

FDNT 10: Learning WHY to eat this.....



and NOT so much.....



Elementary Nutrition (FDNT 10): Section 4860

TuTh 12:00-1:30 PM

3 Units Spring 2018

This course is...part of the APASS learning community and is an introductory nutrition course designed to help you learn about the basic science of the chemicals that are in foods (or what are called nutrients), how the human body uses these nutrients, what foods are good sources of these nutrients, and how to plan your diet to be optimally healthy. You will also learn how the needs for these nutrients change depending on your age and your physiology (e.g. pregnancy, physical activity, etc.). And finally, learn how the world is changing with respect to your food supply and what the implications are for your diet and health.

By the end of this course you will have learned to...

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

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.*

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Office Hours:
M & W 10:00 am - 12:00 pm
Tu 1:30 – 3:00 pm

or by appointment

Required Text and Supplies:

Nutrition Concepts and Controversies (14th Edition) by F. Sizer and E. Whitney, Wadsworth-Cengage Learning.

Online diet analysis program ([Diet and Wellness Plus](#)) or use of the diet analysis program([DietAnalysis+ 9.0](#)) in the Maggini Business computer lab (2nd floor).

Scantron cards, #2 pencils for exams for all exams
Calculator (in class and for exams)

Learning Activities:

Assignments		125	
Ten	10 point assignments		
One	25 point assignment		
Food Record and Dietary Analysis		100	
Mid-term Exams (2)	100 pts each	200	
Final Exam (cumulative)		<u>150</u>	
Total		575	points

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. Be willing to discuss and ask questions about the nutrition concepts and issues we cover. Also be open-minded and willing to work with others in class.
3. Bring your reader to every class so you can participate in projects that will help you to actively learn how to make your diet healthier.
4. The more assignments you complete the more you'll learn about how to improve your diet, so I'd recommend you complete them all.
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 during class AND turn off the ringer, if you have to be "connected" please use the vibrate option. Note: In some classes you're required to bring homemade cookies for the whole class if your cell phone rings, perhaps in this class we'll make it carrots or fresh fruit...**
8. If you decide not to take the class, hopefully you'll talk with me first, but it is important that YOU drop the class through the Admission & Records office or online.
9. Have you read the Santa Rosa Junior College Student Conduct Standards (www.santarosa.edu/admin/scs)? As a registered student in this course this is what will be expected from you.

Lecture Schedule (TENTATIVE)

Note: All exam dates and assignment due dates are FIRM.

Jan	18	Course outline and introduction
	23	Nutrition: Everyday Choices (Chapter 1)
	25	Dietary Assessment
	30	Guidelines for a Healthy Diet (Chapter 2)
Feb	1	Digestion: From Meals to Molecules (Chapter 3)
		(Note! February 4th is the last day to drop without a "W")
	6	Carbohydrates (Chapter 4)
	8	Carbohydrates (continued)
	13	Diabetes Mellitus (Chapter 4 p. 138)
	15	Lipids (Chapter 5)
	20	Lipids (continued)
	22	Heart Disease and Cancer (Chapter 11 p. 428-436)
	27	Exam I
Mar	1	Protein and Amino Acids (Chapter 6); Immune System
	6	Genetically-modified organisms vs. organic foods (Chapter 12 p. 482-492)
	8	Protein & Vegetarianism (Chapter 6 p. 226)
	13	Energy Balance and Weight Management (Chapter 9)
		Due in class: 3-day food diary and computer analysis printout
		(Note! Midterm Reports sent to anyone who is currently not passing the course)
	15	Southern California University Tour
	20 & 22	Spring Break – no classes
	27	Energy Balance and Weight Management (continued)
	29	How the body uses the energy containing nutrients
Apr	3	Body Composition
	5	Eating Disorders (Chapter 9 p. 374)
		Due at the beginning of class: <u>25 point Assignment</u>
	10	Vitamins (Chapter 7)
	12	"
	17	TBA
	19	Exam II
		(Note! April 22nd is the last day to drop with a "W")

Apr	24	Major Minerals (Chapter 8)
	26	Major Minerals (continued) and Hypertension (p. 437-441)
May	1	Trace Minerals
	3	Water (Chapter 8); Food Safety Concerns (Chapter 12 p. 463-480) Due at the beginning of class: <u>Complete Diet Analysis Project</u>
	8	Alcohol and Caffeine (Chapter 3 p.100-110; Chapter 12 p. 414-416)
	10	The Older Adult (Chapter 14)
	15	Nutrition during Pregnancy and Infancy (Chapter 13)
	17	Nutrition for Physically Active Lifestyles (Chapter 10)
May	24	Exam III (FINAL): Thursday 10:00 am – 12:45 pm Schuhaw 1764