

Course Syllabus

FDNT 10: Elementary Nutrition Online

Spring 2022 Section: #6818

Course Description:

Elementary Nutrition provides an introduction to the science of substances in foods called nutrients and the ways in which we use nutrients for growth, maintenance and repair, and to support optimal health.

Instructor: Heather Gilardi, MS, RDN

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Office Hours: Mondays and Wednesdays from 1-2 pm and or by appointment. For 1:1 questions please email me, or we can set up a time to talk over the telephone or by zoom.

Important Notes about this class:

- All modules will be assigned on Wednesday mornings and will be due by 11:59pm on Tuesday evenings.
- Assignments or quizzes will automatically be closed at that time on the assigned due date.
- Your lowest quiz score will automatically be dropped.
- The Diet Analysis Project counts for 20% of your grade and is an important part of this class. More information will come out as Announcements to help you understand the expectations for the diet analysis project, and I will hold 2-3 optional zoom meetings to explain the project in greater detail.
- Check the Announcements frequently. This is where I'll post any pertinent information that comes up during the semester.
- There are no required zoom meetings for this course, but there will be periodic optional zoom meetings to explain assignments and answer questions. These meetings will be recorded, and it is mandatory that you watch the recordings if you are unable to attend the zoom meeting.

Required Materials:

1) Nutrition: Concepts and Controversies,Sizer+Whitney, Cengage Learning Publishing, 15thEdition

To purchase book online click [here \(Links to an external site.\)](https://www.cengage.com/c/nutrition-concepts-and-controversies-15e-sizer/9781337906371PF/) or paste this link into your browser: <https://www.cengage.com/c/nutrition-concepts-and-controversies-15e-sizer/9781337906371PF/>

2) Diet and Wellness Plus program, access code (bundled with the text)

- Click [here \(Links to an external site.\)](https://www.cengage.com/c/diet-and-wellness-plus-1e-cengage/9781285856216PF/) for instructions on purchasing and accessing Diet and Wellness Plus if you did not purchase the bundle from the SRJC bookstore or paste this URL into your browser: <https://www.cengage.com/c/diet-and-wellness-plus-1e-cengage/9781285856216PF/> (Links to an external site.)
- Please note you **do not** need to purchase Cengage Unlimited for this course. You need Diet and Wellness Plus 6 Months ISBN: 9781285856216, and cost is \$30.

EXPECTED STUDENT LEARNING OUTCOMES: By the end of this course, you will be able to:

1. Explain or describe what nutrients are, their functions in the body, and food sources for each.
2. Evaluate your diet compared to various dietary guidelines, identifying strengths and areas for improvement.
3. Read, understand, and use nutritional labeling to make healthy food choices.
4. Discuss the relationship between nutrition and chronic disease, including diabetes, heart disease and cancer.
5. Explain how nutritional needs vary at different stages of the lifecycle and with physical activity levels.
6. Recognize and use safe food handling to preserve optimal levels of nutrients and prevent food borne illness.

Learning Activities: You will be expected to complete one module each week, for a total of 16 modules. Each module consists of an introduction, a power point presentation and other learning resources like videos or articles, learning activities and a quiz. The introduction to each module contains the assigned reading for that week, and lists all assignments that are due for that week. A new

module will be assigned every Wednesday morning, and all assignments and quizzes must be completed by the following Tuesday evening. You will also complete a 100 point Diet Analysis Project over the course of the semester, and this project will be included in the weekly modules.

Grading: Your final grade will be assigned approximately 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

Grading is weighted as follows:

- Quizzes (15 total): 35% of overall grade
- Weekly assignments, including worksheets, case studies, and discussions: 35% of overall grade
- Diet Analysis Project: 20% of overall grade
- Final Exam: 10% of overall grade

Student Responsibilities:

- Complete each weekly module, including assigned reading and videos, learning activities and quizzes.
- NO LATE ASSIGNMENTS ACCEPTED. All due dates are listed for each assignment and quiz.
- If you decide not to take the class it is up to you to officially drop the class.
- As a registered student in this course you are expected to abide by the Santa Rosa Junior College Student Conduct Standards ([www.santarosa.edu/admin/scsLinks to an external site.](http://www.santarosa.edu/admin/scsLinks%20to%20an%20external%20site)). Any student found in violation of these standards is subject to failing this course.

Weekly Schedule:

- Jan 19-25: Week 1 Food Choices and Human Health
- Jan 26-Feb 1: Week 2 Nutrition Standards and Guidelines
- Feb 2-8: Week 3 Digestion and Absorption
- Feb 9-15: Week 4 Carbohydrates and Diabetes Mellitus
- Feb 16-22: Week 5 Lipids
- Feb 22-Mar 1: Week 6 Proteins and Vegetarianism
- Mar 2-8: Week 7 Vitamins and Vitamin Supplements
- Mar 9-15: Week 8 Water and Minerals
- Mar 16-29: Week 9 Energy Balance, Body Composition and Weight Management
- Mar 30-Apr 5: Week 10 Sports Nutrition
- Apr 6-12: Week 11 Nutrition and Chronic Diseases
- Apr 13-19: Week 12 Food Safety and Technology, Organic and Genetically Modified Foods
- Apr 20-26: Week 13 Nutrition in Pregnancy and Infant Nutrition
- Apr 27-May3: Week 14 Child, Teen and Older Adult Nutrition
- May 4-10: Week 15 Recipe and Cooking Project
- May 11-17 : Week 16 Final Exam