

Food and Nutrition 35 (FN35): Nutrition Fall 2021 Online

Instructor: Emily Johnston, PhD, MPH, RDN, CDE

Office Hours: Zoom: By appointment

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Required Text: Nutrition 100 Nutritional Applications for a Healthy Lifestyle

Author: Lynn Klees. Available online at: <https://psu.pb.unizin.org/nutr100/>.

All other reading and resources for this class will be available via Canvas.

Course 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, 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.

Course Objectives

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

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

Student Outcomes

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

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 diet to reduce the risk of developing health problems.
6. Compare personal nutrient intake to that of the U.S. Recommended Dietary Allowances.
7. Identify the major functions of carbohydrates, lipids, proteins, vitamins, minerals, and water.

Assignments/Requirements

Assignments may vary weekly and may be based on student needs. This may include written work, individual and group activities, and quizzes. To ensure success in this class, you should log on to Canvas at least three times per week, read, complete assignments in the modules, and be prepared to discuss with classmates and on discussion boards.

- Written assignments should be double - spaced, 12-point font, one-inch margins in an easy-to-read font.
- Please make a copy of your work. Be sure your name is on the top of everything submitted.
- Take responsibility to present completed, polished college level work on-time. Please be sure to ask for help or contact the writing center if needed.
- All papers should be corrected for proper punctuation, grammar and spelling (see the writing center for support if needed)
- Late Assignments - Life happens and occasionally you are not able to "attend" class even online. As a student, you are not only learning the material in the class but also learning time management and what is expected in the workforce. Deadlines and timelines are very important in the workplace. This class provides you with a chance to work on your time management and develop the skills required and expected in your future career. All work, except quizzes, may be

turned in late, but if this happens more than once, I may reach out to you to set up a time when we can chat about how to best help you meet deadlines. Points will be deducted for late submissions. In order to complete all grading by the end of the semester, I will not be able to accept late work past week 16.

- You will need to read and respond to your classmates in discussion boards each week. Please approach this in a respectful and professional manner. It is okay to disagree, but it is important to engage in discussions that progress toward mutual understanding and that do not escalate into arguments.
- This class only meets online therefore, all work should be submitted via the class Canvas site. Please do not email me your work.

Assignments – All assignments will be embedded into the Canvas modules. Modules open weekly on Monday morning. Assignment due dates will be in Canvas, with descriptions and instructions. An overview of assignments is below.

1. Online Orientation and About You (Module 1) – SEE CANVAS FOR DETAILS
2. Weekly Check In / Participation – Read the text and handouts provided, as well discussion board prompts. To be successful in class, you should read and respond to others' posts on the discussion boards. Your check in and participation in the discussions is essential to *your* learning. Activities and participation include numerous individual and group assignments given throughout the semester. These will be posted within the Canvas modules with instructions. DUE WEEKLY.
3. Quizzes – There will be a total of 9 quizzes throughout the semester. All will be available on Canvas. MULTIPLE DATES, SEE CANVAS. SLO# 2, 4, 7.
4. Diet Analysis Project – You will analyze your own diet, using an online software, and use the reports to answer questions throughout the semester. MULTIPLE DUE DATES- SEE CANVAS. Course objective 3, SLO # 6.
5. Nutrition in the News – Every day, there are new nutrition headlines. For these assignments, you will read and answer questions about a nutrition-related article. You can submit a link to a nutrition article, or a photo of a magazine or newspaper article. More details in Canvas. Course objective 1, SLO # 3.
6. Food Insecurity – Food Insecurity is an issue facing many families in the US and around the world. Find a resource that is available to help families facing food insecurity and answer questions about who qualifies and how to access the resources. Details and due date in Canvas. SLO #1.
7. Diet Pattern Project- Pick a dietary pattern that we discussed over the semester and write 2 double spaced pages about why the diet you selected is the healthiest. Also discuss the foods that are not included and why they are not included. Details and due date in Canvas. SLO#5.

Academic Success

In order to succeed at the highest level in college, be sure to utilize the College services available to all students. This includes the Tutorial Center, Disabled Student Services, Computer Lab, Library, and Counseling Services.

The instructor will comply with the requirements of the American's with Disabilities Act (ADA), by appropriately accommodating any student with a verified disability.

Office Hours

Office hours will be held by appointment via Zoom. I may also hold regular office hours. If a problem arises during the semester, please contact me as soon as possible to discuss how we can best resolve the issue and help you achieve success in class. *Emails will be returned within 72 hours during the week. Emails received on Friday may not be answered until Monday.*

Grades

Assignment Description	Percentage of Total Grade
Orientation Assignments	4%
Diet Analysis Project (3 parts)	25%
Nutrition in the News	25%
Weekly Discussion Boards	25%
Quizzes	14%
Food Insecurity Assignment	4%
Diet Pattern Assignment	4%

Web Classroom Guidance

- Students should log on at least 3 times per week and actively participate in class discussions weekly.
- Students should conduct themselves according to the Student Conduct Standards.
- Students should be respectful of fellow students and the instructor.
- Students should direct all concerns/questions to the instructor in writing.
- Cheating and plagiarism will be cause for disciplinary action.

Online Attendance

- If you do not check in weekly, you will be considered absent.
- If you miss more than three classes (weeks) you may be dropped.
- Dropping after the drop date will result in an "F" grade.
- If you do not intend to complete the course, be sure to drop the class before the drop date.
- If you are unable to participate for any reason, please let me know in order to support you.

Syllabus Disclaimer

This syllabus constitutes a contract between the instructor of this course and the student enrolled in the course. The student's decision to attend the class denotes:

1. acceptance of this syllabus.
2. acceptance of the guidelines of this course as outlined by this syllabus.
3. the student's understanding that the course schedule outline in this syllabus is subject to change without notification to the student.
4. the student's understanding that it is their responsibility to read and complete all assignments and turn in all work by the designated times.

** The instructor reserves the right to make changes to the course syllabus or schedule as deemed necessary for the good of the class. You will be informed of any changes via Canvas.

Important Dates to remember

First Day of Classes	Monday, August 9, 2021
Last Day add/ drop a course	Friday, August 27, 2021
Campus Closed – Labor Day	Monday, September 6, 2021
Last Day drop a course with a W	Friday, October 8, 2021+-
Campus Closed – Veteran's Day	Wednesday, November 11, 2021
Camps Closed – Fall Break	Thursday/Friday, November 25/26, 2021
Last Day of Classes	Friday, December 10, 2021