

# Nutrition 10 Online: Fall 2024



## INSTRUCTOR

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Online Office hours: Tuesday 12:00 noon – 1:00 pm

## COURSE DESCRIPTION

Physiological, psychological and practical aspects of obtaining a healthy diet. Relationship of nutrients to health and wellbeing. Evaluation of current nutritional issues and controversies.

## PREREQUISITES

English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Mathematics 200 are advised. It is expected that you can do simple math problems, including those that use percentages and ratios.

## STUDENT LEARNING OBJECTIVES

- Evaluate a meal plan or a diet for meeting the criteria of a “Healthy Diet”
- Evaluate nutrition claims about a dietary supplement, food, or diet for accuracy and health-enhancing potential.

## REQUIRED MATERIALS

- Textbook: *Discovering Nutrition* by Insel, Ross, McMahon, and Bernstein, 6<sup>th</sup> edition, 2018.
- Textbook: *Secrets of Feeding a Healthy Family* by Ellyn Satter, 2<sup>nd</sup> edition, 2008.
  - Available at the Santa Clara County Public Libraries.
  - A free sample is available online through Google Play. This sample is enough to complete your assignment.
- Access to the Internet.

## CLASS COMMUNICATION

- I will be using Canvas to make weekly announcements and distribute course materials. It is your responsibility to check frequently.
- I am available through Canvas messages and by email. I do check email and messages often, but do not expect an immediate response. During office hours I will be available for zoom meetings and to respond to messages and email quickly. I am also available for zoom meetings at other times if needed. If your question is of general interest I may respond to the whole class through Canvas.
- Set Canvas notifications so that you will receive notice of Canvas Announcements.

## STUDENTS WITH DISABILITIES

- All accommodations for students with disabilities will be handled through Disability Support Services.  
<http://www.deanza.edu/dss/>

## ASSIGNMENTS

- Assignments include chapter activities, a Diet Analysis assignments, and the You and Your Eating assignment. Specific instructions and due dates for the activities and assignments can be found on Canvas.
- **Late assignments and activities** will be accepted up to one week after the due date with a 5% penalty for each day late. To be fair to all students, the late penalty will apply to all unfortunate and unpredictable circumstances.

## EXAMS

- There are six exams during the quarter. The first 5 exams are chapter exams that cover material from 2-4 chapters each. The last exam (#6) is a comprehensive exam that includes material from the entire quarter.
- Exams 1-5 will **be available for 24 hours**. The final exam (exam 6) will be available for multiple days of finals week. Check Canvas for availability dates and due dates.
- **Exams are timed**. Check the number of questions and the time allowed so that you can pace yourself appropriately. Each exam is less than one hour with the time allowed depending on the number of questions.
- You may **not retake the exams**, so be prepared, allow yourself enough time, and make sure that you have a reliable internet connection. There are **no late exams**.
- Exam questions are primarily multiple choice, matching, or True/False. Questions are drawn from a series of questions I have written so you will not have the same exam as your classmates.
- Exams are open book. You may refer to your text and other course materials, but remember that time is limited. Even though the exam is open book, it is expected that you **do your own work**. **Sharing questions or answers is cheating**.
- Each exam emphasizes the new material but builds on material in previous exams.
- **I will include your highest 5 exams scores in your final grade and drop your lowest exam score. If you miss an exam for any reason, that will be the score that is dropped.** If you miss more than one exam for any reason, one missed exam will be dropped and you will earn 0 points for the other missed exam(s).

## EXTRA CREDIT

Extra credit is not available in this section of Nutrition 10.

## LETTER GRADES

These letter grade cut offs are approximate.

At any time you can access Canvas to see your scores for exams and assignments.

|                      |          |          |           |
|----------------------|----------|----------|-----------|
| A = 93-100% of total | B = 83%  | C = 70%  | D- = 60%  |
| A- = 90%             | B- = 80% | D+ = 67% | F = < 60% |
| B+ = 87%             | C+ = 77% | D = 63%  |           |

## CLASS PARTICIPATION

- Attending class is essential for doing well in both face-to-face and online classes. Even though we do not meet together, you will need to regularly participate in order to learn most effectively. It is essential that you read and study regularly and keep up with the activities and assignments. The flexibility of online classes can make it challenging to set aside time to do the work. Treat this class like a face-to-face class and set aside time each week to complete your work.
- There are no on-campus class meetings or exams.
- All students must complete the introduction and online orientation. If you do not complete the introduction and orientation activities by the first Friday of the quarter I will drop you from the course for nonparticipation.
- If you wish to drop this class, it is *your* responsibility to do so. Not doing so may result in your receiving an "F" grade. Be aware of the last day to drop with a "W".

## CLASS CONDUCT

- In this class you will be interacting with other students online. Remember to be respectful of the ideas and opinions of others and keep all conversations G-rated.
- Inappropriate comments or responses will be blocked and not receive credit.

## ACADEMIC INTEGRITY

- It is a violation of the Academic Honor Code for you to represent someone else's work as your own. This includes **copying in part or whole someone else's exam or assignment** and using any unauthorized materials or equipment during exams. Any appearance of cheating is considered cheating. **AI generated responses are not your own work.**
- While the learning that comes with studying together is valuable, homework assignments that you submit must be entirely your own work. It is also a serious violation for you to assist other students in dishonest behavior such as sharing your work or allowing them to copy your work.
- **Sharing exam questions or answers and working together on exams is cheating.**
- **Posting class materials**, including activities, assignments, exams, and supplementary materials, to outside websites violates copyright. It could also be a violation of the academic honor code.
- See the Student Handbook for more information. <http://www.deanza.edu/studenthandbook/>

## STUDENT SUCCESS CENTER

The Student Success Center offers free tutoring for many De Anza classes.

Visit <http://www.deanza.edu/studentsuccess> for hours and information about online workshops and tutoring.

## UNFAMILIAR FOODS

If you don't know what any food is that is mentioned in Nutr 10, it is your responsibility to find out. The exams assume a basic knowledge of foods commonly eaten in the US.

## KNOW THESE UNIT EQUIVALENTS AND BE ABLE TO USE THEM

Measurements of weight:

- 1 ounce (oz) = 28.35 g
- 16 oz = 1 pound (lb)
- 2.2 lb = 1 kilogram (kg)
- 1 kg = 1000 g
- 1 g = 1000 milligrams (mg) = 1,000,000 micrograms ( $\mu\text{g}$  or mcg)

Measurements of volume:

- 3 teaspoons (tsp, or t) = 1 tablespoon (Tbsp, or T)
- 4 tablespoons =  $\frac{1}{4}$  cup
- 1 cup (c) = 8 fluid ounces (oz). This applies only to measuring the volume of liquids. For solid foods the volume (cups) per ounce (weight) depends on the density of the food.
- 4 c = 1 quart (qt)



## SUMMARY OF GRADES

| CATEGORY   | POINTS POSSIBLE      |
|--|----------------------|
| Introduction & Orientation   | 10                   |
| Chapter activities: <ul style="list-style-type: none"> <li>• 13 chapters, multiple activities per chapter.</li> <li>• Point totals can vary each quarter.</li> </ul> | Approximately<br>170 |
| Discussions: <ul style="list-style-type: none"> <li>• 10 points each</li> </ul>  | 20                   |
| You and Your Eating assignment   | 25                   |
| Diet Analysis Assignment: <ul style="list-style-type: none"> <li>• 3 parts for a total of 75 points</li> </ul>   | 75                   |
| Exams: 5 x 75 points each <ul style="list-style-type: none"> <li>• 5 chapter exams</li> <li>• 1 comprehensive final exam</li> <li>• Drop the lowest score</li> </ul> | 375                  |
| Extra credit - none  | X                    |
| TOTAL <ul style="list-style-type: none"> <li>• This number may change depending on the class activities and discussions during the quarter.</li> </ul>               | 675                  |

## TOPICS

|         |   |
|---------|---|
| Week 1  | Food choices, Nutrients                                   |
| Week 2  | Nutrition guidelines                                      |
| Week 3  | The human body  |
| Week 4  | Carbohydrates, Diabetes, Alcohol                          |
| Week 5  | Lipids, Heart disease                                     |
| Week 6  | Protein   |
| Week 7  | Vitamins  |
| Week 8  | Water and minerals  |
| Week 9  | Metabolism, Energy balance, Body weight                   |
| Week 10 | Sports nutrition, Cancer                                  |
| Week 11 | Maternal and infant nutrition, Food safety and technology |
| Week 12 | Exams   |

This schedule is subject to change. Check Canvas for exam and activity due dates.