



## WELCOME

"Be the change that you wish to see in the world."

- Mahatma Gandhi -

I'm excited about the chance to improve the health status of the world and "be part of the change" throughout this course with you. It's an honor to help students learn about the impact of nutrition on the human body and how to improve and maintain their health and well-being from the inside out. I look forward to the opportunity to help you learn how to achieve optimal wellness from the inside out for better fitness and physical performance!

## ABOUT THIS CLASS

You will learn nutrition information so that you'll be more informed about your food choices. You'll be able to apply the information to your personal fitness, diet, and health goals. Labs include the planning and preparation of meals, which are emphasized in the current Dietary Guidelines for Americans.

## WHAT ARE THE STUDENT LEARNING OUTCOMES?

Upon completion of this course, the student will be able to:

1. Plan and prepare meals that meet the Dietary Guidelines for Americans.
2. Use nutrition knowledge to make healthy meal choices.
3. Apply nutrition principles to health and fitness goals.

## HOW CAN I COMMUNICATE WITH THE INSTRUCTOR?

The instructor invites students to address questions or concerns before or immediately following class, via e-mail, office hours, or by making an appointment. Email is checked daily (with the exception of weekends/holidays/breaks) and no later than 8PM and you will receive a reply within 24 business hours.

# FOOD 060: FOODS FOR FITNESS

CRN 11995

2 UNITS

Thursdays 8:25 AM – 12:40 PM

Room 1017

FALL 2017

## YOUR INSTRUCTOR



Michelle Loy, MPH, MS, RDN

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E-Mail: [mloy@fullcoll.edu](mailto:mloy@fullcoll.edu)

Phone: (714) 992-7464

Office Hours:

Mon 9:45 - 11:45 AM

Tue 12:45 – 2:15 PM

Wed 9:45 – 11:45 AM

or by appointment

Website: <http://staff.fullcoll.edu/mloy/>



## WHAT WILL I LEARN IN THIS CLASS?

**Upon completion of this course, students will be able to do the following:**

1. Choose and prepare a variety of fruits and vegetables.
2. Choose and prepare whole grains.
3. Select foods and beverages with little added sugar.
4. Choose and prepare foods with little salt.
5. Select and prepare lean foods to limit saturated and trans fat.
6. Identify sources of unsaturated fat.
7. Select and incorporate milk and milk products into a personal dietary plan.
8. Identify sources of fiber.
9. Calculate how to balance intake of calories with energy expended.
10. Identify and interpret the components of the nutrition label.
11. Explain benefits of physical activity.
12. Identify common health complications influences by nutritional excesses and inadequacies.
13. Follow safe procedures in food handling, equipment usage and personal hygiene when working in the laboratory.
14. Exhibit time management when working in the laboratory.

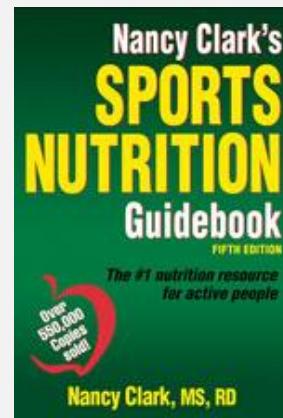


## WHAT IS THE ATTENDANCE POLICY?

Participation is not merely attendance. A student may be dropped if no longer participating in the course, which includes but is not limited to excessive absences. Excessive absences are defined as being absent more than the number of times the class meets per week. Five points will be deducted if a student is more than 10 minutes late to class OR leaves class early for unexcused reasons. For more on attendance, please see the [Fullerton College Catalog](#).

Use of profanity and side conversations are unacceptable. Disruptive behavior that interferes with instruction will result in a verbal warning; repetition of the behavior may result in dismissal from class and may be counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

## WHAT BOOKS AND OTHER SUPPLIES DO I NEED?



- ✓ Clark, N. (2014). Nancy Clark's Sports Nutrition Guidebook, 5<sup>th</sup> Edition, Newton, MA. Human Kinetics. ISBN-13: 978-1-4504-5993-8
- ✓ Three-ring binder with section dividers, composition notebook, pencil or pen for note-taking and in-class activities. Basic calculator for use on assignments and exams.
- ✓ Access to a computer, printer, and internet.

## HOW WILL MY GRADE BE DETERMINED?

Each student's grade will be determined according to the total number of points accumulated during the semester.

<b>Assessment</b>	<b>Points</b>	<b>Weight</b>	<b>Course Grading Scale</b>
Mid Term and Final Exam	100 points	20%	
Lab Participation	200 points	40%	A = 448-500 points
In-Class Activities	80 points	16%	B = 398-447 points
Nutrition Information Analysis Assignment	50 points	10%	C = 348-397 points
Special Requests Group Project	70 points	14%	D = 298-347 points F = ≤297 points
<b>Total points</b>	<b>500 points</b>		



### WHAT IF I NEED SPECIAL ACCOMMODATIONS?

If you need special accommodations, please let me know as soon as possible. The [Disability Support Services \(DSS\) office](#), (714) 992.7099, functions as a resource for students and faculty in the determination and provision of educational accommodations.

### WHAT IF I NEED TO DROP THE CLASS?

It is the student's responsibility to officially withdraw from the class through MyGateway. Failure to drop the class may result in a failing grade. If you stop coming to class and do not officially drop the course, you will receive a letter grade rather than a "W". **The last date to drop and NOT receive a "W" grade is Sunday, September 10, 2017. The last date to drop with a "W" grade is Sunday, November 19, 2017.**

A student may be dropped for the accumulation of more than a week's absence, consecutive or non-consecutive. Unusual circumstances may allow exceptions with appropriate documentation. Therefore, it is important to contact the instructor as soon as possible if this is the case.

## HOW WILL I ACCESS COURSE MATERIALS?



Announcements, lecture notes, assignment instructions, reading materials, other media (eg, video), and grades may be placed on Canvas. Be sure to verify your email address in Canvas as reminders and all email communication from the instructor will be sent via this mode. **Make sure to check Canvas before each class and print out the documents for in-class activities and laboratory.**

Please review login/access instructions through the following link:

<https://guides.instructure.com/m/4212> .

## WHAT IF THE INSTRUCTOR IS LATE?

If due to unforeseen emergencies, the instructor does not arrive at the scheduled start time for class, students are to remain in class for fifteen minutes unless otherwise notified by the division. If they do not receive such notification after fifteen minutes, the students may leave with no penalty for absence or assigned work due for that class meeting.



## HOW DO I SUBMIT ASSIGNMENTS?

Assignments **must be turned in to me directly in person or via Canvas** on or before the due dates listed in the syllabus. Assignments not turned in to me directly through the appropriate channels will not be graded. **No late assignments will be accepted without a documented authorized absence.** It is the **student's responsibility to provide written documentation** (eg, doctor's note) as well as communicate with the instructor to make alternative arrangements. Whenever possible, please make arrangements prior to missing the assignment deadline and no later than 1 week after the due date.

Points for lab work includes full participation in lab; cooperation in individual and group procedures; organization; appropriate completion of laboratory worksheets; group discussion of results; and utilization of safety/sanitation techniques, including appropriate attire and grooming.

Lab worksheets will generally be required weekly; almost all lab worksheets are to be completed in class and turned in on the same day as the lab. It is not possible to make up missed laboratory sessions.

**Save all work that is returned to you.** In the event of a grade discrepancy or if a grade is not recorded, returned assignments are your proof of grades earned. Grades will be recorded on Canvas. Students should check the grade record periodically for accuracy. If an assignment is missing or incorrect, notify the instructor. No grade changes will be done after the final exam, so if a grade on the grade record is missing or incorrect, students need to take the necessary steps to correct it prior to the final exam.

## WHAT IS THE EXAM POLICY?



Exams will occur **on the date listed in the syllabus unless** 1) I change the date or 2) we change the date together.

Exams must be taken on the dates scheduled unless a valid excuse is provided prior to the exam.

- Make-up exams will be granted **only** for serious illnesses or authorized absences and **documentation will be required.** Make-up exams will only be allowed if the instructor is notified in advance of the scheduled exam and must be taken within one week of the original test. Students with unexcused absences the day of the exam will receive no credit for the exam – no exceptions.
- If you fail to take the final exam, due to an unforeseen emergency, you must request an incomplete grade for the class prior to the start of the exam, and take the exam within the allotted time period for completion of the incomplete grade.



## HOW SHOULD I DRESS FOR CLASS?

Come to class prepared. Have your hair tied back and jewelry and nail polish removed. Wear slip-resistant, closed-toed shoes (no high heels, flip flops, sandals) and clothes that cover your torso and legs. Roll up your sleeves & pant legs if they drag on the ground.



## MAY WE USE CELL PHONES OR ELECTRONIC DEVICES IN CLASS?

If you choose to use a laptop, tablet or other electronic device during class, *only* use it for class-related activities.

If you use your cell phone or other electronic devices for activities that are not related to class, students will be given a verbal warning. If repeated warnings need to be issued, you may be asked to leave the class and will be counted as absent for that day.



## HOW CAN I GET ADDITIONAL ACADEMIC SUPPORT?

The Academic Support Center at Fullerton College offers various forms of services to students including free tutoring, workshops, group tutoring, writing consultation, and computer access to assist students in their academic development and success. Consult the college website at <http://academicsupport.fullcoll.edu/> for more information.

## WHAT IS THE POLICY REGARDING CHEATING AND PLAGIARISM?

Cheating and plagiarism are unacceptable practices and are in violation of the Academic Honesty policy at Fullerton College. All students involved in an instance of academic dishonesty will be disciplined according to the actions outlined in the Fullerton College Catalog. In the least, all students involved in an incident will receive zero points for the assignment/exam. Additionally, a Student Discipline Incident Report may be written and submitted to the Dean of the Natural Sciences Division.

Academic dishonesty includes copying the answers of homework and exams. Students who allow their assignments to be copied are also guilty of violating the Academic Honesty policy at Fullerton College. Regardless of the extent of participation, all instances of academic dishonesty will result in the penalties described above. See the policies in the [Fullerton College Catalog](#).



## WHAT IF THERE IS AN EMERGENCY DURING CLASS?

Please take note of the safety features in and close to your classroom, as well as study the posted evacuation route. The most direct route of egress may not be the safest because of the existence of roofing tiles or other potentially hazardous condition. Similarly, running out of the building can also be dangerous during severe earthquakes. During strong quakes the recommended response is to duck – cover – and hold until the shaking stops. Follow the guidance of your instructor. You are asked to go to the designated assembly area. Your cooperation during emergencies can minimize the possibility of injury to yourself and others. Please review Emergency Preparedness information here: <http://campussafety.fullcoll.edu/> .

## FOOD 60 COURSE SCHEDULE FALL 2017

*Subject to change*

Week	Date	What to read?	Topic	What is due?
1	8/31	Class and Lab Orientation Week 1 Module	<ul style="list-style-type: none"> <li>• Lab Orientation</li> <li>• Food Safety and Sanitation</li> </ul>	<ul style="list-style-type: none"> <li>• Student Information Request</li> <li>• Food Science Laboratory Verification</li> <li>• In-Class Activity #1: Glo Germ &amp; Foodborne Illness Mysteries</li> </ul>
2	9/7	Chapter 1 – Building a High-Energy Eating Plan (p. 3-31)	<ul style="list-style-type: none"> <li>• Building an Eating Plan</li> <li>• Reading a Recipe</li> <li>• Knife Safety</li> <li>• Nutrition Information Analysis Assignment Instructions</li> </ul>	<ul style="list-style-type: none"> <li>• In-Class Activity #2: MyPlate Nutrition Target (review Instructions Steps 1-3 BEFORE class this week and <b>bring your "MyPlate Daily Checklist" to class today</b>)</li> <li>• Lab Worksheet #1 – Reading a Recipe</li> <li>• Field Trip Form</li> </ul>
3	9/14	Chapter 2 – Eating to Stay Healthy for the Long Run (p. 33 – 61)	<ul style="list-style-type: none"> <li>• Sensory Evaluation</li> <li>• Grain Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #2 – Planning menus with whole grains</li> <li>• Sensory Evaluation</li> </ul>
4	9/21	Chapter 3 – Breakfast (p. 63 – 80)	<ul style="list-style-type: none"> <li>• Fruit Preparation</li> <li>• Fermented Foods Field Trip next week</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nutrition Information Analysis Assignment due</b></li> <li>• Lab Worksheet #3 – Building a Healthier Breakfast</li> <li>• Sensory Evaluation</li> </ul>
5	9/28	“Inclusion of Fermented Foods in Food Guides around the World” by Chilton, Burton, and Reid (2015) – see Canvas for article	<ul style="list-style-type: none"> <li>• <b>FIELD TRIP:</b></li> <li>• <b>Meet at 9AM: FermFarm 1125 Victoria Street Suite R Costa Mesa, CA 92627</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #4 – Fermented Foods (complete pg. 1 before class this week)</li> </ul>
6	10/5	Chapter 4 – Lunch and Dinner (p. 81 – 99) Review Chapter 1 (p. 28-29 on Fats and Oils)	<ul style="list-style-type: none"> <li>• Salad and Dressing Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #5 - Cooking Oil Comparison</li> <li>• Sensory Evaluation</li> <li>• <b>Bring 1 Restaurant Menu with Nutrition Information to class</b></li> </ul>
7	10/12	Chapter 5 – Between Meals (p. 101 – 110) Chapter 6 – Carbohydrate (p. 111 – top of p. 122; p. 132 from Carbohydrate-Rich Foods – 135)	<ul style="list-style-type: none"> <li>• Vegetable Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #6 – Develop a Healthier Snacking Plan</li> <li>• Sensory Evaluation</li> </ul>
8	10/19	<b>Midterm Exam</b>	<ul style="list-style-type: none"> <li>• Special Requests Group Project Instructions</li> <li>• Vegetable &amp; Fruit Tasting</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Midterm Exam</b></li> </ul>
9	10/26	Chapter 7 – Protein (p. 137 – 155)	<ul style="list-style-type: none"> <li>• Fish, Poultry, Beef, and Pork Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #7 – Evaluating My Protein Intake</li> <li>• Sensory Evaluation</li> </ul>

10	11/2	Chapter 11 – Supplements, Performance Enhancers, and Engineered Food Sports Foods (p. 213 – 231)	<ul style="list-style-type: none"> <li>• Sports food tasting</li> <li>• Group Work on Project / Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• In-Class Activity #3: Dietary Supplement Evaluation - Bring a Dietary Supplement with label to class</li> </ul>
11	11/9	Chapter 14 – Assessing Your Body (p. 269 – 288)	<ul style="list-style-type: none"> <li>• Legumes and Soy Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #8 – Meatless Meals &amp; Snacks</li> <li>• <b>Groups submit presentation outline and recipe by today</b></li> </ul>
12	11/16	Group Presentations	<ul style="list-style-type: none"> <li>• Special Requests Group Recipe Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• In-Class Activity #4: Presentation Notes + Sensory Evaluation</li> </ul>
13	11/23	<b>THANKSGIVING HOLIDAY – NO CLASS</b>		
14	11/30	Chapter 15 – Gaining Weight the Healthy Way (p. 289 – 305)  Chapter 16 – Losing Weight Without Starving (p. 307 – bottom of p. 327)	<ul style="list-style-type: none"> <li>• Egg Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #9 – Intuitive Eating Activity</li> <li>• Sensory Evaluation</li> </ul>
15	12/7	Chapter 8 – Fluids (p. 157 – 175)	<ul style="list-style-type: none"> <li>• Milk Preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Lab Worksheet #10 – Tracking Calcium</li> <li>• Sensory Evaluation</li> </ul>
16	12/14	<b>Final Exam</b>	<ul style="list-style-type: none"> <li>• Final Lab Inventory &amp; Clean-up</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Final Exam</b></li> </ul>