

Food and Nutrition 40 (FN40): Nutrition

| | |
|---|--------------------------------|
| <i>Semester: Spring 2022</i> <i>Reedley College</i> | |
| Instructor: Rana Strankman, MBA, RD, CLEC | <i>Class No. 55008</i> |
| Email: rana.strankman@fresnocitycollege.edu | Lecture: Digital Online Course |
| Email Response Time: 48hrs | |
| Office: N/A | |
| Office Hours: By Appointment | |
| <i>Date: 1/10/22-5/20/22</i> | |

Catalog 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.

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. Assess and evaluate the use of carbohydrates, fats, protein, vitamins, minerals, and water in building members of tissue.
2. Draw conclusions about and appraise the ongoing impact of the elements of nutrition on anatomy and physiology.
3. Evaluate the diet that can meet the U.S. Recommended Dietary Allowances.
4. Utilize and apply various food grouping plans.

Course Objectives:

In the process of completing this course, students will:

1. Outline the elements of anatomy and physiology, and understand the body processes of digestion, absorption, metabolism, and excretion.
2. Recognize the factors of influencing the requirements and recommended allowances for the various nutrients: size, age, physical activities, etc.

3. Demonstrate how and why nutrient requirements change during the life cycle and how the recommended dietary allowances based on these needs can be met.
4. Apply reasoning in nutrition to evaluate food fads and fallacies, advertisements, practices in enrichment, fortification, and practices in supplementation.
5. Summarize the use of carbohydrates, fats, proteins, vitamins, and minerals in building maintenance of tissues.
6. Describe the fundamentals of chemical structures and understand the composition of foods, tissues, and certain elementary nutrients.
7. Compare his/her nutrient intake to that of the U.S. Recommended Dietary Allowances

Required Course Materials, Equipment and Resources

1. Bundle: Bundle: MindTap Nutrition, 1 term (6 months) Printed Access Card for Whitney/Rolfes' Understanding Nutrition, 15th . ISBN: 9781337556248 (digital version) OR Understanding Nutrition by Whitney/Rolfes, 15th ed + MindTap Nutrition, 1 term (6 months) Access Card. ISBN: 9781337881531 (print version)
 - a. Digital platform which includes access to the e-book and MindTap can be purchased at <https://www.cengage.com/c/understanding-nutrition-15e-whitney/9781337556231/?filterBy=Student>
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 1-800-354-9706.

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 Tuesday of the first week of instruction (1/11/22 at 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 work is not accepted in this course. Any student requesting to submit late work must provide documentation of an extenuating circumstance within one week of the assignment's due date. Any requests for late work after one week will not be accepted. 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 (20 points each) | 100 |
| 10 Quizzes (10 points each) | 100 |
| 10 Online Discussion Boards (10pts each) | 100 |
| Cengage MindTap Homework | 170 |
| Term Paper | 80 |
| Final Examination | 150 |
| Total Points Possible | 1000 |

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 is 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.

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>.

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 Writing and Reading Center also has tutors available for students who need help with reading and writing.

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 (1/10) | Introduction/Syllabus Chapter 1: Overview of Nutrition | Meet & Greet Discussion Board Syllabus Quiz Quiz 1 Discussion Board 1 MindTap Homework CH 1 |
| 2 | Week of (1/17) | Chapter 2: Planning a Healthy Diet | Quiz 2 Discussion Board 2 MindTap Homework CH 2 |
| 3 | Week of (1/24) | Chapter 3: Digestion, Absorption and Transport | Quiz 3 Discussion Board 3 MindTap Homework CH 3 |
| 4 | Week of (1/31) | Chapter 4: Carbohydrates | Exam 1 Article 1 Review Due MindTap Homework CH 4 |
| 5 | Week of (2/7) | Chapter 5: Lipids | Quiz 4 Discussion Board 4 MindTap Homework CH 5 |
| 6 | Week of (2/14) | Chapter 6: Proteins | Quiz 5 Discussion Board 5 MindTap Homework CH 6 Article 2 Review Due |
| 7 | Week of (2/21) | Chapter 7: Energy Metabolism | Quiz 6 Discussion Board 6 MindTap Homework CH 7 |
| 8 | Week of (2/28) | Chapter 8: Energy Balance Chapter 9: Weight Management | Exam 2 MindTap Homework CH 8, 9 |
| 9 | Week of (3/7) | Chapter 10: Vitamins: Water Soluble Chapter 11: Vitamins: Fat Soluble | Quiz 7 Discussion Board 7 MindTap Homework CH 10, 11 Article 3 Review Due |
| 10 | Week of (3/14) | Chapter 12: Major Minerals and Water Chapter 13: Trace Minerals | Quiz 8 Discussion Board 8 MindTap Homework CH 12, 13 |
| 11 | Week of (3/21) | Chapter 14: Fitness | Quiz 9 Discussion Board 9 MindTap Homework CH 14 |
| 12 | Week of (3/28) | Chapter 15: Life Cycle Nutrition Pregnancy and Lactation | Exam 3 MindTap Homework CH 15 |
| 13 | Week of (4/4) | Chapter 16: Life Cycle Nutrition Infancy through Adolescence | Quiz 10 Discussion Board 10 MindTap Homework CH 16 Article 4 Review Due |

| | | | |
|----|-------------------|---|--|
| | Week of (4/11) | NO CLASS | SPRING RECESS |
| 14 | Week of (4/18) | Chapter 17: Life Cycle Nutrition Adulthood and the Later Years | Quiz 11 Discussion Board 11 MindTap Homework CH 17 |
| 15 | Week of (4/25) | Chapter 18: Diet and Health | Exam 4 MindTap Homework CH 18 |
| 16 | Week of (5/2) | Chapter 19: Foods and Water Safety | MindTap Homework CH 19 Article 5 Review Due Term Paper Due |
| 17 | Week of (5/9) | Chapter 20: Hunger and Global Environment | MindTap Homework CH 20 |
| 18 | Week of (5/16) | Finals Week THIS WEEK ENDS ON FRIDAY 5/20 | Final Exam (Cumulative) **FINAL EXAM DUE 5/20** |