

## FDNT 10 - Elementary Nutrition (3 units)

### Summer 2017 Syllabus - Section 8826

Tues/Wed/Thurs 6:30-9:30pm – 501T Plover Hall

#### Course description:

This course is an introduction to the basic principles of nutrition and the relationship of the human diet to health and lifestyle related diseases. You will learn about individual nutrients, optimal daily intakes, and food sources. We will discuss factors that influence nutrient bioavailability, results of nutrient deficiencies and excesses, consumer nutrition food issues, reliable sources of food and nutrition information.

This course is UC/CSU transferable and fulfills an Area C (Natural Science) requirement for an Associate Degree at Santa Rosa Junior College. It also fulfills requirements for the Dental Hygiene/Assisting programs at SRJC. *Note: This is not the nutrition course required by the SRJC RN/LVN/PsychTech programs.*

#### Instructor: Mari Morris, MAS, RD

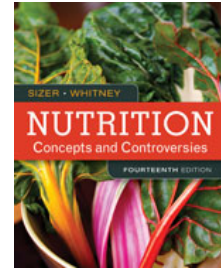
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Office Hours: Tues/Wed/Thurs 5:30-6:30pm

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#### Required texts and supplies:

- ✓ ***Nutrition Concepts and Controversies (14th Edition)*** by F. Sizer and E. Whitney, Wadsworth-Cengage Learning.
- ✓ Diet and Wellness Plus access code
- ✓ Scantron cards & #2 pencils for all exams
- ✓ Basic calculator (in class and for exams)

#### Learning Objectives:

1. Determine nutritional adequacy of a given diet and make scientifically appropriate recommendations for improvement for health promotion and disease prevention.
2. Critically evaluate consumer nutrition issues.
3. Use scientific principles to evaluate emerging nutrition information and nutrition fads.

### Learning Activities:

| Description   | Points     |
|---|------------|
| Assignments:<br>Ten (10pt each) assignments<br>One (25pt ) assignment | 125        |
| Dietary Analysis Project  | 100        |
| Two Midterm Exams (100pts each)                                       | 200        |
| Final Exam (cumulative)   | 150        |
| <b>TOTAL POINTS POSSIBLE</b>  | <b>575</b> |

### Grading Policy:

***Your final grade will be assigned according to the following:***

A = 90% or more of total points

B = 80-89% of total points

C = 70-79% of total points

D = 60-69% of total points or less than 60% on the Final exam

F = less than 60% of total points or less than 50% on the Final exam

### Your Responsibilities:

1. Come to class ready to learn.
2. Discuss and ask questions about the nutrition concepts and issues we cover.
3. Be open-minded and willing to work with others in class.
4. Complete required assignments on time. There is no reader for this class, several of the assignments will be provided only in class. Your success in this class is dependent on the effort you put in.
5. All exams are cumulative meaning that you'll constantly be adding to your knowledge of nutrition. If you need to miss an exam PLEASE talk with me, **in person**, prior to the scheduled exam. **There is NO make up for the Final Exam.**
6. **Please put your phones away in your bag during class AND turn off the ringer. If you have extenuating circumstances to warrant a need to be connected, please speak to me before class.**
7. If you decide not to take this class, please consider speaking with me first. But it is fully **your responsibility** to drop the class through Admission & Records or online.
8. As a registered student in this course you are expected to follow the Santa Rosa Junior College Student Conduct Standards (<http://student-conduct.santarosa.edu/>)

### Tentative Lecture Schedule

Note: Readings should be done prior to the lecture. Read the entire chapter unless otherwise specified by page numbers. Homework listed is due at the beginning of class unless otherwise specified.

| Date   |    | Topic   | Reading/Homework   |
|--|----|---|--|
| Jun  | 20 | Course Outline & Introduction<br>Food Choices, Human Health | <b>Measurement Assignment</b>  |
|  | 21 | Diet Assessment and Guidelines<br>Digestion, Carbohydrates  | Ch. 1, 2<br><b>24hr Recall Assignment</b>  |
|  | 22 | Carbohydrates<br>Diabetes                                   | Ch.3, p111-151<br><b>GI Quiz, Fiber Assignment</b>                               |
|  | 27 | Lipids  | Ch. 5<br><b>Fat Calculation Worksheet</b>  |
| <i>Jun 27<sup>th</sup> last day to drop without a "W"</i>        |    |   |  |
|  | 28 | Heart Disease & Cancer<br>Review Session                    | Ch.11  |
|  | 29 | <b>EXAM 1</b><br>Protein and Amino Acids                    | Ch. 6  |
| <i>July 4<sup>th</sup> - Holiday</i>                             |    |   |  |
| Jul  | 5  | Vegetarianism<br>GMO & Organic Foods                        | <b>Protein Assignment</b><br><b>Harvest of Fear</b>                              |
|  | 6  | Energy Balance & Weight management                          | Ch. 9<br><b>Food Record &amp; Computer Analysis</b>                              |
|  | 11 | Energy Utilization<br>Body Composition                      | <b>25 Pt. Assignment</b>   |
|  | 12 | Eating Disorders<br>Vitamins                                | Ch.7   |
|  | 13 | Vitamins<br>Review Session                                  | <b>Vitamin Scavenger Hunt</b>  |
|  | 18 | <b>EXAM 2</b><br>Major Minerals                             |  |
| <i>July 18<sup>th</sup> last day to drop with a 'W'</i>          |    |   |  |
|  | 19 | Trace Minerals<br>Water, Food safety controversies          | Ch. 8 & Ch. 12   |
|  | 20 | Alcohol & Caffeine<br>The Older Adult                       | p100-112 & Ch. 14<br><b>Older Adult Activity</b><br><b>Diet Analysis Project</b> |
|  | 25 | Maternal and Child Nutrition                                | Ch. 13   |
|  | 26 | Nutrition for the Physically Active<br>Review Session       | Ch. 10<br><b>Maternal Child Nutrition</b>  |
| <b>Thursday Jul 27 - FINAL EXAM 6:30-9:30pm 501T Plover Hall</b> |    |   |  |