 13</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
11	Ch 14: Fitness  3/20-3/24	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 14</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> <li>• <b>EXAM #2 (Chapters 7-13)</b></li> </ul>
12	Ch 15: Life Cycle Nutrition- Pregnancy and Lactation 3/27-3/31	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 15</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
13	Ch 16: Life Cycle Nutrition- Infancy through Adolescence	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 16</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>

	4/3-4/7	<ul style="list-style-type: none"> <li>• MENU PLANNING ASSIGNMENT DUE</li> </ul>
14	<b>4/10-4/14</b>	<b>Spring Break-No Class!</b>
15	Ch 17: Life Cycle Nutrition- Children, Teens and Elders  4/17-4/21	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 17</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
16	Ch 19: Foods and Water Safety  4/24-4/28	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 19</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
17	Ch 20: Hunger and Global Environment  5/1-5/5	<ul style="list-style-type: none"> <li>• Weekly Discussion for Ch 20</li> <li>• Weekly Quiz and Weekly Assignment in MindTap</li> </ul>
18	Course Review 5/8-5/12	<ul style="list-style-type: none"> <li>• FINAL SELF REFLECTION ASSESSMENT DUE</li> </ul>
19	<b>FINAL WEEK</b>  5/15-5/19	<ul style="list-style-type: none"> <li>• <b>EXAM #3 (Chs 14-20 except Ch18)</b></li> <li>• <b>5/15-5/16</b></li> </ul>

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

- **Weekly discussion question(s) are due by 11:59pm Wednesdays, two responses to classmates are due by 11:59 pm on Thursdays.**
- **Weekly assignment and quizzes are due by 11:59 pm on Fridays.**

## **FINAL COMMENT:**

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.

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 2017

I, \_\_\_\_\_, acknowledge the  
class policies and expectations of FN 40-57718 Food and Nutrition in accordance to  
the Instructor's syllabus.

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