L.A. MISSION COLLEGE FAMILY & CONSUMER STUDIES 21 – NUTRITION

Professor Jackie Berg, M.S.

Office Hours: Wednesday, 1:15-1:50-PM FALL, 2012 / Phone: 364-7600 ext. 4362 / EMAIL: bergj@lamission.edu

Class meets: Wednesday, 2:00-5:10PM, CAI 230, Ticket #0256

<u>Course Description</u>: 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.

Text:

- Nutrition: Concepts and Controversies, 12th Ed., Sizer and Whitney, 2011, ISBN#9781285252827. Textbook bundled with Diet Analysis Plus software.
- PINK PACKET of essential material for lectures, homework and assignments.
- Both Textbook and Packet can be purchased at LAMC Bookstore OR online.
- FOR CULINARY STUDENTS: Nutrition: Competency Guide, NRAEF, ISBN#13: 976-0-13-228386-1 with Scantron examination sheet.

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

- Interpret and utilize the My Plate standard nutrition tool in making healthier choices for a balanced diet plan and being able to analyze their diet plan with the Diet Analysis Plus software.
- Identify and understand how nutrients are utilized in the human body and how to choose the appropriate balance of these nutrients to reap the most benefit.
- Develop knowledge of food safety standards and how to implement them in home or business.

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 the My Plate guidelines. Evidence will be the ability to observe and draw reasonable inferences from the data collected, define problems, analyze the information, and provide strategies for solutions in a clearly written, well-organized paper.

2. Written and Oral Communication:

Students will be able to demonstrate the interactive nature of communication involving speaking, writing, listening and reading by working in small groups to research a specific assigned vitamin and/or mineral and then present this information to class. Evidence will be the student's ability to make a clear, well-organized verbal presentation including visual aids and to write a clear, well-organized summary of this information presented.

3. Global Awareness:

After completing this course in Nutrition, students will be able to demonstrate global awareness of nutrition, health, and environmental issues. Evidence will be the ability to analyze these issues from multiple perspectives, and to articulate an understanding of these interconnected local and global issues by formulating appropriate responses and possible solutions to these issues.

Methods of Evaluating Student Performance:

Grades will be based upon the accumulation of total points earned for the semester:

- 1. **Reading assignments.** You will be expected to read each chapter as set forth on the weekly schedule in preparation for classes and examinations.
- 2. Homework/ Quizzes. You will be given homework or quizzes (<u>found in your PINK PACKET</u>) to be completed each week. The homework quizzes are to be completed following each chapter lecture and turned in the following week. ALL HOMEWORK SHOULD BE TYPEWRITTEN OR LEGIBLY PRINTED.

- 3. **Vitamin-Mineral-Food Report.** You will be assigned a specific vitamin or mineral to present to the class during approximately week 9. You will give a **10-15 minute oral presentation using power point** explaining the assigned vitamin/mineral (see page 112 of pink packet for instructions). Each group member must complete the "Rate Your Group Members" (page 112-A) form. **DUE: 10/24/12.**
- 4. Examinations. There will be three exams (9/19,10/17,11/7) and a FINAL exam on: 12/12/12 at 3:00-5:00pm. You will need pencils, calculators, and TWO long Scantrons for exams. Cell phones may not be used as calculators during examinations.
- 5. **Student participation.** Tardiness, absence, and class participation will influence your grade for this course. A separate grade will be given for participation.
- 6. **Diet analysis assignment.** There will be an assignment utilizing the Diet Analysis Plus software whereby you will analyze your diet for 3 days. **DUE:** 10/10/12. . See p. 111-111-G-3 of your PINK PACKET for instructions and all forms to be completed.
- 7. Final Project. You will be assigned to a group and your group will research a chronic illness and how it relates to nutrition. See instructions for this project on page 113 and 113-A of your PINK PACKET. Each group member must complete the "Rate Your Group Members" form. The presentation will be DUE: 11/28/12.
- 8. **Credit** will be given on all assignments turned in timely. Points will be deducted on assignments turned in late. Late work will not be accepted without a valid excuse.
- 9. The last day to turn in any unfinished homework/assignments (other than Diet Analysis) will be 11/21/12. No work will be accepted after this date!

Grades will be given as follows:	Α	90-100%
_	В	80-89%
	С	70-79%
	D	60-69%
	F	50-59%

<u>Attendance:</u> Regular and prompt attendance at all classes is expected of all students. All work missed by reason of absence or tardiness, regardless of the cause, must be made up to the satisfaction of the instructor. Students with excessive absences or tardiness, at the instructor's discretion, will be dropped from this class. Always get the name of one of the student's in this class so that you will know what you have missed. It is your responsibility to drop a class if you are no longer attending the class.

Methods of Instruction: Lecture, discussion, videos, computer.

<u>Students with Special Needs:</u> If you have any health impairments that require regular medication, or any other disability that might affect your performance in class, and would like your instructor to make special accommodations, please call our campus Special Services Director, at 818-364-7734 as soon as possible. He will help you arrange special accommodations for your classes.

<u>Please Note:</u> CELL PHONES ARE NOT PERMITTED DURING CLASS. The course outline is a guide and may be modified/revised to enhance learning outcomes or by events outside the control of the instructor.

DIETARY SERVICE SUPERVISOR STUDENTS will be taught so that they can in turn be able to identify the location of applicable laws and regulations, determine compliance to regulatory requirements (state and federal), and determine acceptable standards of care in dietary services including, but not limited to California Code of Regulations, Title 22, Federal Code of Regulations, Business and Professions Code of Registered Dietitians and Dietetic Technicians Registered, and Food and Drug Administration Food Code and student's competency will be tested and graded..

Student's competency will be tested and evaluated by the instructor.

CULINARY STUDENTS: At the end of this course, all culinary students are required to take a scheduled Nutrition certification exam. Exam set for: TBA. You will need to bring the following items with you: (1) Scantron that came with the book: Nutrition Competency Guide, (2) No. 2 pencil(s), and (3) 1 self-addressed 10x12 envelope, stamped with 90 cents postage.

FINANACIAL AID:

If you need help paying for books and other college expenses, call the financial aid office at (323) 953-4000 extension 2025, isit in person in Instructional Bldg., or at http://www.lamission.edu/financialaid/



WEEKLY SCHEDULE

WEEK	(/ DATE	WEEKLY SCHEDULE CHAPTERS / ASSIGNMENTS
#1:	8/29/12	INTRO TO COURSE CHAPTER 1: Food Choices and Human Health
#2:	9/05/12	CHAPTER 2: Nutrition Tools: Standards and Guidelines Diet Analysis Demo
#3:	9/12/12	CHAPTER 3: The Remarkable Body ASSIGNMENT OF VITAMIN-MINERAL-FOOD REPORTS
#4:	9/19/12	EXAM #1: CHAPTERS 1-3 CHAPTER 4: The Carbohydrates: Sugar, Starch, Glycogen and Fiber
#5:	9/26/11	NO CLASS
#6:	10/03/12	CHAPTER 4 cont'd CHAPTER 5: The Lipids: Fats, Oils, Phospholipids, and Sterols ASSIGNMENT OF FINAL GROUP PROJECTS
#7:	10/10/12	CHAPTER 6: The Proteins and Amino Acids <u>DUE: DIET ANALYSIS ASSIGNMENT</u>
#8:	10/17/12	EXAM #2: CHAPTERS 4-6 VITAMIN & MINERAL OVERVIEW CHAPTER 9: Energy Balance and Healthy Body Weight
#9:	10/24/12	CH. 7& 8: Vitamins/MineralsSTUDENT PRESENTATIONS
#10:	10/31/12	CH. 7& 8: Vitamins/MineralsSTUDENT PRESENTATIONS
#11:	11/07/12	EXAM #3: CHAPTERS 7-9 (TAKE HOME EXAM) CHAPTER 10: Nutrients, Physical Activity, the Body's Responses
#12:	11/14/12	DUE: EXAM #3 - NO EXAMS ACCEPTED AFTER THIS DATE! CHAPTER 11: Diet and Health
#13:	11/21/12	CHAPTER 12: Food Safety and Food Technology LAST DAY TO TURN-IN MISSING ASSIGNMENTS
#14:	11/28/12	FINAL PROJECT: STUDENT PRESENTATION
#15:	12/05/12	REVIEW FOR FINAL
#16:	12/12/12	FINAL EXAM – 3:00-5:00 PM