

## FDNT 10 - Elementary Nutrition (3 units)

### Summer 2019 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

Office: 501T Plover Hall

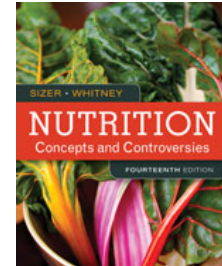
Office Hours: Tues/Wed/Thurs 5:30-6:30pm

\*\*Best way to contact me is via CANVAS\*\*

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E-mail: [mmorris@santarosa.edu](mailto:mmorris@santarosa.edu)

Website: <http://canvas.santarosa.edu>



#### 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 x 12 (10 points each)	120
Dietary Analysis Project (Part 1: 25points, Part 2: 75 points)	100
Two Midterm Exams (100pts each)	200
Final Exam (cumulative)	150
<b>TOTAL POINTS POSSIBLE</b>	<b>570</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. Show up on time. If you miss more than 5 hours of class (that's <2 lectures) you run the risk of being dropped. Talk with me before that becomes an issue.
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. 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	Assignment Due (* = in class)
Jun	18	Course Intro / DRI / MyPlate		<b>Measurement *</b>
	19	Diet Assessment and Guidelines Digestion, Carbohydrates	Ch 1 & 2	<b>24hr Recall/MyPlate</b>
	20	Carbohydrates Diabetes	Ch.3, p111-151	<b>GI Quiz*</b> <b>Fiber</b>
	25	Lipids <i>last day to drop without a "W"</i>	Ch. 5	<b>Lipids</b>
	26	Heart Disease & Cancer Review Session	Ch.11 Study Guide 1	
	27	<b>EXAM 1</b> Protein and Amino Acids	Ch. 6	
Jul	2	Vegetarianism GMO & Organic Foods		<b>Protein</b>
	3	Energy Balance & Weight management	Ch. 9	<b>GMO/Organic</b>
Jul 4 <sup>th</sup> Holiday – No Class				
	9	Energy Utilization Body Composition	Wear appropriate clothes for in class activity	<b><u>Diet Analysis Project Part 1</u></b>
	10	Eating Disorders Vitamins	Ch.7	
	11	Vitamins / Review Session	Study Guide 2	<b>Eating Disorders Vitamins*</b>
	16	<b>EXAM 2</b> Major Minerals <i>last day to drop with a 'W'</i>		
	17	Trace Minerals Water	Ch. 8 & Ch. 12	<b>Minerals*</b>
	18	Food Safety Alcohol & Caffeine The Older Adult	p100-112 & Ch. 14	<b><u>Diet Analysis Project Part 2</u></b> <b>Older Adult</b>
	23	Maternal and Child Nutrition	Ch. 13	
	24	Nutrition for Physical Activity Review Session	Ch. 10 Final Study Guide	<b>Maternal/Child Nutrition</b>
<b>Thursday Jul 25 - FINAL EXAM 6:30-9:30pm 501T Plover Hall</b>				

