

Nutrition 10 ONLINE

Contemporary Nutrition

WINTER 2018



INSTRUCTOR: Anna Miller, MS., RD
PHONE 408.864.5576
EMAIL milleranna@fhda.edu
Write "NUTR 10" in the subject

OFFICE HOURS

Tuesdays & Thursdays 4:15-5:15 pm

Virtual office hours on Canvas:
Fridays 8 – 10 am

During the week of final exams, office hours are by appointment only.

OFFICE LOCATION

SC 1210 (2nd floor of Building 2 of the Science Center). Use the phone outside the building door to call my extension (5576)

Welcome to Nutrition 10! This class will undoubtedly affect the way you think about food, dieting and health. We often have complex relationships with food and may approach the topic of nutrition with trepidation and bias. I invite you to have an open mind as you explore this dynamic, powerful and meaningful topic this quarter.

Cheers,

Anna

COURSE DESCRIPTION Physiological, psychological and practical aspects of obtaining a healthy diet. Relationship of nutrients to health and well being. Evaluation of current nutritional issues and controversies.

REQUIRED TEXTBOOK: *Nutrition for Dummies* 6th edition, by Carol Ann Rinzler. 2016.

PREREQUISITES: None. English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and

Mathematics 200 **are advised**. It is expected that you can do simple math problems including those that use percentages and ratios.

CANVAS: This course resides on the course management system called Canvas, accessible from MyPortal. The course becomes open to students on the Friday before the first day of the quarter.

DO THESE 3 TASKS IN THE FIRST FEW DAYS OF THE QUARTER....OR ELSE YOU WILL BE DROPPED!

You must log onto the course on Canvas and complete the following 3 tasks by **noon on Thursday** of the first week of the quarter:

1. Fill out a short questionnaire
2. Submit your first introductory post
3. Post a photo of yourself on your Canvas Profile.

⇒ **IMPORTANT:** *Students who have not completed all 3 tasks noon on Thursday of the first week of the quarter will be dropped from the course on Thursday.* Students who add the class have 3 days to do these tasks once they are registered

STUDENT LEARNING OBJECTIVES

1. Evaluate a meal plan or a diet for meeting the criteria of a *Healthy Diet*.
2. Evaluate nutrition claims about a dietary supplement, food, or diet for accuracy and health-enhancing potential.

COMMUNICATION

Your instructor communicates with you through weekly posts -- thoroughly read—DO NOT skim—these posts. ***You are responsible for the information communicated.*** Additionally, your instructor might have the need to communicate with you individually. Check your inbox regularly; check your SPAM folder. Don't miss any communiques. I respond to e-mails within 24 hours of receipt Mon-Fri. 24-48 hours on the weekends.

Is an Online Course really right for you?

Find out!

Go to the Online Education Website and watch the video "Introduction to Online Learning"

<http://www.deanza.edu/online-ed/prospective/index.html>

Take the survey to assess your online readiness.

GRADING PROCEDURE

| | |
|-------------------------------------|------------------|
| Midterm Exams (3; 40 points each)** | 120 points |
| Diet Assignment (3 parts, combined) | 60 points |
| Worksheets (5; 10 points each)*** | 50 points |
| Participation | 20 points |
| Final Exam | <u>50 points</u> |
| Total Possible Points | 300 points |

⇒ TAKE NOTE

There will be no extra credit points offered in this class

**4 midterm exams are given. The lowest midterm exam score is dropped from your cumulative score.

***6 worksheets are given. The lowest worksheet score is dropped.

Grading Scale A = 90 – 100 % B = 80 – 89.9 % C = 70 – 79.9 % D = 60 – 69.9 % F = <60%

✓ *Be aware of the last day to drop with a "W".* If you realize after this date that you are not getting the grade that you desire, please do not ask me to drop you—college procedures do not allow me to do so. Monitor your grade throughout the course so there are no surprises in the last weeks of the quarter.

✓ Know This!

- Student Success in this class requires **TIME**. Be prepared to spend at least 10 hours a week using and studying the course materials. Remember, you are not sitting in class for nearly 4 hours a week, which the students in the face-to-face class are, *in addition* to out-of-class time studying.
- ***Time Management skills are essential for staying on top of the material in this course.*** Evaluate your priorities. **Do not attempt to take this class if you are stretched too thin this quarter.** Be realistic as to what you can accomplish with what time and energy you have to give to this class. Countless students have reported to me – at the end of the quarter – "I didn't believe what you said at the beginning of the quarter, *but...you were right!*"

Learning takes TIME. There are no shortcuts to learning and mastering skills.

WORKSHEETS

There will be 6 worksheets to fill out and submit online during the quarter. Each is worth 10 points. Worksheets must be submitted by the due day/time (listed on the course schedule) to earn points. Late submissions are not accepted. The lowest worksheet score is dropped. Filling out the worksheets will help you stay on top of the material and do well on the following midterm exam. Worksheets need to be SUBMITTED on Canvas to receive a grade. Worksheets that are e-mailed will not receive points.

PARTICIPATION: ONLINE DISCUSSIONS

For Weeks 2-10 of the quarter there will be 3 or more Discussion Topics. Posting counts towards points for "Participation". To earn the maximum of 20 Participation Points, students must:

- Submit a post on a minimum of 5 Discussions – but they must be in 5 different weeks. If you post on 3 discussions in one week, that still counts as 1 post.
- Submit at least 5 replies, also on 5 different weeks. To count towards participation, your reply must be on a topic different from the topic of your post (you can reply on the same topic, but it won't count towards participation).
- Submit a post that is thorough (all questions answered), on topic (not drifting off topic), not a repeat of what previous students have written (when applicable), and written at the level of a college paper.
- Submit a reply that adds to the discussion. A reply of "Yeah, I agree with you" does not qualify.
- Further instructions and guidelines will be found on Canvas

EXAMS -- ALL exams are taken online

- *There are no make-up exams.* If you miss a midterm exam, that is the one that is dropped.
- Each **midterm exam** is 40 questions, a mix of true/false and multiple choice questions. Exam questions are taken from the virtual lectures, reading assignments, handouts, worksheets and online discussions.
- Each exam will be **open from 6 am – 11:59 pm** on the dates listed below.
- You will have 40 minutes to take each of the midterm exams. Although the exams are essentially open book/open note (since you're taking them at home, online), *you STILL must study and prepare.* You will not have enough time to look up every question.
- The **Final Exam** is semi-cumulative. Only some material from earlier in the quarter will be on the Final Exam. This material will be clearly outlined in the Study Guide for the Final Exam. The Final Exam includes short answer questions, in addition to True/False, Multiple Choice. You will have 80 minutes.
- **Study Guides** for each exam will be posted on Canvas.

⇒ If you need test taking accommodations or services due to a disability, please contact your instructor. For information on learning disabilities call 864-8839. For information on other disabilities call 864-8753.

WHAT WILL BE ON EACH EXAM?

EXAM 1 covers the material from Weeks 1 & 2

EXAM 2 covers the topics: Carbohydrates, Fat and Protein

EXAM 3 covers the topics: Phytochemicals, Digestion, Alcohol, Diet and Chronic Diseases

EXAM 4 covers the topics: Body weight/obesity/weight loss diets, Vitamins & Minerals, Water

THE FINAL EXAM covers the topics from Weeks 10 & 11 and specific material from earlier weeks; this material will be listed in the Study Guide for the Final Exam.

All of the above is subject to change.

WHEN ARE THEY TAKEN?

EXAM 1: Tues Jan 30th

EXAM 2: Thur Feb 22nd

EXAM 3: Tues March 6st

EXAM 4: Tues March 20th

THE FINAL EXAM: Tues Mar 27th

THE DIET ASSIGNMENT

This assignment is divided into 3 parts:

- **Part 1:** You will record what you eat and drink for 3 days and answer several questions based on what you learned from this process.
- **Part 2:** You will input what you ate and drank for those 3 days on the free app, My Fitness Pal and you will generate and submit several nutrient reports.
- **Part 3:** You will assess and evaluate your diet, based on your Parts 1 & 2.

All parts are submitted online. Complete instructions will be posted on Canvas. Due dates are listed on the course schedule in this syllabus. The assignment parts may be submitted after the due dates, but will be marked down 10% for every 24 hour period that it is submitted late.

⇒ *Your grade on the Diet Assignment is not related to the nutritional quality of your diet in any way. It is recommended you approach this assignment with an open mind and curiosity--not with fear of what you'll learn. This is a judgment-free assignment!*

OTHER IMPORTANT INFORMATION

- If you need to receive an "A" or a "B" in this class, then plan to put the time and effort into the class to help you to be successful. Do not wait until the end of the quarter to act if it becomes evident that you are not likely to earn the grade that you need or want.
- Sometimes the process of learning is frustrating and difficult. Oftentimes it is satisfying. Learning requires considerable effort and patience. With appropriate strategies, that effort brings you results: **mastering the material.**
- If you are or have ever battled an **eating disorder** and this course/the diet assignment has the potential of setting you back in your recovery process, please feel free to discuss your situation with me. Some accommodations are possible.

ACADEMIC DISHONESTY

Any student found to be cheating or taking part in any other form of academic dishonesty will receive no points or grade for what they cheated on.

Some examples of academic dishonesty include:

- *Submitting worksheets that are not your own.*
- *Submitting parts of the Diet Assignment from a previous quarter if you are repeating this class*
- *Submitting another person's Diet Assignment (or any part of it), representing it as your own; Copying parts of the Diet Assignment from another person's work*
- *Any form of plagiarism; Giving your academic work to another student to plagiarize*
- *Lying to an instructor or college official to improve your grade*

The Office of the Dean of Student Affairs & Activities maintains a record of students who have engaged in academic dishonesty. This information is used to identify and discipline students who have been reported for academic dishonesty more than once.

FREQUENTLY ASKED QUESTIONS



Q. How do I contact my instructor?

A. E-mail: milleranna@fhda.edu. Write NUTR 10 in the subject line.

Q. Can I get by without buying the textbook?

A. Yes....but you can't get by without READING it! Many local, public libraries carry this book. Used copies can also be found for less than 10\$.

Q. Can I use an earlier edition of the textbook?

A. **NO**. There are significant differences between the current (6th) edition and earlier ones. Nutrition information changes. Do not get an earlier edition. Used copies of the 6th edition can be found for <10\$.

Q. Do I have to eat a healthy diet to do well in this class?

A. No! Your grade in this class is not at all based on how well you eat. You do not have to change your eating habits while in this class. Many students, however, do find they make some changes in their food choices as a result of things they learn in this class.

Follow this advice
from several "A" Students
in Nutrition 10:

✓ Make your own personal "Nutrition 10" calendar/schedule with due dates and what tasks to complete & when....*and then stick to it* ✓ Do ALL of the worksheets ✓ Turn in the assignment when it is due so you don't lose points for it being late ✓ Check the answer key for the worksheets ✓ Stay on top of things -- don't fall behind ✓ Use the study guides ✓ Ask questions when you're confused ✓ Spend more time studying than you think you'll need



| Week | Date | Topic | Reading Assignments | Exams/Due Dates |
|------|--------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Jan 8-14 | Why we eat what we do Meet the Nutrients Nutritional Status Evaluating information Research | VL #1 (Virtual Lecture, on Canvas) Textbook: Chapters 1 & 15 | |
| 2 | Jan 16-21 | What is a Healthy Diet? How do you know if your diet is healthy? Energy Calculations Understanding Food Labels | VL #2 Textbook: Chapters 3, 16 & 17 | Worksheet #1 opens Mon 8 am |
| 3 | Jan 22-28 | Carbohydrates | VL #3 Textbook: Chapter 8 | Worksheet #2 opens Mon 8 am Worksheet #1 due Sun 11:59pm |
| 4 | Jan 29-Feb 4 | Fats | VL #4 Textbook: Chapter 7 | Worksheet #3 opens Mon 8 am EXAM 1: Tues 6 am – 11:59 pm Worksheet #2 due Sun 11:59 pm |
| 5 | Feb 5-11 | Protein | VL #5 Textbook: Chapter 6 | Worksheet #4 opens Mon 8 am Worksheet #3 due Sun 11:59 pm |
| 6 | Feb. 12-18 | Phytochemicals Digestion & common digestive ailments Alcohol | VL #6 Textbook: Chapters 2 & 9 pp. 283-286 | Worksheet #5 opens Mon 8 am Diet Assignment Parts 1&2 Due <u>Tues Feb 13th by 11:59 pm</u> Worksheet #4 due Sun 11:59 pm |
| 7 | Feb 20-25 | The Western Diet and Chronic Diseases: Heart Disease, Cancer Diabetes | VL #7 | EXAM 2: Thur 6 am – 11:59 pm |
| 8 | Feb.26-Mar 4 | Body weight, obesity, weight loss diets | VL #8 Textbook: Chapters 4, 5 & 14 | Worksheet #5 due Sun 11:59 pm |
| 9 | Mar 5-11 | Vitamins Minerals Water | VL #9 Textbook: Chapters 10, 11 & 12 | Worksheet #6 opens Mon 8 am EXAM 3 Tues 6 am – 11:59 pm |
| 10 | Mar 12-18 | Dietary Supplements Fortified Foods Organic food Food choices & the environment | VL #10 Textbook: Chapter 13 | Worksheet #6 due Sun 11:59 pm |
| 11 | Mar 19-25 | Putting it all together Meal Planning 101 | VL #11 | EXAM 4 Tues 6 am – 11:59 pm Diet Assignment Part 3 Due <u>Thur Mar 22nd by 11:59 pm</u> |
| 12 | | Final Exam | | Tuesday March 27th 6 am-11:59 pm |

