

# Nutrition 210 Fall 2017

## CRN 13729

### Rita Higgins, MPH, RDN



## Class Meeting Times and Location

Friday 8:25-11:35am, Rm. 420

**Welcome to Nutrition 210!** My name is Rita Higgins, and I will be your instructor this semester, as we explore a wide range of nutrition topics. If you've ever wondered about the health effects of high fructose corn syrup or why the human body really needs iodine, you've found the right class! We will discuss and debate several controversial topics such as pros and cons of taking dietary supplements, government involvement in regulation of the food supply, and the safety of genetically engineered foods. While I have been teaching Nutrition at the community college level for over 15 years, I find that each semester my students continue to intrigue me with their thoughts and questions. As your fellow students share opinions, ideas, and experiences through class discussions, my hope is that each of you will gain a deeper understanding of the world around you as it pertains to diet and health. My personal teaching philosophy is that all students have the potential to be successful in my course. However, we both have a hand in the process. I believe that it is my job to encourage and support you in your journey and your role is to be strongly committed to and responsible for your own achievement. My expectation is that you will walk away from this experience with, not only a sincere appreciation for the science of nutrition, but also with a better awareness of your own relationship with food and well-being.

### How To Get In Touch With Me

[RHiggins@fullcoll.edu](mailto:RHiggins@fullcoll.edu) (714) 350-1626

The best way to contact me is via email. Please note your class day/time in the subject of the email. I will return all emails within 24 hours during weekdays.

### Office Hours and Room:

Room 1250-02

Tuesday 10:15am-12:45pm

Thursday 10:15am-12:45pm

Friday 11:45am-12:15pm

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## **REQUIRED COURSE MATERIALS**

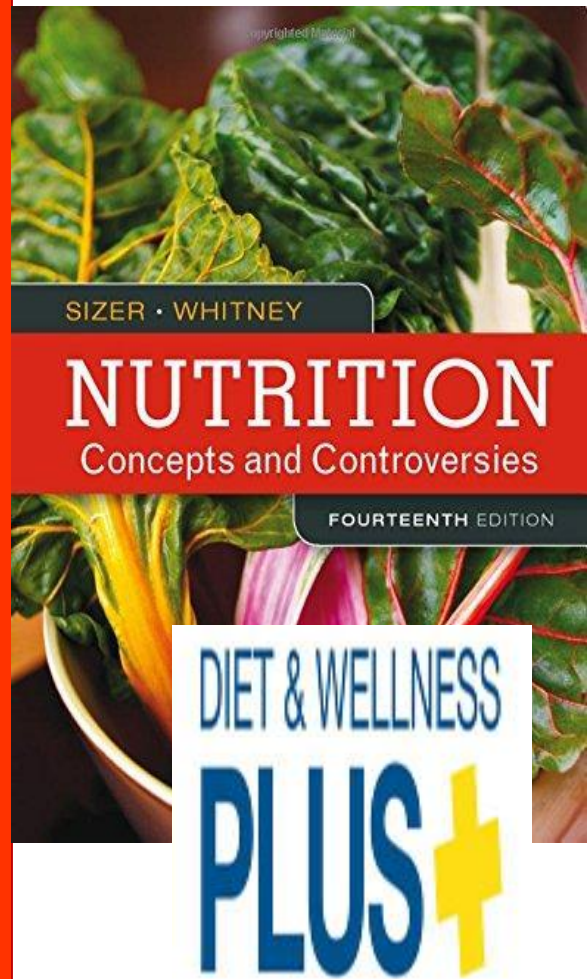
### **Available at our campus bookstore:**

Sizer - Bundle: Nutrition: Concepts and Controversies, Loose-Leaf Version, 14th + Diet and Wellness Plus, Printed Access Card ISBN 9781337370035

If you purchase the text off campus, you will still be responsible for obtaining access to the Diet and Wellness Plus software program. The program access can be purchased through the Cengage web site. The link to purchase the program is posted in Canvas.

### **Canvas LMS:**

You will be using Canvas to submit assignments and access course documents, exam study guides and chapter notes. Your grades are also posted in Canvas. It is essential to check Canvas announcements on a weekly basis. Access Canvas from the Fullerton College home page at [www.fullcoll.edu](http://www.fullcoll.edu).



### **By the end of the semester, you should be able to:**

- Differentiate among dietary choices and identify choices that reflect the current Dietary Guidelines for Americans.
- Explain the nutrient needs during the various stages of the human life cycle.
- Explain how diet and lifestyle choices impact health and quality of life.

### **More objectives:**

- Differentiate between fad and fact by applying published scientific evidence to nutrition information.
- List current dietary guidelines for Americans.
- Identify and interpret the components of the nutrition label.
- Evaluate a personal daily dietary plan that meets both recommended current caloric and dietary reference intakes.
- Explain causes and corrections of the current nutritional problems in the United States and in the world.
- Describe the differences among the energy nutrients and non energy-yielding nutrients.
- Identify physiological functions, any deficiency and/or toxicity symptoms and major food sources of each nutrient.
- Describe the process of digestion, absorption and any concerns related to nutrition, including the pathways involved in energy metabolism and the consequences of consuming too much or too little energy, describe factors associated with weight control, causes of obesity and treatments.
- Recognize health complications caused entirely or partially by nutritional inadequacies or excesses.
- Calculate personal energy and protein requirements, appraise and/or appropriately revise personal 3-day dietary record.
- Recognize accurate information regarding nutrient supplements and ergogenic aids.
- Explain how nutrition and lifestyle choices influence health during pregnancy.

## What Will My Grade Be Based On?

### **Exams: 50% of total grade**

There are three exams and one comprehensive final exam given per the course schedule. Exams will consist of multiple choice, true/false, and short answer questions. **Each exam is worth 100 points and the Final Exam is worth 200 points.**

### **Diet Analysis Project: 25% of total grade**

You will analyze your diet using the **Diet and Wellness Plus** software which comes bundled with the textbook. I have posted specific assignment instructions in Canvas. We will discuss how to use the software and complete the assignments in class. The project is divided into five parts: four activity assignments and one written summary. Each part is worth 50 points for a total of 250 points. Assignment due dates are posted on the course schedule. Assignments must be submitted into Canvas by 11:59pm on the due date in order to be counted on-time. Late assignments are not accepted. **5 @ 50 points each**

### **In-Class/Text Activities and Quizzes: 25% of total grade**

You will work in small groups during class on activities pertaining to lecture/reading topics. These activities include, but are not limited to, case studies, internet site/popular literature evaluation, food label review, reading logs, and controversial topic discussions. You should bring your text to class regularly to use during the activities. Because these are activities which are completed in groups and part of the daily discussion topic, you need to be present in class to receive credit for the activity. Individual and group quizzes will also be given as part of the activities. **25 @ 10 points each.**

**Extra Credit: Extra credit opportunities may be given.**

### **Grading System**

Grades will be based on a straight scale.

900-1000 points	90-100%	A
800-899 points	80-89%	B
700-799 points	70-79%	C
600-699 points	60-69%	D
<600 points	< 60%	F



**Here are some answers to your burning questions...**

### **Do I need to show up?**

Yes! Attending class is essential to the learning process. If you miss class, you may also miss the opportunity to earn credit for In-Class activities and/or Quizzes. According to the FC policy, students may be dropped for the accumulation of more than a week's absences consecutive or non-consecutive (per the college catalog). That being said, I expect you to drop yourself if you do not plan to complete the course. If you miss more than four (4) class meetings, I may drop you from the course because I assume that you would not like to complete the course. If you miss more than two consecutive class sessions, please be sure to contact me as soon as possible.

### **Can I make up exams?**

Yes! Missed exams *may* be made-up in the Academic Success Center or during my office hours, per my discretion. If it is a planned absence, please contact me prior to the exam date to arrange a make-up exam. If the absence is unplanned, please email me as soon as possible to inform me of your absence. Your make-up exam will be counted as a late assignment and will lose 25% of the points if *you do not contact me regarding the missed exam*. The Final Exam may not be made-up.

### **What if you are late?**

If due to an unforeseen emergency, I do not arrive at the scheduled start time for class, you should stay in class for fifteen minutes unless otherwise notified by the division. Also, please check your email to see if I sent a message through Blackboard.

### **Should I save my returned work?**

Yes! Please save all your returned work. In the event of a grade discrepancy or a grade is not recorded, returned assignments are proof of grades earned. If you are absent the day an assignment is returned, please check with me during the next class period so I can return your work.

### **How do you feel about cell phones/tablets and lap tops in class?**

I welcome cell phone/tablet and laptop use for class purposes. We will often use technology during class to look up content related information. However... please remember to be respectful to the learning process and refrain from texting and using social media during class. If you are not using technology respectfully, you may be asked to put away your device or to leave class.

### **Will I feel included in the course?**

Yes! During the course of the semester, we may be discussing controversial topics. You should be respectful of each other's opinion and allow each other the freedom to express themselves without judgment or criticism. Students have the right to disagree, however, argumentative communication should be avoided.

Please refrain from the use of profanity, ridiculing, and/or discriminatory comments. Disruptive behavior that interferes with instruction will result in a verbal warning and repetition of the behavior may result in dismissal from class and counted as an absence. Further disruption will incur more serious penalties as identified by the Board of Trustees.

### **What about academic honesty?**

You are responsible for upholding academic honesty and for not violating the College cheating and plagiarism policies as stated in the Fullerton College catalog. Copying work from another student is plagiarism. If plagiarism is apparent, both parties will receive a "0" on the assignment.

# Class Schedule \*

\*Schedule may change, as needed

Date	Topic / Assignments Due /Exams	Text
Week 1 9/1	Introductions, Review of Syllabus Food Choices and the Human Health	Chapter 1
Week 2 9/8	Nutrition Tools - Standards and Guidelines The Scientific Method and Reading Scientific Journal Articles	Chapter 2
Week 3 9/15	The Remarkable Body Review for Exam 1	Chapter 3
Week 4 9/22	How to Track Diet and Use Analysis Software Tuesday <b>Exam 1</b>	<b>Chapters 1-3</b>
Week 5 9/29	The Carbohydrates: Sugar, Starch, Glycogen and Fiber <b>Diet Analysis Assignment 1: My Plate Analysis Due by 11:59pm into Canvas</b>	Chapter 4
Week 6 10/6	The Lipids: Fats, Oils, Phospholipids, and Sterols	Chapter 5
Week 7 10/13	Proteins and Amino Acids Review for Exam 2	Chapter 6
Week 8 10/20	<b>Exam 2</b> Vitamins	<b>Chapters 4-6</b> Chapter 7
Week 9 10/27	<b>Diet Analysis Assignment 2 Due by 11:59pm into Canvas</b> Water and Minerals	Chapter 8
Week 10 11/3	<b>Diet Analysis Assignment 3 Due by 11:59pm into Canvas</b> Energy Balance and Healthy Body Weight Performance Nutrition	Chapter 9
Week 11 11/10	<b>NO CLASS: VETERAN'S DAY</b>	Chapter 10
Week 12 11/17	<b>Exam 3</b> Diet and Health <b>Diet Analysis Assignment 4 Due by 11:59pm into Canvas</b>	<b>Chapters 7-10</b> Chapter 11
Week 13 11/24	Food Safety, Organic Foods, GMOs <b><u>NO CLASs: HAPPY THANKSGIVING!!!</u></b>	Chapter 12
Week 14 12/1	<b>Diet Analysis Summary Due by 11:59pm into Canvas</b> Life Cycle Nutrition	Chapter 13 / 14
Week 15 12/8	Hunger in the US and abroad Review for Final Exam	Chapter 14/ 15
Week 16 12/15	<b>Final Exam</b>	<b>Comprehensive</b>

# Fullerton College Campus Resources

We have multiple resources available on campus to support students in a variety of ways. I have listed several below.

Name of Center	Location	Phone Number	Website (No "www")	Types of Services
Writing Center	808	714-992-7153	Writingcenter.fullcoll.edu	Assists with essays at any stage from brainstorming to final draft.
Tutoring Center	806	714-992-7151	Tutoringcenter.fullcoll.edu	Tutoring in most subjects. Some walk-in available; English tutoring by appointment
Skills Center	800, west entrance	714-992-7144	Skillscenter.fullcoll.edu	Study skills, vocabulary, computer tutorials in grammar, writing, reading
Counseling Center	2000, 2 <sup>nd</sup> floor	714-992-7084	Counseling.fullcoll.edu	Advisement for course selection, career and transfer goals
Disability Support Services	842	714-992-7099	Dsp.fullcoll.edu	Provides services for students with disabilities, learning disability assessment
Transfer Center	212	714-992-7086	Transfer.fullcoll.edu	Transfer advising, guides to majors, university information
Cadena Center	212	714-992-7086	Cadena.fullcoll.edu	Diversity events, scholarship info, speakers
Health Center	1204	714-992-7093	Healthservices.fullcoll.edu	Free or reduced cost medical and psychological care
Financial Aid	115	714-992-7091	Financialaid.fullcoll.edu	Grants, loans, scholarships, help w/ FAFSA
Veterans' Services	518	714-992-7102	Veterans.fullcoll.edu	A variety of services and support for student veterans
EOPS	2000, 2 <sup>nd</sup> floor	714-992-7097	Eops.fullcoll.edu	Services for the educationally and economically needy
Career and Life Planning	2000, 2 <sup>nd</sup> floor	714-992-7121	Careercenter.fullcoll.edu	Career counseling, assessment, resume help
Workforce Center	2002	714-992-7136	Workforce.fullcoll.edu	Job placement services, employment skills, resume and interviewing help
Transfer Achievement Program (TAP)		714-992-7084	Tap.fullcoll.edu	Supports students in their goal of transferring to a 4-year university
Puente		<a href="mailto:edominguez@fullcoll.edu">edominguez@fullcoll.edu</a>	Puente.fullcoll.edu	Supports educationally disadvantaged students in achieving a college education
Incite		714-992-7143	incite@fullcoll.edu	Academic support for student athletes
Student Success Diversity Init. (SDSI)	801B	714-992-7143	sdsi@fullcoll.edu	Support for Afr.-Am./Latino men & other at-risk students
Math Lab	807	714-992-7140	Math.fullcoll.edu/math-lab.html	Math tutoring and resources
Special Programs	225	715-992-7067	Specialprograms.fullcoll.edu	Service learning, future teacher pathway program, honors program, career cafe
Food Bank	1955	none – email <a href="mailto:fcfoodbank@fullcoll.edu">fcfoodbank@fullcoll.edu</a>	Fcfoodbank.fullcoll.edu	Provides food to students and their families in need
Child Development Center/Lab School	1820/1830	714-992-7069	Labschool.fullcoll.edu	Child care and education for children between 2½ and 5½