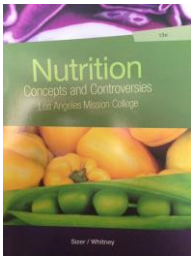
Fall 2013

NUTRITION
FCS 021



FCS 021 Nutrition (UC:CSU) – 3:00 Units Fall 2013 - Section #0255 - Online

Instructor: Susan Shaw
Office hours: You can contact me by email or phone, Monday-Friday; 9:00 am - 4:00 pm. OR by appointment only; Culinary Arts Building, Room 218
Phone: 818-640-3717
Email: shaws@lamission.edu

Course Description: Nutrition is the science that deals with the role of nutrients in the human body. These scientific concepts are related to individual needs during the changing life cycles. Interrelationships of nutrients are evaluated for promotion of optimum health.

Textbook & Software: *Nutrition Concepts & Controversies, Frances Sizer, Ellie Whitney*, 13th ed. (Los Angeles Mission College Custom Edition) **AND** Diet Analysis+ (version 10.0) Access Code (BUNDLED TOGETHER). ISBN: 978-1-285-89666-3. You may only purchase the bundle at the Los Angeles bookstore. This custom textbook has 12 chapters.

The software program is required to complete many of the class assignments. It comes bundled with the textbook or it may be purchased separately.

Software: Diet Analysis+ (version 10.0) Access Code ISBN: 978-0-538-49508-0
If you already have a textbook, you may purchase an Instant Access Code for the software separately from either the campus bookstore or directly from Cengage Publishing. Be sure that it is version 10.0 (latest version).

Diet Analysis+ Course Access Code: CWF33P4XY4YPCK
You must enter this Course Access Code on your Profile Page in the Corse Access Code text box. Once you do this, you will be able to complete assignments in Diet Analysis+ and submit them directly to me.

Student Learning Outcomes:

1. Problem Solving and Written Communication: Students will create a 3-day food diary and then perform analysis of this diary utilizing the Diet Analysis Plus computer program. The results of this analysis will enable students to demonstrate the ability to solve problems by examining, using and evaluating their food intake compared to food group serving recommendations on MyPlate.gov and the RDA guidelines. Students will demonstrate their ability to use computer software to input and interpret data. Evidence will be the ability to draw reasonable inferences from the data collected, define problems, and provide strategies for solutions in a clearly written, well-organized paper. Assessment: Graded Project: A = 90-100%, B = 80-89.9%, C = 70-79.9%, D = 60-69.9%, F = <60%

2. Written and Oral Communication: Students will be able to demonstrate the interactive nature of communication involving reading, writing and responding to others by researching a specific vitamin or mineral and then presenting this information to the class. Evidence will be the student's ability to make a clear, well- organized written presentation that includes evidence-based references to summarize this information. Inquiries from classmates will be answered in a detailed, descriptive manner. Assessment: Graded Research Oral Presentation and Written Paper: A = 90-100%, B = 80-89.9%, C = 70-79.9%, D = 60-69.9%, F = <60%

3. Global Awareness: Students will be able to demonstrate global awareness of nutrition, health, and environmental issues. Evidence will be the student's ability to analyze these issues from multiple perspectives and to demonstrate an understanding of these interconnected local and global issues by formulating appropriate responses and possible solutions to these issues. Evidence will be the student's ability to write concise, accurate answers to specific questions and engage in dialogue with fellow classmates regarding these issues. Assessment: Graded Discussion Participation: A = 90-100%, B = 80-89.9%, C = 70-79.9%, D = 60-69.9%, F = <60%

Course Objectives: Upon completion of this course, the student will be able to:

1. Recognize the study of nutrition as a scientific discipline;
2. Identify functions and sources of nutrients that contribute to well-being;
3. Assess the role of each nutrient in building and maintaining a healthy body;
4. Use nutrition guidelines to evaluate dietary habits and to plan healthy diets;
5. Develop skills to critically analyze nutrition claims;
6. Evaluate the nutritional adequacy of personal diet;
7. Make appropriate food and supplement choices that enhance individual health;
8. Discuss life cycle nutrition (from infancy to mature adults).
9. Implement food safety standards in home and business.

Class format: The class is exclusively ONLINE. We use the Etudes Course Management System. All work will be completed on Etudes. You will NOT have to go to LA Mission College campus. Carefully read more information regarding my policies.

Required Skill Level: College level reading and writing; Knowing how to use a computer and navigate a webpage is a prerequisite for this course and includes the ability to access the internet. Necessary skills include proficiency using a word processing program, including spell checker, using a web browser, sending and receiving email, saving documents as RTFs (rich text format), uploading and attaching documents to the online class page.

Course Organization: FCS 021 is organized into assignments, quizzes, one research team project, a self-diet analysis final project, and forum discussions. Estimated Time per Week: 10 hours (see Carnegie Rule) The class follows a weekly format.

Online classes require your attention and effort. **If you fail to log into the class during the first week, you will be dropped from the class.** There are activities and assignments each week; you will need to log into the class several times a week.

To be a successful online student, you need to schedule a regular time for studying, read and complete online activities, and more.

Technical Requirements: The minimum computer requirements are: Computer, either a Macintosh or IBM compatible; modem, minimum 28.8, broadband or high speed internet access is preferred and is required to view the videos. Software: Web browser software, such as Firefox, Google Chrome or Internet Explorer, the e-mail address that is registered with LA Mission College and a word processing program.

YOUR EMAIL ADDRESS IS YOUR ASSIGNED LACCD EMAIL ACCOUNT. PLEASE READ THE FOLLOWING INSTRUCTIONS REGARDING YOUR LACCD STUDENT EMAIL ACCOUNT: HTTP://WWW.LAMISSION.EDU/STUDENTS/. UNLESS YOU UPDATE YOUR EMAIL ADDRESS "IN" OUR CLASS, YOU WILL ONLY RECEIVE MY EMAILS AT YOUR LACCD STUDENT EMAIL ACCOUNT ADDRESS.

Contacting Your Instructor: You can send me **Private Messages** by clicking the **Discussion and Private Messages** tab in our Etudes class and then the **Private Messages icon** ***(my preferred way to hear from you)*** or email directly to my email at shaws@lamission.edu. I check my messages/emails several times a day and respond to emails within 24 hours (48 hours on the weekends). You may also call me at (818)640-3717; weekdays only, 9:00 am - 4:00 pm. Please don't hesitate to contact me with your questions.

Course Login: http://etudes.org The Login button is located on the top right side of the page. Then click on **LAMC FAM 021 0255 SSHAW F13 tab.** You should Bookmark the Log In Page so you can return to it easily.

Etudes Help Page: http://etudes.pbworks.com/w/page/4550044/Etudes%20Help Login Information and other useful links for Etudes can be found here. Be sure to scroll down and read the **Useful Links for Students**

First Assignment: Introduce yourself to the class under the forum discussions for the first week. This is where you will get to know your classmates. Post your introduction by Sunday evening, 11:30 pm, September 1, 2013. **You may be dropped from class if you do not post your introductions by the end of the 1st week of class.**

Discussions: The discussion forums are the main area for class participation and sharing of ideas. The weekly discussions open on Monday each week and close the following Sunday at 11:30 PM. Initial posts are due by Thursdays at 11:30 pm. Initial posts should be at least two paragraphs in length (approximately 120-150 words), respond directly to the topic in a reflective manner, referencing any topic links that are used. You must respond to at least two students on each forum by Sunday evenings at 11:30 pm. There is a total of 150 points for class discussion participation.

Class Assignments: Each week begins on Monday mornings. There are 5 class assignments @ 10 points each; total 50 points. These assignments require using Diet Analysis+ (version 10.0) computer software (see software requirement at beginning of syllabus above).

Quizzes: A timed quiz must be taken each week (10 questions - multiple choice, matching, T/F each with the exception of the vitamin/mineral quiz which has 20 questions and points). Each quiz may be taken twice and your highest grade will be applied. However, if you take the quiz again, you must wait at least 30 minutes before taking it. There is a total of 150 points for quizzes. You will see your score immediately after you take the quiz. You will be able to see the correct answers once the quiz closes for the week.

Vitamin & Mineral Group Research Project: Students will work in small teams to research and present one assigned vitamin or mineral. This will include a visual presentation (UTube video or PowerPoint and a 3-6 page written report. 50 points.

Diet Analysis Final Project: Students will complete an in-depth self-diet analysis that includes data entry in Diet Analysis+ computer software and written analysis of the results. 50 points.

Final Exam: Cumulative questions from semester quizzes. 50 points.

Grade Distribution

Discussion Forums = 30% of your grade
Assignments = 10% of your grade
Research Paper = 10% of your grade
Diet Analysis Final Project = 10% of your grade
Quizzes = 30% of your grade
Final Exam = 10% of your grade

Grade Scale

A	90-100
B	80-89
C	70-79
D	60-69
F	< 60

Late Assignments: The "Late Work" Policy is firm.

Read Very Carefully

- Students will NOT be able to submit assignments or access quizzes AFTER the due/closing date.
- Requests to submit late assignments or quizzes must be made PRIOR to the due date and will be discretionary. Generally permission to submit late work is only granted in extreme family or personal circumstances, and not because the student failed to submit the work in a timely fashion.
- Late postings to discussion forums will NOT be graded, reviewed or given credit. The latest time to post is 11:30 pm on the given due date. Any postings to discussion forums after 11:30 pm will earn NO CREDIT or POINTS.

- All late assignments MUST be pre-approved by me. You must contact me PRIOR to the due date to discuss the reasons for such a request.

* Again, if you do not login to class within the first seven days of the start of the semester, you will be automatically dropped from the class. This policy will be strictly construed and applied.

Reasonable Accommodations:

It is the policy of the Los Angeles Community College District (LACCD) and Los Angeles Mission College to accommodate students with disabilities, pursuant to federal law, state law and Los Angeles Mission College's commitment to equal educational access.

Any student with a disability who needs accommodations, please contact the Disabled Students Programs (DSP&S) phone number 818-964-7732 or TDD 818-364-7861 to discuss the steps you will need to take to arrange for accommodations . You may also email DSPS at gonzala@lamission.edu (Adrian Gonzalez)

DSPS office provides special assistance in areas like: registering for courses, specialized tutoring, note-taking, mobility assistance, special instruction, testing assistance, special equipment, special materials, and the like.

Important Dates

Your Etudes Class opens - Monday, August 26, 2013
Last day to drop without a "W" on transcript & get refund - September 8, 2013
Last Day to Drop with "W" noted on transcript - November 17, 2013
Semester (and course assignments) Ends – December 15, 2013

A new state policy in effect as of Summer 2012 limits students to 3 attempts per course. Receiving a grade or "W" for a course counts as an attempt, regardless of when the course was taken. Withdrawal by September 8, 2013 (avoiding a "W") will not count as an attempt.

Calendar of Class Activities

Week 1 - **Week ends 9-1-13**

- Read the syllabus for the class.
- Purchase the textbook - **Nutrition Concepts & Controversies, 13th ed. (Los Angeles Mission College edition)**, **AND Diet Analysis+ Access Code**
- Post your Introduction
- Sign up for a vitamin or mineral team research topic
- Read Diet Analysis+ Student Guide Supplement (pgs. 1-26) at very beginning of Nutrition: Concepts & Controversies Textbook
- Track your Diet for 3 days (Textbook pg. 22 for further Instructions)
- Read Chapter 1 (pages 1-23), Nutrition: Concepts & Controversies
- Read *Food Choices & Human Health* Lecture and Powerpoint
- Watch the *What Influences Your Food Choices* Powerpoint
- Watch the *Marketing Influences Parents' Food Choices* video
- Complete and submit Diet Analysis+ Eating Healthier Lab
- Participate in the *Food Choices* discussion forum
- Take the *Food Choices* Quiz

Week 2 - **Week ends 9-8-13**

- Read Chapter 2 (pgs. 31-49) - Nutrition Tools: Standards and Guidelines
- Read *Nutrition Tools* Lecture and Powerpoint
- Read *Dietary Guidelines 2010*
- Watch *Whole Apple Greater than Sum* of its Parts video
- Complete and submit Diet Analysis+ Food Label 1 Lab
- Watch *A Handy Way to Estimate Portion Size* video
- Participate in *Food Servings* discussion forum
- Take the *Nutrition Tools* Quiz

Week 3 - **Week ends 9-15-13**

- Read Chapter 3 - The Remarkable Body
- Read *Remarkable Body* Lecture and Powerpoint
- Watch *Take a Look at the GI Tract* video
- Participate in *Do the Benefits Outweigh the Risks of Alcohol?* discussion forum
- Take the *Digestive System* Quiz

Week 4 - **Week ends 9-22-13**

- Read Chapter 1 (pages 24-30), Nutrition: Concepts & Controversies
- Read the *Critical Thinking* Lecture and the *Using Credible Resources and Websites* Powerpoint
- Watch the *How Do you Know if the Website you're Using is Credible* video.
- Contact your Research team and work together on your Presentation/Report
- Take the *Critical Thinking* Quiz

Week 5 - **Week ends 9-29-13**

- Read Chapter 4 - Carbohydrates: Sugar, Starch, Glycogen, and Fiber
- Read *Carbohydrate* Lecture and Powerpoint
- Complete and submit Diet Analysis+ Carbohydrate Lab
- Participate in *Carbohydrates: Are they Good or Bad for Us?* discussion forum
- Take the *Carbohydrate* Quiz

Week 6 - **Week ends 10-6-13**

- Read Chapter 5 - The Lipids: Fats, Oils, Phospholipds, and Sterols
- Read *Lipids* Lecture and Powerpoint
- Complete and submit Diet Analysis+ Lipids Lab
- Participate in *Good Fats and Bad Fats* discussion forum

- Take the *Lipids* Quiz

Week 7 - **Week ends 10-13-13**

- Read Chapter 6 - The Proteins and Amino Acids
- Read Protein Lecture and Powerpoint
- Complete and submit Diet Analysis+ Protein Lab
- Participate in *High Protein/Low Carbohydrate* discussion forum
- Take the *Protein* Quiz
- **Research Paper due**

Week 8 - **Week ends 10-20-13**

- Read Chapter 7 - The Vitamins
- Read Vitamins Lecture and Powerpoint
- Read Chapter 8 - Water and Minerals
- Read Minerals & Water Lecture and Powerpoint
- Take the *Vitamins and Minerals* Quiz

Week 9 - **Week ends 10-27-13**

- Read Controversy 7 - pages 269-275 and Dietary Supplements Powerpoint
- Participate in *Dietary Supplements* discussion forum
- Take the *Dietary Supplements* Quiz

Week 10 - **Week ends 11-3-13**

- Read Chapter 9 - Energy Balance and Healthy Body Weight
- Read *Energy Balance* Lecture and Powerpoint
- Participate in *Energy Balance and Healthy Weight* discussion forum
- Take the *Energy Balance* Quiz

Week 11 - **Week ends 11-10-13**

- Read Chapter 10 - Nutrients, Physical Activity, and the Body's Responses
- Read *Physical Fitness* Lecture and Powerpoint
- Participate in the *Ergogenic Aids* discussion forum
- Take the *Physical Fitness* Quiz

Week 12 - **Week ends 11-17-13**

- ***Diet Analysis Project*** **due**

Week 13 - **Week ends 11-24-13**

- Read Life Stages and Nutrition Lecture
- Participate in the Life Stages discussion forum
- Take the Life Stages and Nutrition Quiz

Week 14 - **Week ends 12-1-13**

- Read Chapter 11 - Diet and Health
- Read *Diet and Health* Lecture
- Participate in *Disease and Nutrition* discussion forum
- Take the *Diet and Health* Quiz

Week 15 - **Week ends 12-8-13**

- Read Chapter 12 - Food Safety and Food Technology
- Read *Food Safety* Lecture and Powerpoint
- Participate in *Foodborne Illness Related to our Food Supply* discussion forum
- Take the *Food Safety* Quiz

FINAL EXAM* - Week ends 12-14-13

- Final Exam
- Post your responses in the *Nutrition Application* discussion forum *

*** this is required in order to receive your grade**

This syllabus is subject to change. Students are responsible to download and print this syllabus and refer to it for course guidelines throughout the semester.

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updated: 8/22/13