

Food and Nutrition 35 (FN35): Nutrition

<i>Semester: Summer 2022</i>	<i>Reedley College</i>
Instructor: Rana Strankman, MBA, RD, CLEC	<i>Class No. 56503</i>
Email: rana.strankman@fresnocitycollege.edu	Lecture: Digital Online Course
Email Response Time: 24-48hrs	
Office: N/A	
Office Hours: By Appointment	
<i>Date: 06/20/22-07/29/22</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, and other diseases. Social, psychological, and cultural considerations affecting food choices and health outcomes. Personal strategies to develop a nutrition plan for better health. Designed for students with an interest in food services and/or nutrition science.

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. 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.

Course Objectives:

In the process of completing this course, students will:

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.

Required Course Materials, Equipment and Resources

1. Nutrition 100 Nutritional Applications for a Healthy Lifestyle Author: Lynn Klees. Available online at: <https://psu.pb.unizin.org/nutr100/> .
2. All other reading and resources for this class will be available via 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).
5. Compatible browser (Google Chrome, Firefox, etc) and computer to access materials.

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.

- 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.

LATE ASSIGNMENTS, CHEATING, AND MAKE-UP POLICY

Due to the accelerated nature of the summer course, late work 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 hours prior).

In the case of technology issues please remember the following: You will only have 1 attempt on any quizzes or exams online. 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.

TESTS AND EVALUATION

Assignment Description	Points Possible
6 Quizzes (20 points each)	120
6 Online Discussion Boards (20pts each)	120
Diet Analysis Project	150
Nutrition in the News (variable points each)	50
Syllabus Quiz and Meet and Greet (Week 1)	20
Total Points Possible	460

To calculate your grade, total all points earned and divide that number by the total points available (460). **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

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 interact with classmates and the instructor virtually 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)
- 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.

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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 a 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.

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.**

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 will need to submit a link to the article, or a photo of a magazine or newspaper article.

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 *****

Communicating with me

Office hours may 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. Canvas messages/emails will be returned within 72 hours- but sooner whenever possible. Please try to send messages before Friday of any given week - emails received on Fridays may not be answered until Mondays.

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.

College Policies and Student Conduct Code

Drops: You have until the end of the 1st week to drop the class. If you elect to do so, drop yourself. Do not assume you have automatically been dropped. After the 1st 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 (6/20)	Introduction/Syllabus Chapter 1 - Nutrition and You Chapter 2 - Tools for Healthy Eating	Meet & Greet Discussion Board Syllabus Quiz Quiz 1 Discussion Board 1
2	Week of (6/27)	Chapter 3 - Healthy choices, Meal planning, and Portion sizes Chapter 4 - Digestion, Absorption, and Transport: How the body uses food Chapter 5 - Carbohydrates and Diabetes	Quiz 2 Discussion Board 2 Nutrition in the News 1
3	Week of (7/4)	Chapter 6 - Lipids (fats), Nutrition, and Cardiovascular disease Chapter 7 - Protein, Vegetarian Diets, and Eat to Compete Chapter 8 - Energy Balance and Body Composition	Quiz 3 Discussion Board 3 Nutrition in the News 2
4	Week of (7/11)	Chapter 9 - Obesity, Chronic disease, Weight and Stress management Chapter 10 – Vitamins Chapter 11 - Major, Trace Minerals and Water	Quiz 4 Discussion Board 4 Nutrition in the News 3
5	Week of (7/18)	Chapter 12 - From Pregnancy to the Toddler Years Chapter 13 – Alcohol Chapter 14 - Food Safety	Quiz 5 Discussion Board 5 Nutrition in the News 4
6	Week of (7/25)	Chapter 15 - Food Security and Sustainability	Quiz 6 Discussion Board 6 Nutrition in the News 5

*see canvas for deadlines for diet analysis project... multiple parts, with different days

Important Dates: See [College Catalog](#) for more information

June 20 Instruction begins for 6-week classes

July 1 Last day for degree and certificate of achievement candidates to file application

July 4 Independence Day Holiday (observed) (Campus Closed)

July 29 Final examinations; end of 6-, 8-, and 10-week classes July 29

See page 18 of catalog for financial aid and class drop refund info