

Nutrition 10 ONLINE

Contemporary Nutrition

FALL 2019



INSTRUCTOR

ANNA MILLER, MS, RD

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Write "Nutr10" in the subject

FOLLOW ME ON INSTAGRAM:

"DeAnzaNutrition"

OFFICE HOURS

On Campus - Tue & Thu 4:15-5:15 pm
Virtual – on Zoom: Wed 8-10 am

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

OFFICE LOCATION

SC 1210 (2nd floor of Building 1 of the Science Center). Use the phone outside the building door to call my extension (5576) so I can open the outer door to let you in.

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. It is accessible from MyPortal. The course becomes open on Friday before the first day of the quarter. 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] Post a photo of yourself on your Canvas Profile [3] Submit an introductory post on a Canvas Discussion

⇒ **IMPORTANT:** Students who have not completed all 3 tasks **noon on Thursday of the first week of the quarter will be dropped**. Students who add the class have 2 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 Announcements. *Thoroughly* read all of them -- DO NOT skim them. **You are responsible for the information communicated.** Additionally, your instructor might have the need to communicate with you individually. Check your Canvas inbox and your e-mail SPAM folder regularly. Don't miss any communiques. **NOTE:** I respond to e-mails within 48 hours of receipt.

GRADING PROCEDURE

Orientation Quiz	15 points
Midterm Exams (3; 40 points each)*	120 points
Content Quizzes (2; 10 points each)	20 points
Diet Assignment (3 parts, combined)	60 points
Worksheets (4; 10 points each)**	40 points
Participation	15 points
Final Exam	<u>40 points</u>
Total Possible Points	310 points

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

**5 worksheets are given. The lowest worksheet score is dropped. (No quiz scores are dropped)

GRADING SCALE

A+ = 97.0 – 100 %	B+ = 87.0 – 89.0 %	C+ = 77.0 – 79.0 %	D+ = 67.0 – 69.0 %	F = <59.1%
A = 93.0 – 96.9	B = 83.0 – 86.9	C = 69.1 – 76.9	D = 63.0 – 69.0	
A- = 89.1 – 92.9	B- = 79.1 – 82.9	No C- grades are given	D- = 59.1 – 62.9	

✓ *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.

ORIENTATION QUIZ

This quiz will open Mon, the first day of the quarter at 6 am and close the following Sun night at 11:59 pm. It consists of 15 True/False and Multiple choice questions, taken from the Orientation Module and the syllabus. Students will have up to 90 minutes to take the quiz and one opportunity to take it.

COURSE CONTENT QUIZZES

There will be 2 course content quizzes, each with 10 True/False and Multiple choice questions. You will have 20 minutes and one opportunity to take each quiz. There will be no make up quizzes. If you neglect to take one, your score will be 0. **Quiz 1** is on the topic of **Carbohydrates**. **Quiz 2** is on **Fats**. The quizzes open Wed morning at 6 am and close Sunday night at 11:59 pm on the days indicated on the last page of this syllabus. That's 5 days. Extensions will not be offered if you're not able to take the quiz Sunday night.

WORKSHEETS

There will be 5 worksheets to fill out and submit online during the quarter. Each is worth 10 points. Filling out the worksheets will help you stay on top of the material and do well on the following midterm exam. Worksheets must be submitted by the due day/time (listed on the course schedule) to earn points. Because the worksheets are open for more than 2 weeks, **late submissions will not be accepted.** The lowest worksheet score is dropped. Worksheets need to be submitted on Canvas where the assignment is posted to receive a grade. **Worksheets that are e-mailed or sent in a private Canvas message will not receive points.**

Is an Online Course 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.

→ TAKE NOTE

There will be no extra credit points offered in this class

PARTICIPATION: ONLINE DISCUSSIONS

For 4 weeks of the quarter there will be Discussions. During each of these weeks, there will be 3-5 discussion topics presented. Participating in discussions counts towards points for Participation. A **POST** is what is written in response to the discussion topic prompts. A **REPLY** is what is written in response to a classmate's POST. To earn the maximum of 15 points, students must:

- Submit a minimum of 3 POSTS – *but they must be in 3 different discussions, in 3 different weeks.* If you submit a POST on 3 discussions in the same week, that still counts as 1 POST.
- Submit a minimum of 4 REPLIES *on 4 different discussions, in 4 different weeks.* Additionally, to count for participation, *your reply must be on a different topic than the one you submitted a POST on.* (You are welcome to reply on the same topic, but it won't count towards participation). **Thus, you do not need to submit a POST in each week of the 4 weeks, but you do need submit a REPLY on at least one discussion in each of those 4 weeks.**
- Submit a POST that is thorough (all questions answered), is on topic (not drifting off topic), is written at the level of a college paper, is in accordance to the discussion topic prompts and meets the word count.
- Submit a reply that *adds to the discussion* and meets the word count.

NOTE: Discussions are open for 10 days (Friday morning until Sunday night a week later). **Be aware of the deadlines to submit:** Friday night for a POST; Sunday night for a REPLY.

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 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 NO 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.*

✓ 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.

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 of the **midterm exams** 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 and Multiple Choice. You will have 90 minutes.
- **Study Guides** for each exam will be posted on Canvas.

⇒ If you need test taking accommodations or services due to a **disability**, please get in touch with me. A verification of your disability must be on file with the college. For information on learning disabilities call 408/864-8839. For information on other disabilities call 408/864-8753.

WHAT WILL BE ON EACH EXAM?

EXAM 1 covers the material from Weeks 1 & 2

EXAM 2 covers the topics from Weeks 3, 4 & 5 (Carbs, Fat & Protein)

EXAM 3 covers the topics from Week 6 & 7 (Phytochemicals, digestion, alcohol, diet and chronic diseases)

EXAM 4 covers the topics from weeks 8 & 9 (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.

WHEN ARE THEY TAKEN?

EXAM 1: Wed Oct 16th

EXAM 2: Wed Nov 6th

EXAM 3: Wed Nov 20th

EXAM 4: Wed Dec 4th

THE FINAL EXAM: Wed Dec 11th

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 are:

- *Submitting another person's answers to a worksheet; giving your worksheet answers to another student*
- *Submitting written work 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 more than once.

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.
- **Tom Nguyen** is the **Biology Division counselor**. He can help you set up an education plan and answer questions you may have. His office is in KC218. Phone: 408.864.8971. E-mail: nguyentom@fhda.edu
- 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**.
- Check out the **Student Success Center** on campus. In addition to tutoring and one-on-one help, they offer **free**, drop-in 1 hour workshops that can help you improve your testing taking skills, writing, and much, much more. <http://www.deanza.fhda.edu/studentsuccess/>
- 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.
- The DeAnza College **Food Pantry** is available to any DeAnza student who qualifies for assistance. To learn more about eligibility and logistics, go to: http://www.deanza.edu/outreach/food_pantry.html

FREQUENTLY ASKED QUESTIONS



Q. How do I contact my instructor?

A. The quickest way to get a reply from me is to E-mail: milleranna@fhda.edu. Write “NUTR 10” in the subject line. You can also message me on Canvas by clicking on the Inbox on the Global Navigation Bar on the left.

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	Sept 23-29	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	Sept 30 - Oct 6	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 6 am
3	Oct 7-13	Carbohydrates	VL #3 Textbook: Chapter 8	Worksheet #2 opens Mon 6 am Worksheet #1 due Sun 11:59pm
4	Oct 14-20	Fats	VL #4 Textbook: Chapter 7	Worksheet #3 opens Mon 6 am Exam 1: Wed 6 am–11:59 pm Worksheet #2 due Sun 11:59 pm
5	Oct 21-27	Protein	VL #5 Textbook:Chapter 6	Worksheet #4 opens Mon 6 am Quiz 1: opens Wed 6 am closes Sun 11:59 pm Worksheet #3 due Sun 11:59 pm
6	Oct 28-Nov 3	Phytochemicals Digestion Alcohol	VL #6 Textbook: Chapters 2 & 9 pp. 283-286	Worksheet #5 opens Mon 6 am Diet Assignment Parts 1&2 Due Tues Oct 29th by 11:59 pm Quiz 2: opens Wed 6 am closes Sun 11 :59 pm Worksheet #4 due Sun 11:59 pm
7	Nov 4-10	The Western Diet & Chronic Diseases: Heart Disease, Cancer Diabetes	VL #7	Exam 2: Wed 6 am – 11:59 pm
8	Nov 11-17	Body weight, obesity, weight loss diets	VL #8 Textbook: Chapters 4, 5, 14	Worksheet #5 due Sun 11:59 pm
9	Nov 18-24	Vitamins, Minerals & Water	VL #9 Textbook: Chapt. 10, 11, 12	Exam 3 Wed 6 am – 11:59 pm
10	Nov 25- Dec 1	Dietary Supplements. Fortified Foods, Organic food Food choices & the environment	VL #10 Textbook: Chapter 13	
11	Dec 2-8	Putting it all together Meal Planning 101	VL #11	Exam 4 Wed 6 am – 11:59 pm Diet Assignment Part 3 Due Sun Dec 8 th by 11:59 pm
12	Dec 11	Final Exam		Wed 6 am-11:59 pm