

Food and Nutrition 35 (FN35): Nutrition and Health

<i>Semester: Fall 2019</i>	<i>Reedley College</i>
Instructor: Rana Strankman, MBA, RD	<i>Class No. 58178</i>
Email: rana.strankman@fresnocitycollege.edu	Lecture: Digital Online Course
Email Response Time: 24-48hrs	
Office: N/A	
Office Hours: By Appointment	
<i>Date: 08/12/19-12/13/19</i>	

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 a nutrition plan for better health. Designed for students with an interest in Food Services. Not open to students with credit in Foods and Nutrition 40, Nutrition. (A, CSU-GE, UC)

Prerequisites:

None, eligibility for ENGL 125, 126, or 153; or ESL 67 and 68 recommended.

Student Learning Outcomes:

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

1. Analyze the relationship between diet and disease in order to apply to life's situations
2. Critically evaluate nutrition information
3. Evaluate their dietary intake and as a basis for making lifelong dieting choices

Course Objectives:

In the process of completing this course, students will:

1. Identify the social, physiological and cultural factors that influence food choices throughout the life cycle
2. Describe the body's basic need for nutrients and give the details of many of the body systems as they relate to nutrition
3. Compare nutrition information from a scientific perspective to distinguish from fallacy
4. Use the concept of food grouping and exchange systems
5. Describe food patterns that increase the risk of health problems and recommend appropriate modifications in dietaries to reduce the risk of developing health problems
6. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances

Required Course Materials, Equipment and Resources

1. Bundle: Understanding Nutrition by Whitney/Rolfes, 15th ed + MindTap Nutrition, 1 term (6 months) Access Card. ISBN: 9781337881531 (print version) OR

MindTap Nutrition, 1 term (6 months) Printed Access Card for Whitney/Rolfes' Understanding Nutrition, 15th. ISBN: 9781337556248 (digital version)

2. Other readings as assigned (provided on Canvas).
3. Active SCCCD email account is required. You must check your email often to interact in the course.
4. An Internet Connection (reliable connection with a backup plan in case you lose a connection). A dial up and wireless connection are not recommended when taking quizzes and exams online. Remember, this course meets online only.
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 1800-354-9706.

Methods of Instruction

This course is 100% online, and will therefore require connection through a variety of modalities to meet the needs of students you will find:

1. Online lectures including slides
2. Supplementary videos and animations
3. Online assignments and activities
4. Discussion boards
5. Paper analysis and research papers

Attendance and Drop/Add Policy

Attendance in the digital classroom is just as crucial as an in-person classroom. You are expected to login to the course, and actively participate on a consistent basis. Because your materials are provided digitally, there is no excuse for lack of participation-based absences from this course.

In order to avoid being dropped from this class during week 1, you must complete the following tasks on Canvas by the Friday of the first week of instruction (8/17/19 @11:59PM).

1. Complete the digital syllabus quiz
2. Post a profile picture to your canvas account
3. Participate in the online check-in: Meet & Greet Discussion Board

If you have not actively participated and completed your materials during the week in which they are assigned, you will be marked absent from the course. Simply logging in to the course is NOT considered attendance. 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). If you are absent 3 weeks from the course, your grade will automatically drop 1 letter grade. If you are absent for 4 weeks, your grade will automatically drop 2 letter grades. If you miss more than 4 weeks, you will automatically fail FN40.

Student's attendance and active participation are important as they help contributing quality-learning experiences. Work schedules, other course works, personal appointments, wedding, and vacations are not excuses for not participating in class.

Students' attendance and participation are based on weekly online discussion and participation in class. All discussion board activity is statistically collected and evaluated by the instructor. Students will be considered absent if fail to participate in the weekly online discussions/postings, assignments, and quizzes for longer than one week. The instructor may reserve the right to drop students who have no participation for a week. Ultimately, it is the student's responsibility to drop this course if participation is no longer desired.

LATE ASSIGNMENTS, CHEATING, AND MAKE-UP POLICY

Late assignments will not be accepted **EVER**. **After one week any missed grade may not be made up** unless prior written arrangements have been made. This is to ensure fairness both to the other students and to me. Any student caught cheating will be subject to the Reedley College disciplinary procedures (see the catalog). Be aware that the procedures require a written notification to the dean that will become a part of your permanent record. Lecture Exams may only be made up due to extreme circumstances, at the discretion of the instructor, if arranged with the instructor before the scheduled exam period (at least 3 hrs prior).

In the case of technology issues please remember the following: You will only have 1 attempt. It is the student's responsibility to make sure the correct technology requirements are met to complete the quiz/exam, when accessed, in one sitting. Only verifiable, documented emergencies beyond the student's control (as decided by the instructor) will allow for any assignment to be reset for another student attempt. Simply saying my internet got slow, does NOT cut it.

TESTS AND EVALUATION

Assignment Description	Points Possible
4 Examinations (75 points each)	300
5 Journal Article Reviews (10 points each)	50
10 Quizzes (10 points each)	100
10 Online Discussion Boards (10pts each)	100
Cengage MindTap Homework and Diet Assessment	300
Term Paper	75
Final Examination	150
Total Points Possible	1035

To calculate your grade, total all points earned and divide that number by the total points available (1,000).

Course grades are non-negotiable. Students are recommended to monitor their class performance by checking gradebook in Canvas or check with the instructor concerning course progress periodically.

The final course grade is based on:

Percent Range	Grade
90-100	A
80-89.99	B
70-79.99	C
60-69.99	D
Less than 60	F

Exams may be any combination of multiple-choice, true-false, and matching questions on the main objectives of each chapter. Exams will cover information from textbook. There will be NO make-up assignments or exams. Students will not be permitted to take an exam before it is scheduled. Each exam will be available for a several day period online for you to access it.

Article Reviews through the course of the semester, you will be assigned peer reviewed journal articles on the field of nutrition and dietetics. You will be expected to read these articles and appropriately analyze these articles using the provided form for article analysis on canvas.

Discussion Board Posts Each week will require discussion board posts. Topics will relate to material covered for that unit. All discussion board topics and due dates can be found on Canvas. No late posts will be accepted. Initial posts will always be due by 11:59pm on Wednesday of the week they are assigned. Your responses to classmates' posts (minimum of 2) are due by Sunday at 11:59pm of the week they are assigned. Your posts and responses will be assessed on the quality of your post, and what you are adding to the classroom discussion.

- Discussion board posts must be a minimum of 250 words.
- Note on discussion board/online etiquette: All students are expected to be respectful when posting and reply to their peer's posts. The purpose of these discussions it to facilitate peer learning in a safe and respectful environment. Students who make disrespectful and/or inappropriate posts/comments in the discussion board forums will be subject to Reedley College Disciplinary Procedures (see link above under the College Policy section).
- Restrain words and/or signs such as "lol" and smiling or sad faces. Limit words such as "good job" or "good work". Students need to elaborate their thoughts and answers when posting.

Quizzes will occur on dates specified on the course schedule. Quizzes are to be assigned and completed through canvas. Quizzes may only be accessed one time and must be completed in one sitting. Material may include and combination of multiple-choice, true-false, matching, and short answer questions. Note on technology: Quizzes will not be reset or allowed to be made up due to technology issues (e.g. internet connection lost, computer battery died, ect.). It is the student's responsibility to make sure the correct technology requirements are met to complete the quiz, when accessed, in one sitting.

Homework will be assigned on Canvas and will be completed through Cengage MindTap.

Diet Assessment Activities You will be expected to complete the Diet & Wellness Plus activities available through MindTap. Additional instructions will be provided on Canvas.

Writing Assignment Specific directions will be available on Canvas. At a minimum, the assignment will use 5 peer-reviewed references, and be of a minimum of 1000 words of original composition. If you do not fulfill the requirements of this assignment in its entirety, you cannot pass FN40.

Extra Credit Extra credit **may** be offered and will be posted to Canvas when available

***** I reserve the right to make changes in this syllabus with notification *****

Canvas, Email and Electronic Communication

All lecture and lab handouts, lecture notes, course schedules, and announcements are available at <https://scccd.instructure.com/login/ldap>. Your user name and password will be discussed in class.

An SCCCD 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-Discussion Question

College Policies and Student Conduct Code

Drops: You have until the end of the 9th week to drop the class. If you elect to do so, drop yourself. Do not assume you have automatically been dropped. After the 9th week you must be assigned a grade by state law, whether you attend class or not.

Tutoring: Tutors are available in the tutorial center. The tutors are former students who know how to study for the class. "With this statement on my course syllabus, I am referring each of my enrolled students in need of academic support to tutorial services. Referral reason: Mastering the content, study skills, and basic skills of this course is aided by the use of trained peer tutors".

The college has several policies that you will be expected to adhere to in my course. The **Policy on Students with Disabilities, the College Honor Code, the Policy on Cheating and Plagiarism, a statement on copyright,** and the **university computer requirement**, portions of which are below, can all be found in the College Catalog (Policies and Regulations) and Class Schedule.

Cheating and Plagiarism:

I DO NOT TOLERATE CHEATING. PERIOD. The College policy reads, "Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one's grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term 'cheating' not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means.

Any student caught cheating or plagiarizing will be subject to the Reedley College disciplinary procedures (review the Reedley College catalog section on academic dishonesty). Electronics or outside assistance of any kind are not permitted during exams and will result in an automatic zero for that exam.

Students with diagnosed disabilities should contact the Disabled Students Programs and Services' (DSP&S). Please give me a copy of the letter you receive from DSP&S detailing class accommodations you may need. If you require accommodation for test-taking, please make sure I have the letter no less than three days before the test. If you have a 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 as soon as possible.

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 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.

TENTATIVE SCHEDULE: Subject to change with notification

Week	Dates	Lecture (Book Chapter)	Readings/Assignments/Assessments
1	Week of (8/12)	Introduction/Syllabus Chapter 1: Overview of Nutrition	Introduction Discussion Quiz 1 Homework CH 1 Discussion Board 1
2	Week of (8/19)	Chapter 2: Planning a Healthy Diet	Quiz 2 Homework CH 2 Discussion Board 2
3	Week of (8/26)	Chapter 3: Digestion, Absorption and Transport	Quiz 3 Homework CH 3 Discussion Board 3 Article 1 Analysis Due
4	Week of (9/2)	Chapter 4: Carbohydrates	Exam 1 Homework CH 4
5	Week of (9/9)	Chapter 5: Lipids	Quiz 4 Homework CH 5 Discussion Board 4 Writing Assignment Topic Due
6	Week of (9/16)	Chapter 6: Proteins	Quiz 5 Discussion Board 5 Homework CH 6 Article 2 Analysis Due
7	Week of (9/23)	Chapter 7: Energy Metabolism	Quiz 6 Discussion Board 6 Homework CH 7
8	Week of (9/30)	Chapter 8: Energy Balance Chapter 9: Weight Management	Homework CH 8, 9 Exam 2
9	Week of (10/7)	Chapter 10: Vitamins: Water Soluble Chapter 11: Vitamins: Fat Soluble	Article 3 Analysis Due Writing Assignment Rough Draft Due Homework CH 10, 11 Discussion Board 7
10	Week of (10/14)	Chapter 12: Major Minerals and Water Chapter 13: Trace Minerals	Discussion Board 8 Homework CH 12, 13 Quiz 8
11	Week of (10/21)	Chapter 14: Fitness	Writing Assignment Final Draft Due Homework CH 14 Discussion Board 9 Quiz 9
12	Week of (10/28)	Chapter 15: Life Cycle Nutrition Pregnancy and Lactation	Homework CH 15 Exam 3
13	Week of (11/4)	Chapter 16: Life Cycle Nutrition Infancy through Adolescence	Homework CH 16 Discussion Board 10 Article 4 Analysis Due Quiz 10

14	Week of (11/11)	Chapter 17: Life Cycle Nutrition Adulthood and the Later Years	Discussion Board 11 Homework CH 17 Quiz 11
15	Week of (11/18)	Chapter 18: Diet and Health	Homework CH 18 Exam 4
16	Week of (11/25)	Chapter 19: Foods and Water Safety	Homework CH 19 Article 5 Analysis Due
17	Week of (12/2)	Chapter 20: Hunger and Global Environment	Homework CH 20
18	Week of (12/9)	Final Exam Due Friday by 11:59pm	