Los Angeles Mission College Family & Consumer Studies FAM&CS 26 – Modified Diets

Pre-requisites: FCS 21 – Nutrition & Fam&CS 50/FS Mgmt 50

Mon. 6:50 PM - 10:00 PM

Spring 2014

Section # 3253

**Instructor**: Malati Singh Office Hour: 6:15 - 6:50 pmEmail: singhm@lamission.edu

Location: CAI Building

Voice Mail: 818-364-7600 x4361 **Room**: 218

**Text:** Simplified Diet Manual, 11<sup>th</sup> Edition, Andrea K. Maher. R.D., L.D. (Editor)

• ISBN: 978-0-8138-1196-3

- Reference (Suggested): Nutrition Concepts and Controversies, 13<sup>th</sup> Edition, Sizer/ Whitney.
- **Course Description:** This course focuses on the dietary needs of individuals with a variety of medical conditions. Current concepts of diet modifications related to health are explored with emphasis on those diets frequently used in health care institutions. This course is required for Dietary Services Supervisor (DSS) Certification Program
- **Course Objectives:** As a result of completing this course, the student will be able to:
  - 1. Summarize the role and limitations of Dietary Service Supervisors.
  - 2. Select the major foods, characteristics and rationale of commonly used therapeutic diets.
  - 3. Design menus, keeping in mind food preferences as well as feeding disabilities, to meet the therapeutic needs of patients of various disease states.

# > Student Learning Outcomes:

- 1. Identify the nutrients necessary for a normal diet, explain how the body utilizes these nutrients, and differentiate them from therapeutic diets.
- 2. Describe how illness affects nutritional status and classify those conditions which need dietary modifications.
- 3. Design diets for patients with specific disease states.
- 4. Describe how health care facilities process therapeutic menus, communicate diets and identify those at nutrition risk.

### **▶** Institutional Learning Outcomes:

- 1. Information Competency
- 2. Problem Solving
- 3. Oral Communication

## **Course Requirements:**

- 1. Class Work  $\rightarrow$  40%
- 2. 4 Quizzes/Tests  $\rightarrow$  20%
- 3. Diet modifications (2)  $\rightarrow$  20%
- 4. Field Study Paper → 10%
- 5. Final Exam  $\rightarrow$  10%

## $\triangleright$ Grading: Total Points $\rightarrow$ 500

	Activity	Description	Points	Type of Work
1.	Class work (SLOs 1,2,3,4)	In class discussions & written work	200	Group/Individual
2.	Quizzes/Tests (4) (SLOs 1,2,3,4)	In Class	100	Individual
3.	Diet Modifications (2) (SLO 3)	Therapeutic diets	100	Groups
4.	Field Study Paper (SLO 4)	Interview	50	Individual
5.	Final Exam	Comprehensive	50	Individual

### **Final Grades**:

A  $\rightarrow$  450 and above B  $\rightarrow$  400 – 449 points C  $\rightarrow$  350 – 399 points

 $D \rightarrow 275 - 349 \text{ points}$  F  $\rightarrow$  Less than 275 points

### Disability Accommodation Statement

Students with a verified disability who may need reasonable accommodation(s) for this class are encouraged to notify me and contact the DSPS Office or the Office for Special Services as soon as possible. All information will remain confidential.

### District Academic Dishonesty Policy

Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade.

#### **Class Policies:**

- All class assignments and exams are mandatory. No substitutions will be made.
- Class participation is crucial to our overall grade.
- All assignments must be turned in by the due date.
- Tardiness and absences will lower your points.
- Tardiness will not be recorded in the positive attendance roster.
- If you miss a class, refer to the course schedule and/Etudes. You may see me during my office hour. I will be happy to help you.
- A medical certificate is required for absences due to medical reasons.
- Use only LACCD.edu for e-mails (not Gmail or Yahoo or any other).
- Cell phone usage and texting are not allowed during class time.
- Please refrain from talking with one another, and walking in and out of the classroom during class lecture, activities and presentations. They distract!
- For your comfort and convenience, a break will be provided at about half-time.

- **Teaching Philosophy**: Student-centered teaching and collaborative learning
- ➤ Course Format: Lecture, PowerPoint presentations, group discussions. Textbook is followed closely. Internet resources are used, as necessary. Guidelines are provided for the assignments. Etudes course management system will be used to enhance the teaching-learning experience.

## **Course Schedule**

Week/ Date	Topics	Reading Assignments for Class Work & Other Due Dates	Quizzes
1. Feb. 10	Syllabus; Introduction; Guidelines for Diet Planning	Ch. 1; Get Textbook	
2. Feb. 17	President's Day – College Closed		
3. Feb. 24	General Diet; Nutrition for the Life Span,	Ch. 2; Get Textbook	
4. Mar. 03	Diets for Pregnancy, Lactation, Children & Older	Ch. 2; Class Work	
	Adults		
5. Mar. 10	Diets for Weight Management	Ch. 5; Class Work	Quiz 1
6. Mar.17	Liquid Diet and Modifications,	Ch. 3; 4 Class Work	
	Consistency altered diets		
7. Mar. 24	Diets for Diabetes – Consistent Carbohydrate Diet	Ch. 6; Class Work	Quiz 2
8. Mar. 31	Cesar Chavez Day – College Closed		
9. Apr. 07	SPRING BREAK		
10. Apr. 14	Fat Restricted Diets – Heart Healthy Diet	Ch. 7; Class Work; Field Study Paper	Due
11. Apr. 21	Sodium Restricted Diets	Ch. 8; Class Work	Quiz 3
12. Apr. 28	Diets for Renal and Liver Disease	Ch. 9; Class Work	
13. May 05	Fiber Modified Diets	Ch. 10; Class Work	
14. May 12	Other Modified Diets	Ch. 11; Class Work	Quiz 4
15. May 19	Therapeutic Diets – Presentations	Therapeutic Diets Report	Due
16. May 26	Memorial Day - College Closed		
17. June 02	Dining Assistance/ Special Needs	Ch. 12; Class Work	
18. June 09	Final Exam → 8:00 – 10:00 PM		Final

- **Please Note**: If necessary, this schedule may be modified due to unexpected circumstances.
- ➤ If you are unable to complete the course, it is your responsibility to drop/withdraw by the set dates. Last date to withdraw without "W"  $\rightarrow$  Feb. 23<sup>rd</sup>; With"W"  $\rightarrow$  May 11<sup>th</sup>.
- ➤ The prerequisite for FCS 26 is FCS 21 Nutrition. Students are expected to have sound knowledge of the Course content of FCS 21
- > If you have any questions and/or concerns, please see me during my office hour.

- Class work, Quizzes/Tests, Assignments & Final Exam & Student Learning Outcomes (SLOs)
- A. Class work  $\rightarrow$  Total 200 points; 10 activities of 20 points each.
  - Activities involve individual work and group work. Class work is done is class.
  - Class work cannot be substituted if you miss a class.
- B. Quizzes/Tests  $\rightarrow$  Total 100 points; Fours quizzes/Tests of 25 points each.
  - Quizzes/Tests will be based on Chapter Content and they will relate to the 4 SLOs.
    - 1. Mar.  $10^{th}$ .  $\Rightarrow$  Quiz/test 1 Topics  $\Rightarrow$  Chapters 1 & 2;
    - 2. Mar. 24<sup>th</sup>. → Ouiz/test 2 Topics → Chapters 3, 4 & 5:
    - 3. Apr. 28<sup>th</sup>. → Quiz/test 3 Topics → Chapters 6,7 & 8;
    - 4. May  $12^{th}$ .  $\rightarrow$  Quiz/test 4 Topics  $\rightarrow$  Chapters 9, 10, 11;
- C. Assignments: Total 150 points; Guidelines will be provided. SLOs# 3 & 4
  - Diet Modifications (2)  $\rightarrow$  50 points each;
    - **o** Therapeutic Diets Presentations
  - Field Study Paper  $\rightarrow$  50 points; Interview.
- D. Final Exam: Total Points →50; Exam Topics will be announced.