

# Biology 45 ONLINE

## Introduction to Human Nutrition

FALL 2023



### INSTRUCTOR

ANNA MILLER, MS, RD

### EMAIL

MillerAnna@fhda.edu

Please write "BIO45" in the subject. I try to respond to e-mail within 24-48 hours

### FOLLOW ME ON INSTAGRAM

"DeAnzaNutrition"

### OFFICE HOURS

Mondays and Fridays 11 am – 1 pm and by appointment **on Zoom only**

*During final exams week, office hours are by appointment only*

Welcome to Biology 45. My hope is you will be able to apply what you learn in this course to your professional and personal life. This class will undoubtedly affect how you think about food, diets and health. We often have complex relationships with food and may approach the topic of nutrition with trepidation and bias. I invite you to have an open, nonjudgmental mind as you explore this dynamic and powerful topic.

Cheers,

*Anna*

**COURSE DESCRIPTION** Biological function and chemical classification of nutrients. Effects of nutritional deficiencies and excesses. Recommended nutrient intakes and the role of diet in the development of chronic disease.

**CANVAS:** This course resides on the course management system called Canvas. It is accessible from MyPortal. The course will open Thursday before the first day of the quarter.

⇒ **IMPORTANT:** Faculty are required **by law** to clear their rosters of "no shows" during the first week. To keep your spot in this class and NOT be identified as a "no show" and therefore NOT get dropped, **log onto the course on Canvas** and complete these **2 quick and easy tasks** by **midnight Thursday** night of the first official week of the quarter:

1. Fill out a short questionnaire (*Welcome to Bio 45 Survey*). Doing so will earn you 5 points.
2. Take a short quiz (*What Do You Know...*). Also earns you 5 points regardless of your answers.

(Students who add the class after registration closed will have 2 days to do these tasks, after they register)

⇒ **NOT doing these 2 tasks by the deadline could cause you to be dropped as a "no show"**. Get in touch with me in the first few days of the quarter if there is a hardship that prevents your completing these 2 tasks.

### STUDENT LEARNING OBJECTIVES

1. Evaluate a meal plan or a diet for meeting the criteria of a healthy diet.
2. Demonstrate a coherent understanding of the relationship between diet and the major chronic diseases.

**PREREQUISITES:** Biology 40 A, B and C (Human Anatomy and Physiology). **Advisory:** EWRT 1A or ESL5

**REQUIRED TEXTBOOK:** *Understanding Nutrition* by Whitney and Rolfes, **16<sup>th</sup> edition** 2020. This textbook can be rented from the DeAnza bookstore and e-versions can be found on the internet.

## COMMUNICATION

I communicate with you in a variety of ways. One is through twice-weekly Announcements, on Mondays and Fridays (and sometimes other days). *Read all announcements. You are responsible for the information in all announcements.* In addition to these, I leave comments with exam/assignment scores and send messages through the Canvas Inbox or e-mail. **Check your Canvas inbox and your e-mail SPAM folder regularly.** I do my very best to respond to messages within 24- 48 hours, often sooner.

## GRADING PROCEDURE

Orientation Quiz	10 points
Tasks #1 & 2 (5 points each)	10 points
Feedback Surveys (5 points each)	10 points
Points for Discussions	10 points
4 Exams*	320 points
Diet Assignment	<u>100 points</u>
Total Possible Points	460 points

### Get ready for Online Learning!

Watch this video:

<https://apps.3cm mediasolutions.org/oei/modules/intro/story/>

**Watch even if you've taken an online course before**

\*5 exams are given. The lowest exam score is dropped from your cumulative score.

## GRADING SCALE

<b>A+</b> = 96 – 100%	<b>B+</b> = 86 – 89.9%	<b>C+</b> = 77 – 79.9%	<b>D+</b> = 67 – 69.9 %	<b>F</b> = <60%
<b>A</b> = 92 – 95.9	<b>B</b> = 82 – 85.9	<b>C</b> = 70 – 76.9	<b>D</b> = 62 – 66.9	
<b>A-</b> = 90 – 91.9	<b>B-</b> = 80 – 81.9	<b>C-</b> <i>there is no C-</i>	<b>D-</b> = 60 – 61.9	

✓ *Be aware of the last day to drop with a "W".* If you realize after this date that you are not getting the grade that you desire, please do not ask me to drop you. College procedures do not allow me to do so. Know your grade throughout the course so there are no surprises in the last week of the quarter.

⇒ If you need accommodations or services due to a **disability**, register with the **Disability Support Services**: <https://www.deanza.edu/dsps/dss/>.

## ORIENTATION QUIZ

This quiz will consist of 10 True/False and Multiple choice questions, taken from the information found in the Orientation Module and this syllabus. **It will be open from 6 am Monday--the first day of the quarter--until the following Sunday night at 11:55 pm.** You will have 2 tries to take it. The higher score is kept.

## WEEK 1 QUIZ: WHAT DO YOU KNOW...

This short quiz is one of the **2 tasks** to be done in the first few days of the quarter to hold your spot in Bio 45. It earns you 5 points, regardless of how you answer the questions.

## DISCUSSIONS

There will be 2 asynchronous discussions in the early weeks of the quarter. Fully participating on a discussion earns 5 points for a total of 10 points. Each discussion will be open for 10 days – from Friday morning until Sunday night. **These are not extra credit or bonus points** -- they are part of the total points for the course.

## FEEDBACK SURVEYS

There will be 2 Feedback Surveys. Each will take <5 minutes to complete and earns 5 points. **They are not extra credit or bonus points.** they are part of the total points for the course. Each survey will be open for 1 week only and must be submitted in that time frame.

## PRACTICE QUIZZES AND WORKSHEETS

There will be many practice quizzes and some worksheets offered throughout the quarter. They are designed and offered **to help you in your process of learning.** (Scores are not recorded; They do not earn any points) Take them and be sure you check the answer keys once they are posted. This will help you to do well on the corresponding exams.

## BONUS POINT OPPORTUNITIES! 😊

10 Bonus Points are offered in this class. If you submit Part 1 of the Diet Assignment early, by the date listed on the last page, you will earn 5 Bonus Points. If you submit Part 2 of the Diet Assignment early, by the date listed you will earn 5 more Bonus Points. These points can REALLY boost your grade on the Diet Assignment 😊. **Partial submissions will NOT earn Bonus Points.** Submissions must be complete to receive bonus points.

## RECORDED VIDEO MINI-LECTURES

There will be a recorded (not live) 1 hour Zoom Mini-Lecture posted on Canvas for most weeks. NO new material will be presented. Students can find it useful to see and hear some of the material from that Virtual Lecture presented. This will not replace 1 week of lecture that would occur in a face-to-face section of Bio 45, but it IS helpful. Plan on watching all of them, from beginning to end, at least once. Take notes while you watch.

## EXAMS

- There will be 5 Exams. The lowest score will be dropped from your cumulative score. If you're happy with your scores on Exams 1, 2, 3 & 4 **you don't have to take Exam 5.**
- **There are no make-up exams.** If you miss an exam, that is the one that is dropped
- The exams will consist of 40 True/False, Multiple Choice and Short Answer questions
- You may use **one 4"x 6" index card with notes** during the Exams 1-4. You will be able to use more notes on Exam 5.
- You will have 45 minutes to take Exams 1-4 and 1 hour to take Exam 5
- **You must have a simple calculator** to use during some exams. **The calculator on a phone or computer is not permitted.** Plan ahead to get one in time for the exams.

⇒ All exams are taken on Canvas **WHILE you are on ZOOM with your VIDEO turned ON.** This is a requirement. Check the dates and times below and make sure you ARE available to take the exams. Exams taken while not visible on Zoom will not be accepted: The score will be 0.

### WHAT WILL BE ON EACH EXAM?

#### Exam 1

Introduction through (including) Digestion (Weeks 1 + 2)

#### Exam 2

Carbohydrates and Lipids (Weeks 3 + 4)

#### Exam 3

Protein & Energy Metabolism (Weeks 5 + 6)

#### Exam 4

Diet and Chronic diseases + Phytochemicals, Body Weight, Overview of the Micronutrients and Dietary Supplements (Weeks 7, 8 + 9)

#### Exam 5

Water, Vitamins and Minerals (Weeks 10 + 11)

### WHEN ARE THE EXAMS?

**Exam 1:** Tuesday Oct 17

**Exam 2:** Tuesday Oct 31

**Exam 3:** Tuesday Nov 14

**Exam 4:** Tuesday Nov 28

**Exam 5:** Tuesday Dec 12

You will have 2 choices of times to take Exams 1-4 (45 minute exams): 7:30 pm or 8:30 pm

**There will also be an option to take Exams 1-4 ON CAMPUS, in person, on those same dates at 5:30 pm.**

You will have 2 choices of times to take Exam 5 (1 hour exam): 7:30 pm or 8:45 pm. There will be no option for taking that exam in person

### OPTIONAL EXAM REVIEW SESSIONS

1 hour exam review sessions will take place on Zoom from 8-9 pm the night before each exam. The sessions will be recorded and posted. Though not required, being there in real time is strongly recommended (it will likely lead to your earning a higher score on the exam)

## THE DIET ASSIGNMENT

- The Diet Assignment is divided into 3 parts:
  - Keeping a Food Record for 3 days and collecting labels/nutrition information about foods eaten out
  - Analyzing the foods on a nutrient analysis program and getting reports with data about your food intake
  - Evaluating and assessing your diet
- The assignment—all 3 parts—is graded once towards the end of the quarter. **All 3 parts must be submitted to receive a Diet Assignment score.**
- You are strongly encouraged to complete Parts 1 and 2 of the Diet Assignment **early** in the quarter and not wait to do all 3 parts right before it's due. Completing Parts 1 & 2 early will increase the likelihood that you'll earn a high score 😊
- To encourage early submissions, IF you submit Parts 1 & 2 by the deadlines listed on the course schedule and your submissions are complete (ie nothing is missing, each component of Parts 1 & 2 is complete), each submission will earn 5 Bonus Points. 😊 10 Bonus Points can REALLY make a difference in your grade.
- The assignment can be submitted late (with a point deduction), up to 4 days past the due date and not later.
  - **10 points will be deducted from your score**
  - This drops your grade 1 full grade
  - This heavy late penalty is an **incentive** for you to submit it **on time**
  - The point deduction is the same regardless of when it is submitted within those 4 days late
  - **ADVICE:** If getting an A is your goal, plan to finish the Diet Assignment by the due date.
- Students repeating Bio 45 must keep a *current* Food Record--they may not use a Food Record from before

This assignment is a big part of your grade and requires significant effort and time in order to do well on it. It also has the potential to be more than an assignment: ***It can be personally relevant to you and your family.***

## ACADEMIC INTEGRITY

Any student found taking part in any form of **academic dishonesty** will receive no points or grade for the academic task (ie exam or assignment) that was completed without academic honesty.

A few examples of academic dishonesty are:

- *Looking at material (books, papers, websites) other than what is permitted during an exam*
- *Navigating away from Canvas while taking an exam (except Zoom)*
- *Communicating with anyone other than your instructor during an exam: Talking, text message, e-mail, etc.*
- *Reproducing any part of the exam*
- *Sharing your answers to exam questions to another student or prospective student*
- *Having someone other than yourself take an exam*
- *Any form of plagiarism*
- *Giving your academic work to another student to plagiarize*
- *Turning in another person's Diet Assignment (or any part of it), representing it as your own*
- *Copying parts of the Diet Assignment from another person's work*
- *For students who are repeating Bio 45: Turning in your Diet Assignment from a previous quarter*
- *Lying to an instructor or college official to improve your grade*

**NOTE:** The Office of the Dean of Student Affairs & Activities maintains a record of students who have engaged in academic dishonesty.

## ✓ Know This!

- Sometimes the process of learning is frustrating and difficult. Oftentimes it is satisfying. Learning requires considerable effort and patience. With appropriate strategies, that effort brings you results: **mastering the material.**
- If you need to receive an “A” or a “B” in this class read the **Strategies for Doing Well in Biology 45**, on Canvas. (You’ll see it when you go through the **Orientation Module**). Plan to put the time and effort to help you to succeed. Do not wait until the end of the quarter to act if it becomes evident that you are not earning the grade that you need or want.
- **Doing well in this class requires TIME**, at least 15 hours a week (maybe more). Remember, you are not sitting in class for nearly 4 hours a week *in addition* to out-of-class time studying. You’re doing it all on your own time. Make that time happen.

***Learning takes TIME. There are no shortcuts to learning and mastering skills.***

- **Time Management Skills are essential for staying on top of the material in this course.** Evaluate your priorities. **It is truly not ideal to take this class at a time that if you are stretched too thin.** Be realistic as to what you can accomplish with what time and energy you have to devote to this class. Countless students have reported to me – at the end of the quarter – “I didn’t believe what you said at the beginning of the quarter, *but...you were right!*”
- BE SURE you check out the **DeAnza Online Education Website**: <https://www.deanza.edu/online-ed/index.html>. Bookmark the **Student Resource Hub**: <https://www.deanza.edu/online-ed/students/remoteteaching.html>. If you have questions or run into problems, start here for finding answers.
- Read the **Biology/Chemistry Review** on Canvas (You’ll see it when you go through the Orientation Module). You should be comfortable with this material. If not, update your knowledge in those areas at the beginning of the quarter.

### OTHER IMPORTANT INFORMATION

- **Tom Nguyen** is the **Biology Division counselor**. He is a great resource available to you. He can be reached through e-mail: [nguyentom@fhda.edu](mailto:nguyentom@fhda.edu)
- Check out the **Student Success Center** on campus: <https://www.deanza.edu/studentssuccess/> It offers many resources to help students succeed in their academic pursuits.
- If you are or have ever battled an **eating disorder** and this course/the diet assignment has the potential of setting you back in your recovery process, please feel free to discuss your situation with me. Some accommodations are possible.

## FREQUENTLY ASKED QUESTIONS



### Q. Can I use an earlier edition of the textbook?

A. It is ideal to use the current edition. **You will be at a disadvantage if you use an older edition.** That said, it's acceptable to use an edition one earlier, but be aware that there are changes from edition to edition. I'm sorry the textbook is very expensive. There are more budget-friendly options: The textbook is available for rent and can be found in an e-format on the internet.

### Q. How do I get in touch with the instructor?

A. The fastest way is to e-mail me: [Milleranna@fhda.edu](mailto:Milleranna@fhda.edu). Write "Bio 45" in the subject of your email. Messaging through Canvas is also possible. And don't forget about the 4 hours of office hours on Zoom that I am available to speak with you: Every Friday and Monday from 11 am until 1 pm. Not free then? I'll be happy to make an appointment to speak with you on another day and/or time.

Please message me **ONLY** for private/personal questions. All questions about the course itself – exams, the diet assignment, quizzes, about nutrition, etc. should be posted on the discussion ***Have a Question? Post it HERE*** on Canvas.

### Q. What happens if I can't take or miss an exam?

A. One exam score is dropped (the lowest of the 5) so that will be the one that is dropped. If something unavoidable prevents you from taking a second exam, contact me **before** the exam, or in the case of an emergency, as soon as possible after the exam.

### Q. Do I have to take Exam 5 if I took and am happy with my scores on Exams 1, 2, 3 & 4?

A. No, you do not. (And not studying for Exam 5 can really help you out at that extra busy time of the quarter)

### Q. Do I have to eat a healthy diet to do well in this class?

A. No! Your grade in this class is not at all based on how well you eat. You don't need to change your diet while taking this course. (But many students do, as a result of things they learn 😊 )

### Q. Are there ways I can boost my points in this class?

A. Yes! You can earn up to **10 Bonus Points**. Read about this on Page 2 of this syllabus. There are **other ways** I help you out:

- You can take the Orientation Quiz twice – the higher score is kept (and you have 60 minutes per try)
- The lowest exam score gets dropped 😊
- There are 40 "easy points" to earn – get them all:
  - The Orientation Quiz (10 pts)
  - Tasks #1 & 2 in the first few days of the quarter (10 pts)
  - Filling out 2 Feedback Surveys (5 pts each; 10 pts total)
  - Discussion Points (10)
  - **Getting 40/40 points (100%) REALLY helps your standing in the class at the end of the quarter**

### SYLLABUS CHANGE POLICY

Information contained in this course syllabus may be subject to change with reasonable advance notice, as deemed appropriate by the instructor. Updates to the syllabus will be posted on Canvas.

Follow this advice  
from Bio 45 students  
who got As:

✓ Create a schedule for yourself: Dedicate certain days/hours each week for Bio 45 and commit to that schedule ✓ Really USE Anna's Friday and Monday TO DO lists. ✓ If you fall behind, catch up as soon as possible ✓ Read all of the Announcements ✓ Get Parts 1 & 2 of the diet assignment done early to receive **10 Bonus Points** ✓ Spend more time studying for the exams than you think you'll need ✓ Read the VLs more than once ✓ **Use the exam study guides** ✓ Attend the Exam Review Sessions ✓ Make your notes to use during exams ✓ Ask Anna when you have questions ✓ Watch the Mini-Lecture Recordings. Maybe twice (the repetition is helpful) ✓ Do all of the practice quizzes/worksheets ✓ Read what gets posted on the **Have A Question** Discussion ✓ Ask questions when you're confused 😊



\*HL means "Highlight", the section that follows a chapter. HL 1 is the highlight after chapter 1

\*\*E refers to Appendix E, C refers to Appendix C; F refers to Appendix F. Pages in an appendix are numbered

Week	Date	Topic	Reading Assignments 16 <sup>th</sup> edition of the textbook	Exams/Due Dates
1	Sept 25 Oct 1	Introduction Where do we get our information about nutrition? Research	<b>VL #1</b> (Virtual Lecture, on Canvas) <b>Textbook:</b> p. 3-17, 25-26 ; HL 1*	Thurs midnight: deadline to do 2 tasks <b>Orientation Quiz</b> Closes Sun 11:55 pm
2	Oct 2-8	Nutrition Assessment Dietary Assessment Energy Calculations Digestion	<b>VL #2</b> <b>Textbook:</b> p.22-25, p E1-6, E11-14** p. 17-21, 35-39, 46-47, p. 55 (How To box) p. 8-10 Chapter 3, HL 3	
3	Oct 9-15	Carbohydrates	<b>VL #3</b> <b>Textbook:</b> Chapter 4, HL4; p.50	
4	Oct 16-22	Lipids	<b>VL #4</b> <b>Textbook:</b> Chapter 5, HL 5	<b>Tuesday: Exam 1</b> <b>Saturday:</b> Deadline to submit Part 1 of the Diet Assignment to receive bonus points
5	Oct 23-29	Protein	<b>VL #5</b> <b>Textbook:</b> Chapter 6; p.638; HL 2	
6	Oct 30- Nov 5	Energy Metabolism	<b>VL #6</b> <b>Textbook:</b> Chapter 7; C10-C14**	<b>Tuesday: Exam 2</b> <b>Saturday:</b> Deadline to submit Part 2 of the Diet Assignment to receive bonus points
7	Nov 6-12	Diet and Chronic Diseases Phytochemicals	<b>VL #7</b> <b>Textbook:</b> p. 522-524; 560-569 p. 576-580, HL 13 p. 564; 570-576;521-522; p. 244-245	
8	Nov 13-19	Energy Balance, Body Composition, Weight Management	<b>VL #8</b> <b>Textbook:</b> Chapters 8 & 9, HL 9 E11-13; F0-F1**	<b>Tuesday: Exam 3</b>
9	Nov 20-26	Overview of the micronutrients Dietary Supplements	<b>VL #9</b> (this VL is short!) <b>Textbook:</b> p. 289-292; 363; 387-9; HL 11 HL 10, HL 18, p. 57-8	
10	Nov 27- Dec 3	Vitamins	<b>VL #10</b> <b>Textbook:</b> Chapters 10 & 11	<b>Tuesday: Exam 4</b> <b>Saturday:</b> <b>Diet Assignment Due</b>
11	Dec 4-10	Water The Minerals: Sodium, Calcium & Iron (and Potassium)	<b>VL #11</b> <b>Textbook:</b> p. 353-362 p. 364-367; 368-9 (fig 12.12) p. 370-374; HL12; p.389-398	<b>Wednesday 11:55 pm:</b> <b>Deadline to submit Diet Assignment LATE</b>
12	Dec 11-13			<b>Tuesday: Exam 5</b>

*Have a wonderful Fall Quarter!*



## The Quarter at a Glance

Here is a calendar of the 12 weeks of Biology 45. Use it to help you stay on top of the tasks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sept 24	<b>25</b> <b>WEEK 1</b> Orientation Quiz opens	26	27	28 <b>Midnight Deadline</b> to complete the <b>2</b> <b>tasks</b> on Canvas	29	30
<b>Oct 1</b> <b>Orientation</b> <b>Quiz closes</b>	2 <b>WEEK 2</b>	3	4	5	6 Discussion # 1 Opens	7
Oct 8 Last day to Drop without a W	9 <b>WEEK 3</b>	10	11	12	13	14
Oct 15 Discussion # 1 Closes	16 <b>WEEK 4</b> Feedback Survey #1 opens  Exam 1 Review on Zoom 8-9 pm	17 <b>Exam 1</b>	18	19	20 Discussion # 2 Opens	21 Deadline to submit <b>Part 1</b> to earn Bonus Points
Oct 22	23 <b>WEEK 5</b> Feedback Survey #1 closes	24	25	26	27	28
Oct 29 Discussion # 2 closes	30 <b>WEEK 6</b> Feedback Survey #2 opens  Exam 2 Review on Zoom 8-9 pm	31 <b>Exam 2</b>	<b>Nov 1</b>	2	3	4 Deadline to submit <b>Part 2</b> to earn Bonus Points
Nov 5	6 <b>WEEK 7</b> Feedback Survey #2 closes	7	8	9	10	11
Nov 12	13 <b>WEEK 8</b> Exam 3 Review on Zoom 8-9 pm	14 <b>Exam 3</b>	15	16	17 Last day to Drop (with a W)	18
Nov 19	20 <b>WEEK 9</b>	21	22	23 <i>Happy Thanksgiving!</i>	24	25
Nov 26	27 <b>WEEK 10</b> Exam 4 Review on Zoom 8-9 pm	28 <b>Exam 4</b>	29	30	<b>Dec 1</b>	2 <b>Diet Assignment Due</b>
Dec 3	4 <b>WEEK 11</b>	5	6 Last day to submit Diet Assignment (with Late Penalty)	7	8	9
Dec 10	11 <b>WEEK 12</b> Exam 5 Review on Zoom 8-9 pm	12 <b>Exam 5</b>	13	14	15 The End of Fall Quarter!	