**Contemporary Nutrition 10** 4 Units-Spring 2017 Diana Wright PhD, RD

**De Anza Community College Course Syllabus**

**Class time Location Days** **Office Hours:** T, TR 8:15-9:15 and by appointment

9:30-11:20 S-57 T, TR‬ **Office Location**: S-57

11:30-1:20 S-57 T, TR**‬**  **Final Exam Dates:** 60 points-60 questions cumulative

**9:30 class exam**:9:15-10:45 Tues. June 27

**11:30 class exam**: 11:30-1:00 Tues. June 27

[**Website access**](http://www.deanza.edu/faculty/wrightdiana/nutr10.html)**:** Go to the DA homepage (**not** throughyour portal) atwww.deanza.edu🡪 course info🡪 faculty website🡪’W’ for Wright, Diana🡪 Nutrition 10 (if file doesn’t open automatically, download it)

**E-mail:** [wrightdiana@fhda.edu](mailto:fd4thot@gmail.com) (best contact mode) **Phone**:(408) 864-8999 x3894 (poor way to reach me)

**Course Description:** Nutrition 10 covers the physiological, psychological and practical aspects of obtaining a healthy diet; the relationship of nutrients to health and well-being; the 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. **You must be able to do simple math problems, including percentages**.

**Text:** **Nutrition Now** 7th edition (preferred) older editions are OK. We will discuss alternatives in class.

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| **You are responsible for downloading necessary assignments, lecture notes, forms, handouts, etc. from my De Anza faculty website. Please check my website weekly…. at minimum….. to stay current. If you cannot figure this out on your own, ask me, or a classmate for help!** |

**Attendance:** Lecture attendance is required for success in Nutrition 10 as not all of class material is covered on my lecture slides. If you miss class, please get notes from a classmate, **not me**!I am happy to explain the material and answer questions. Students who are absent more than 3 times *may* be dropped from the course**. It is your responsibility to drop/withdraw (W) from the course**. Failure to do so may result in your receiving an “F” grade. Check the De Anza website to confirm drop dates**.**

**Exams:** **No make-up exams-No exceptions**. If you miss, or know you will miss an exam, contact me on, or **before** the exam day. Please bring an un-crumpled scantron (882E or 2052) and a #2 pencil (with eraser) for all exams. Exams take place at the start of class and may be followed by lecture. Use of electronics is NOT allowed during exams unless cleared with me first.

**Grading** P**oints Due/Exam Dates**

Exam 1 40 May 2

Exam 2 cumulative 40 June 1

Exam 3 (final) cumulative 60 June 27

Assignments

1. Label Activity 10 Aor 25

2. Market Activity 20 May 9

3. Protein Calorie Estimate 5 May 16

4. Diet Assessment Assignment 40 May 23

5. Do Something! Assignment 15 June 15

Optional Extra Credit- Maximum value is 10 pts. June 22

Participation\*\* 20

**Total Points 250**

**\*\*Participation defined** (20 pts.) **Full credit requires:**

Missing assignments, unless excused in advance of the due date, will cause you to lose points

Active involvement in all in-class activities helps you earn points.

Alert (conscious!) when in class. Sleeping in class will cause you to lose points.

Regular, prompt class attendance; repeated tardiness is disruptive and will cause you to lose points.

Phone use in class UNLESS cleared by the instructor, will cause you to lose points.

Include your *last name, first name* (as given to the Registrar) *date, class tim*e on all work turned in.

**Optional Extra Credit** (EC) Ten points maximum. Due the last day of lecture. See posted handout for details.

# **Other Grade Info**

>100% =**A+ ~**90-100% =**A/A-** ~80-89%=**B/B+/B-** ~70-79% =**C/C+** 60-69% =**D** <60% =**F**

Assignments are accepted one class late, but will be marked down 5 (Diet Assignment 10) points.

A-, B+, B-, C+ grades are given; **There is no C- grade assigned**. Grades are assigned at my discretion based on exam and homework scores, class participation, and effort shown in class. Three unexplained absences may result in a **‘W’**. Students disruptive in class will be dropped with a ‘W’ and/or lose participation points. **NOTE**: Calculate percent by dividing your total points by possible total points x 100%.

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| **Classroom Expectations**  1**.** Cheating/plagiary is not tolerated in my class. It will result in a “0” on the exam/paper. NO exceptions.  2. Class starts on time. Please be prompt or lose participation points.  3. Laptops may be used in class to access materials relevant (my definition, not yours) to class.  4. Phone use in class is **only allowed** when directed, otherwise you will lose participation points.  5. Adequate sleep is vital in order to learn, except when the sleeping takes place in class.  Need a nap? Take one, and then return to class. If you sleep in class you will lose participation points.  6. Read this course outline carefully. Your reward is the opportunity to *earn two extra credit points* by  writing the phrase, ‘*Eat real food. Not too much. Mostly plants’.* when prompted on Exam 1.  7. Participate in class discussions/group activities. It makes a good impression on your instructor : )  8. Turn in neat, legible, proofread work with your **last name, first name, date and class time** at the top  of the page. **Type** all out of class assignments. If you don’t care about your work, I may not either.  9. Emailed and/or late assignments are not accepted unless arranged with me prior to the due date.  10. I make mistakes! **You must keep all graded work, until you get your final grade!**  \*\* Re-read points 1-9 and take them to heart if you want to get the best grade in my course\*\* |

The Biological and Health Sciences Division Handbook has a Student Handbook available at <http://bhs.deanza.edu/StudentHandbook.pdf>. All material contained in the handbook is a part of this green sheet and does apply to you as a student in the class. It contains much useful information.

# **EXAMS- Exam 2 and Exam 3 (final exam) are cumulative**

Three (3) Scantron forms (2052 brown or 882E green) are required for the course.

Most, if not all, exam questions will be objective.

Exam 1 and 2 take place during first half of class time, lecture follows. (40 points)

Exam 2 (40 points) and 3 (final) are cumulative; emphasis on the most recent section of material covered.

Final (Exam 3) 60 points.

# **Nutrition 10 Student Learning Objectives (SLO)**

The SLO’s for Nutrition 10 are by the end of the term, the student be able to:

1. Evaluate a meal plan or a diet for meeting the criteria of a “Healthy Diet”.

2. Evaluate nutrition claims about a dietary supplement, food and/or diet for accuracy and health-enhancing potential.

**Nutrition 10 Syllabus –Winter 2017**

**NOTE:** Hand-outs and lecture slides will be posted in a timely manner on my website as the quarter

progresses. Please bring the appropriate handout to class on the day indicated in the course schedule Any changes to the syllabus will be announced in class or by email to your address on record with De Anza.

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| **Date** | **Topic** | **Reading Assignments** | **Relevant Details/Hand-outs (HO), Assignments, Bring to Class** |
| Tues. Apr. 11 | Course Overview | READ Syllabus  Units 1-2, 5(1-7) | Syllabus overview  See class website |
| Thurs. Apr. 13 | Essential Nutrients (EN) | Units 1, 6 | See text index for further reading on each of the six ENs. |
| Tues. Apr. 18 | Deciphering a Food Label | Unit 4, 24  Appendix D | Bring Label Activity HO to class |
| Thurs. Apr. 20 | Labeling-continued  Organic, CFT, GMO | **“** |  |
| Tues. Apr. 25 | In ‘n Out  (The Gastro-Intestinal Tract) | Unit 7 | **Label Activity** **Due** 10 pts.  *Reminder: last name, first name* |
| Thurs. Apr.27 | Finish GI | “ | Exam review, if time permits. |
| Tues. May 2 | **Exam 1**  Supermarket Savvy  Review Market Assign | Unit 2  See class notes | **Exam 1** 40 pts.  Bring unwrinkled Scantron #2 pencil/eraser to class. |
| Thurs. May 4 | Carbohydrates  The Versatile Fuel | Unit 12 |  |
| Tues. May 9 | Blood Sugar: A Must Have | Unit 13 | **Supermarket Savvy Assignment**  Due 20 points |
| Thurs. May 11 | Diet Assignment MFP  Protein Calorie Estimate | Unit 6 (12-18), 8 (2-5) See HO | Bring Protein/Calorie Estimate (PCE) HO to class |
| Tues. May 16 | Protein  An Imperfect Fuel Short | Unit 15, 26, 33(5,6), 6(13-15) | **Protein Calorie Estimate Due**  5 points |
| Thurs. May 18 | NO CLASS |  |  |
| Tues. May 23 | Vitamins & Minerals  Food First: Supplements Second | Units 20, 21, 23,  25(6) | **Diet Assignment Due**  40 pts. |
| Thurs. May 25 | Finish V/M/S | Unit 18 |  |
| **Tues. May 30** | Lipid-Heart Smart Diet | Unit 19 | Exam review, if time permits |
| Thurs. June 1 | **Exam 2** |  | **Exam 2** 40 points  Bring unwrinkled scantron and  #2 pencil/eraser-cumulative exam |
| ***Fri. June 2*** | *Last day to drop with a ‘W’* | *----* | **----** |
| Tues. June 6 | Return E2\*Heart Smart Diet | Unit 19 |  |
| Thurs. June 8 | Would I Eat an Apple? | Unit 8-11 |  |
| Tues. June 13 | Where’s the Meat? | Unit 16, 33 |  |
| Thurs. June 15 | Food and the Environment  Video | See class notes | **Do Something! Assignment**  Due 15 pts. |
| Tues. June 20 | Eat Wise for Exercise | Units 25, 27, 28 |  |
| Thurs. June 22 | Food Security-Domestic Hunger | Unit 1(5, 6) | Exam review, if time permits  **Extra Credit Due**  Maximum possible 10 pts. |

**Final Exam Date: 60 points – 60 questions**

9:30 class Tues. June 27 from 9:15-10:45

11:30 class Tues. June 27 from 11:30-1:00

Please bring an **unwrinkled** scantron (same used for exams 1 & 2) and #2 pencil with eraser to class.