

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

PROFESSOR JACKIE BERG, M.S. **Office Hours: Wednesday, 1:00-1:30-PM; CAI #218**
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Class meets: Wednesday, 1:50-5:00PM, CAI 230, Ticket #3806

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.

Text:

- **Nutrition: Concepts and Controversies**, 13th Ed.,Sizer and Whitney, 2013, ISBN# 978-1-285-89666-3. 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.

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, mineral or food report 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 (*found in your PINK PACKET*) 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. (10 points each chapter)**

3. **Vitamin-Mineral-Food Report.** You will be assigned a specific vitamin, mineral, or food report to present to the class during approximately week 11. You will give a **10-15 minute oral presentation using power point** explaining the assigned vitamin/mineral/food topic (see pg.157-158 of PINK PACKET for instructions). Each group member must complete the **“Rate Your Group Members”** (pg 158) form. **DUE: 4/23/14. (50points)**
4. **Examinations.** There will be **three exams (3/5, 4/16, 4/30)** and a **FINAL exam on: 6/4/14 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: 4/2/14. See p. 149-156 of your PINK PACKET for instructions and all forms to be completed. (100 points)**
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 159-160 of your PINK PACKET. Each group member must complete the **“Rate Your Group Members”** form. The presentation will be **DUE: 5/21. (100 points)**
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 chapter quiz homework assignments will be: 5/14/14. No late work will be accepted after this date!**

Grades will be given as follows:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	50-59%

Attendance: 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 a student in this class so that you will know what you have missed if you are absent. It is **your responsibility** to drop a class if you are no longer attending the class. If you don’t drop the class, you will receive an “F”.

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

Students with Special Needs: 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 818-364-7732 as soon as possible. They will help you arrange special accommodations for your classes.

Please Note: **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.

CULINARY STUDENTS: At the end of this course, all culinary students are required to take a scheduled Nutrition certification exam. The text is: Management First Nutrition: Competency Guide, NRAEF, ISBN #978-0-13-507212-7, with Scantron examination sheet. **This exam is open to any student. 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 (818) 364-7648, or at <http://www.lamission.edu/financialaid/>



WEEKLY SCHEDULE

WEEK / DATE	CHAPTERS / ASSIGNMENTS
#1: 2/12/14	INTRO TO COURSE CHAPTER 1: Food Choices and Human Health
#2: 2/19/14	CHAPTER 1 Diet Analysis Demo
#3: 2/26/14	CHAPTER 2: Nutrition Tools: Standards and Guidelines
#4: 3/5/14	CHAPTER 3: The Remarkable Body <u>ASSIGNMENT OF VITAMIN-MINERAL-FOOD REPORTS</u>
#5: 3/12/14	<u>EXAM #1: CHAPTERS 1-3</u> VIDEO: DIET FOR NEW AMERICA
#6: 3/19/14	CHAPTER 4: The Carbohydrates: Sugar, Starch, Glycogen and Fiber
#7: 3/26/14	CHAPTER 5: The Lipids: Fats, Oils, Phospholipids, and Sterols
#8: 4/2/14	CHAPTER 6: The Proteins and Amino Acids CHAPTER 9: Energy Balance and Healthy Body Weight <u>ASSIGNMENT OF FINAL GROUP PROJECTS</u> <u>DUE: DIET ANALYSIS ASSIGNMENT</u>
#9: 4/9/14	<u>SPRING BREAK (4/7-4/13)</u>
#10: 4/16/14	<u>EXAM #2: CHAPTERS 4-6</u> VIDEO: FORK OVER KNIVES
#11: 4/23/14	CH. 7& 8: Vitamins/Minerals --STUDENT PRESENTATIONS
#12: 4/30/14	CH. 7& 8: Vitamins/Minerals --STUDENT PRESENTATION <u>EXAM #3: CHAPTERS 7-9 (TAKE HOME EXAM)</u>
#13: 5/7/14	CHAPTER 10: Nutrients, Physical Activity, the Body's Responses <u>DUE: EXAM #3 - NO EXAMS ACCEPTED AFTER THIS DATE!</u>
#14: 5/14/14	CHAPTER 11: Diet and Health CHAPTER 12: Food Safety and Food Technology <u>LAST DAY TO TURN-IN MISSING CHAPTER QUIZ ASSIGNMENTS</u>
#15: 5/21/14	FINAL PROJECT: STUDENT PRESENTATION
#16: 5/28/14	REVIEW FOR FINAL
#17: 6/4/14	FINAL EXAM – 3:00-5:00 PM

SPECIAL ACCOMMODATIONS

If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.

COLLEGE RESOURCES FOR LAMC STUDENTS

Admissions and Records: Students can register for classes, request transcripts, file petitions for graduation, and drop classes at this office. For more information call 818-833-3322 or visit: <http://www.lamission.edu/admissions/>

Assessment Center: Offers student assessments in English, English-as-a-Second-Language (ESL) and Mathematics. Please contact the Assessment Center at (818) 364-7613 for more information or visit <http://www.lamission.edu/assessment/>

Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7767 or 7768 or visit <http://eagleslanding.lamission.edu/default.asp>

Counseling Department: For appointments and information call 818-364-7655 or visit <http://www.lamission.edu/counseling/>

Disabled Students Programs and Services (DSP&S): For appointments, eligibility and information call 818-364-7732 or visit <http://www.lamission.edu/dsps/>

Extended Opportunity Programs and Services (EOP&S): For appointments, eligibility 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 hours, resources, workshops, and other services contact 818-364-7106 or visit <http://www.lamission.edu/library/>

STEM Office: For information on free tutoring, resources and academic counseling for STEM (Science, Technology, Engineering, and Technology) students visit: <http://www.lamission.edu/stem>

Tutoring Services in Learning Center: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter/

Three Attempt Limit

A new state policy in effect as of 2012 limits students to **three attempts per course**. Receiving a grade or a "W" for a course counts as an attempt, **regardless of when the course was taken**. Withdrawal by the deadline to avoid a "W" will not count as an attempt. For Spring 2014 the deadline to avoid a "W" is Sunday, February 23rd.