Modesto Junior College
Food and Nutrition 219
Spring 2010

Instructor: Sally Gerling, MS, RD, CDE

Contact Info: The best way to reach me is through email. I check email at least twice daily and will respond within 24 hours.

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Dates/Times: Wednesdays (Section 1717) 6:30 PM – 9:35 PM
Thursdays (Section 1488) 6:30 PM – 9:35 PM

Location: Muir 262

Course Description: This course is an introduction to the science of human nutrition and its application to optimal health. The roles and functions of essential nutrients on health and fitness will be examined throughout the lifecycle. This course will also examine and critically analyze topical nutrition issues and claims for validity and application. The causes and consequences of food insufficiency and excesses both in the US and globally will be explored. A computerized dietary analysis assessment will be performed based on the Dietary Guidelines for Americans.

Prerequisites: None. Completion and/or concurrent enrollment in a laboratory chemistry class is advised.

Units: Three. This course is applicable to the Associate Degree at Modesto Junior College and is transferable to CSU and UC.

Course Goals: Upon completion of this class, the student will be able to identify food nutrients and analyze the utilization and requirements of such in relation to health and activity throughout the lifecycle. Students will also improve the nutritional quality of their diet.

Course Objectives:

1) Compare and contrast diet planning principles, tools, and guidelines to promote health and prevent chronic disease.
2) Identify and analyze sources and functions of macro and micro nutrients in the body.
3) Explain digestion, absorption and metabolism of nutrients.
4) Critically analyze nutrition claims.
5) Explain the influence of nutrition on human performance.
6) Identify and compare the changing nutritional needs during the life cycle
7) Evaluate personal dietary intake for nutritional adequacy and design an individualized plan to meet nutrient requirements.
8) Demonstrate individual food handling/safety practices and name industry regulations to insure the safety of the food supply.
9) Identify contributing factors and possible solutions to global hunger and undernutrition

Student Learning Outcomes: At the completion of the course, the student will be able to:

1. **Identify the various nutrients, their food sources, and functions in the body including potential problems related to nutrient deficiencies or toxicities.**
   Assessment: Students will demonstrate knowledge of food nutrients, sources and functions through examination and participation in games.

   Students will utilize the website www.freerice.com to increase understanding of the global impact of food insecurity and insufficiency

2. **Describe the principles of digestion, absorption and metabolism of nutrients**
   Assessment: Students will demonstrate understanding through examination.

   Students will demonstrate knowledge of digestions, absorption, and metabolism through participation in small group activities

3. **Evaluate personal dietary intake for nutritional adequacy using diet analysis software**
   Assessment: In a written report, students will analyze personal dietary intake for nutritional adequacy and apply diet planning principles and guidelines to promote health and prevent chronic disease. As part of this report, students will develop a plan to improve the nutritional quality of their diet.

4. **Identify and select appropriate foods for healthy diets and human performance throughout the lifecycle**
   Assessment: Analyze nutrition claims through class discussions regarding nutrient claims of selected food products and dietary supplements.

   Students will evaluate the impact, effect and potential side effects of selected nutrition and ergogenic aids on performance and health

   Students will demonstrate understanding through examination

5. **Demonstrate individual food handling practices and name industry regulations that insure the safety of the food supply**
   Assessment: Students will complete home food safety evaluation to identify potential risks of food borne illness/infections.

   Students will participate in class discussions/games regarding causes, consequences and prevention of recent food borne outbreaks/illnesses

   Students will critique the films "Ripe for Change" and/or "Food, Inc" and develop an individual goal to minimize the incidence of food borne illness and improve overall nutritional adequacy of their diet.

Class Format: The majority of class will be lecture and discussion. Case studies, videos, games, small group work will be utilized relating to specific course content.

Text: Whitney and Rolfes. Understanding Nutrition. 11th Ed. Thomson Learning, Inc., 2008.
ISBN-10: 0495116696; ISBN-13: 9780495116691
Diet Analysis +, Version 8.01

Resources: Wadsworth Cengage Learning. Whitney and Rolfes Companion Site: Understanding Nutrition. www.cengage.com/highered.
Rinzler, Carol A. Nutrition for Dummies. 4th Ed. Hungry Minds. Inc, 2006.
Food Guide Pyramid. United States Department of Agriculture. www.mypyramid.gov
Smart Nutrition 101. United States Department of Agriculture. www.nutrition.gov
Medline Plus: Evaluating Internet Health Information.
http://www.nlm.nih.gov/medlineplus/webeval/webeval.html

Assessment:

Exams and Written Papers

Exam Policy
Exams will cover material in textbook, lectures, discussions and class activities.
Exams will consists of multiple choice and short answer/essay questions. You will need to bring a Scantron
and a No. 2 pencil to complete the multiple choice section of the exam.

Seven exams will be given including the final; the lowest exam grade will be dropped by the instructor. As one exam will be dropped, there will be no make up exams except in the case of emergencies/severe illnesses in which case documentation will be required. One missed exam due to illness or unexpected circumstances will be dropped similar to the lowest grade.

Written Papers
Written papers must address all questions asked on the assignment. All papers must be typed, double spaced, and properly referenced using the MLA format. If assistance is needed, please refer to the listed resources. Do not wait until the last minute to get started.

From time to time, you will be asked to complete an anonymous, non-graded assessment on a specific topic. This feedback is for ***both*** the student and the instructor to help improve understanding and comprehension of material covered in the course. My goal is for you to succeed. Please provide constructive feedback when participating in these types of assessments.

Grading:

Exams (7 including the final) 50 points each*	300 points
Individual Diet Analysis/Activity Plan	100 points
Total	400 points

360-400	A
320-359	B
280-319	C
240-279	D
<240	F

*Lowest score will be dropped
Grading Rubrics will be attached for each writing assignment
** See grading rubric

Class Policies:

Enrollment:

All students must be registered in the class. Refer to the MJC Schedule of Classes for policy and critical dates. It is the responsibility of the student to add or drop the class.

Communication:

Due to various schedules, email is the easiest mode of communication. All students need to a MJC email account. Make sure your email is correctly recorded on the first day of class sign in sheet.

Attendance/Participation:

Regular attendance and participation in activities will enrich student learning and better outcomes will be achieved (i.e. usually a better grade☺). Emergencies and illness do happen from time to time. Please inform the instructor via email if you are unable to attend a class. Students are responsible for all information, notes, handouts, announcements, etc necessary to complete this course.

Books and Weekly Course Topic Outlines:

Bring your book to each class as we will be referring to specific tables, graphs, pictures in it throughout the semester. Chapter outlines will be posted prior to each class on the department website. If the outline is not posted prior to the class session, the instructor will provide each student with an outline.

Assignments and Exams:

All assignments must be completed and submitted by the due date or earlier if desired. As one exam may be dropped, make-up exams will ***only*** be allowed for extenuating circumstances which must be cleared with the instructor. Depending on the circumstance, official documentation may be required.

Exams will consist of multiple choice, short answer, and essay questions. The final exam is comprehensive.

Written papers should be typed, double spaced, and properly referenced using MLA format. You do not need to put your papers in folders. However, please make sure all papers are stapled to make sure no page gets lost. Papers must be submitted on, or before, the due date at the beginning of class. Ten points per day will be deducted for late papers.

Extra Credit

Since one exam is dropped, there will be no official extra credit assignments. Occasionally, extra credit will be granted through participation in in-class activities.

Cell Phone/Pagers

Cell phone use is disruptive to all and is prohibited while class is in session. Students observed texting and/or receiving calls in class will be asked to leave. Break time may be utilized to place or return calls as needed.

Additional Information:

Special Needs:

In accordance with the American Disabilities Act, the instructor shall be notified at the first class session of any accommodations necessary for any individual to successfully this course.

Additional Services

The Library, Learning Center, Computer Labs, Tutoring Center, and Writing Center are all available to help students succeed. Please ask for a student who has either taken Nutrition 219 and/or has completed biology chemistry classes when using the Tutoring Center.

Academic Integrity Statement: Violations of academic integrity include, but are not limited to, cheating, plagiarism, or misrepresentation of information in oral or written form. Any form of academic integrity will be reported. Please refer to the MJC Student Code of Content for specific details.

Gerling's Guide to Success.

1. This is your class. The more you put into it, the more you'll get out of it.
2. This is a Nutrition class. Consuming a healthy balanced diet will provide you with the nutrients to think clearly. If possible, eat dinner before class. If you bring food to class, bring healthy foods. We will have breaks for you to consume your food.
3. Be open minded. Nutrition is a life science and is constantly evolving. It is also a field full of preconceptions/misconceptions. This class will help you separate fact from fiction.
4. Read the syllabus. Record important dates on your calendar, planner, phone, etc. Turn assignments in on time.
5. Come to all classes. Your attendance or lack thereof, is noted. Regular attendance really does help to improve grades. Notify the instructor if you will be absent.
6. Read the text before class to have a basic understanding of terms and concepts that will be discussed.
   You may or may not understand the material. That's OK, you're here to learn. Record your questions and bring them to class for clarification.
7. Participate in class discussions. Participation will increase and broaden your understanding.
8. Pace your writting assignments. Procrastination generally results in sloppy work.
9. Take advantage of tutoring services, other students, the library, the instructor if you need help. Don't wait until the last minute.
10. Set aside adequate time for studying. A general guide is to study three hours outside of class for every hour spent in class. That would correspond to approximately nine hours of studying per week.

Food and Nutrition 219 Course Schedule

Date		Chapters	Topic	Activities	Assignment and/or Exam
W	**Th**				
1/13	1/14	1	Course Overview An Overview of Nutrition	"Time for Change" Diet Questionnaire	
1/20	1/21	2	Planning a Healthy Diet Dietary Guidelines		
1/27	1/28	4	Carbohydrates	Demonstration/Discussion "Hidden Sugars in Your Diet Healthy or Harmful?"	Exam 1 (Chpts 1 and 2)
2/3	2/4	6	Proteins	Individual Protein Assessment	***Typed Food Logs Due***
2/10	2/11	5	Lipids	Individual Fat Assessment "What Foods Do Your Eat?"	
2/17	2/18	10,11	Vitamins	Video: "Vitamins" Game: Vitamin Jeopardy	Exam 2 (Chpts 4, 5, 6)
2/24	2/25	12, 13	Minerals	Game: Mineral Jeopardy	***Computer Printouts Due***
3/3	3/4	3, 7	Digestion Metabolism	Small Group Activity/Discussion "How a Peanut Butter Sandwich Becomes You – Part 1"	Exam 3 (Chpts 10-13)
3/10	3/11	7, 8	Metabolism (con't) Energy Balance	Small Group Activity/Discussion "How a Peanut Butter Sandwich Becomes You – Part 2"	
3/17	3/18	8, 9	Energy Balance (con't) Weight Management	Portion Distortion Awareness Film and Discussion: "Fat: What No One is Telling You"	Exam 4 (Chpts 3, 7)
3/24	3/25	9, 14	Weight Management (con'd) Exercise	Film and Discussion: "Fat: What No One is Telling You" Group Activity: "Preventing Societal Weight Problems" Ergogenic Aid Evaluation	***Dietary Analysis Due***
3/31	4/1	15,16, 17	Lifecycle Nutrition		Exam 5 (Chpts 8, 9, 14)
4/7	4/8	18	Diet and Health	Small Group Activity and Discussion "Pyramids, Pyramids Everywhere"	Exam 6 (Chpts 15, 16, 17)
4/14	4/15	19,20	Consumer Concerns about Food and Water Global Nutrition	Home Food Safety Evaluation Film and Discussion: "Ripe for Change" and/or "Food,Inc" Revisit "Time for Change" Questionnaire	
4/21	4/22				Final Exam

* may submit to the instructor in person earlier than due date