

LOS ANGELES MISSION COLLEGE
FCS 21 Nutrition Thursday. 6:50-10:00 P.M. Spring '13

PROFESSOR: Fay Epps, MS VOICE MAIL: (818) 364-7600 x4351

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OFFICE HOURS: Thur 6:15 – 6:50 p.m. Culinary Arts Building Faculty Office Rm 218

TEXT: Nutrition Concepts and Controversies, 12th Ed” bySizer & Whitney plus Diet Analysis Plus 8.0.1 software (also available in LRC).

ALSO REQUIRED: “Course Lecture Notes” (For my Class)

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. The interrelationships of nutrients are evaluated for promotion of optimum health.

Course Objectives:

As a result of completing this course, the student will be able to:

1. Demonstrate understanding of the different roles the essential nutrients have in the maintenance of the body’s health and identify foods rich in each of the essential nutrients.
2. Discuss the ways in which dietary choices affects an individual’s health and develop strategies that can be used to reduce the risks associated with the major chronic diseases.
3. Assess the best method of planning a diet that meets an individual’s nutritional needs and is consistent with the Dietary Guidelines.

Student Learning Outcomes:

1. Problem Solving and Written Communication

After completing a 5-day food diary, students will be able to demonstrate the ability to solve problems by evaluating their food intake compared to the USDA Food Guide and the Dietary Reference Intakes. 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.

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 an assigned vitamin/mineral group and then present this information to the 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 the 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 demonstrate an understanding of these interconnected local and global issues by formulating appropriate responses and possible solutions to these issues.

CLASS OUTLINE:

<u>DATE:</u>	<u>CHAPTER</u>	<u>TOPIC:</u>
2/7		Introduction
2/14	1	Food Choices & Human Health
2/21	2	Nutrition Tools
2/28		Diet Analysis Instructions
3/7	4	The Carbohydrates
3/14	5	The Lipids
3/21	6	The Proteins
3/28		NO SCHOOL
4/4		NO SCHOOL
4/11	7,8	Vitamins, Water & Minerals
4/18	7,8	Presentations
4/25	7,8	Presentations
5/2	9	Energy Balance & Healthy Weight
5/9	10	Physical Activity (Diet Project Due)
5/16	11	Diet and Health
5/23	12	Diet and Health (cont)
5/30		FINAL EXAM (8-10 pm)

PLEASE NOTE: THE COURSE OUTLINE IS A GUIDE AND MAY BE MODIFIED/REVISED TO ENHANCE LEARNING OUTCOMES OR BY EVENTS OUTSIDE THE CONTROL OF THE INSTRUCTOR.

Grades will be based upon the accumulation of total points for this course:

1. **Reading Assignments** – you are expected to read each chapter
2. **Quizzes** – can include info from lecture and chapter reading assignments
3. **Student Participation** – tardiness, absences, and class participation will affect grade
4. **Diet Analysis Assignment** – requires use of a computer (**DUE 5/9**)
5. **Late Assignments** – points will be deducted on assignments turned in late
6. **Extra Credit** – will be explained in class

Points will be given as follows:

Homework	50 points	A	90 – 100%
Presentation	50	B	80 – 89%
Diet Analysis	100	C	70 – 79%
Final	100	D	55 – 69%
Quizzes.	<u>50</u>	F	below 55%
Total Points	350		

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.

Students with Special Needs: If you have any health impairments or any other disability that might affect your performance in class, please call our campus Special Services Director in the DSPS office at (818) 364-7732 as soon as possible and let your instructors know as well. Special accommodations for your classes may be available.

Here are some additional resources on campus:

- **LAMC Bookstore:** For hours of operation, book availability, buybacks, and other information call 818-364-7798 or 364-7768 or visit:
<http://www.lamissionbookstore.com/>
- **Counseling Department:** For appointments and information call 818-364-7655 or visit <http://www.lamission.edu/counseling/>
- **Disabled Students Programs and Services:** For appointments and information call 818-364-7732 or visit <http://www.lamission.edu/dsps/>
- **Extended Opportunity Programs and Services:** For appointments and information call 818-364-7645 or visit <http://www.lamission.edu/eops/>
- **Financial Aid:** For information and applications call 818-364-7648 or visit <http://www.lamission.edu/financialaid/>
- **Library:** For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or <http://www.lamission.edu/library/>
- **Tutoring Services in Learning Center:** Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit