

Instructor: Rana Strankman, MBA, RD, IBCLC

Course: FN 35

Office Hours: Zoom (by appointment)

Email: Rana.Strankman@fresnocitycollege.edu

Required Text:

Nutrition 100 Nutritional Applications for a Healthy Lifestyle

Author: Lynn Klees. Available online at: <https://psu.pb.unizin.org/nutr100/> (Links to an external site.).

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 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.

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 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).
- Late Assignments - Life happens and occasionally you are not able to “attend” class. 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. **No late work is accepted.**
- 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 MODULE 1 FOR DETAILS.

2. Weekly Check In – Each week a check-in assignment will be posted under the current module. During this check in, click reply and share when you plan to be online, and any other stories you'd like to share. Check-ins will be open from Monday at 6am - Tuesday at 11:59pm each week. These will be posted within the Canvas modules with instructions. **No late check-ins will be accepted.** DUE WEEKLY.
3. Discussion Boards - 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 participation in the discussions is essential to your learning and to your classmates' learning. Discussion boards will be used to create conversations in a virtual classroom. **Therefore, you must write your own original post and respond to at least 2 classmates' posts. The minimum criteria for points on a discussion board is 1 original post and 1 comment on at least 2 classmates' posts.** These will be posted within the Canvas modules with instructions. **No late discussion board posts will be accepted. Your 2 lowest grades will be dropped.** DUE WEEKLY.
4. Quizzes – There will be a total of 17 quizzes throughout the semester. All will be available on Canvas. No late quizzes will be accepted. **Your 2 lowest grades will be dropped.** MULTIPLE DATES, SEE CANVAS. SLO# 2, 4, 7.
5. 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.
6. 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. More details in Canvas. Course objective 1, SLO #1, 3, 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.

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 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.*

Grades

Participation	Introduce Yourself	15
	Check-ins (1 point each)	17
	Discussion Boards (10 points each; 2 lowest grades will be dropped)	160
Diet Analysis Project: Parts 1-8	Part 1	20
	Part 2	50
	Part 3	15
	Part 4	10
	Part 5	10
	Part 6	10
	Part 7	10
	Part 8	25
Module Quizzes	17 (5 points each; 2 lowest quizzes will be dropped)	75
Nutrition in the News	Multiple assignments	50
Total Points		467

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.

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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.*