

**SANTA ROSA JUNIOR COLLEGE**  
**FDNT 10: ELEMENTARY NUTRITION, SECTION #1865**  
**Fall 2022 COURSE SYLLABUS**

**Instructor:** Heather Gilardi, MS, RDN

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**ClassTimes:** Mondays and Wednesdays 12:00 - 1:30 pm 1691 Emeritus Hall

**Office Hours:** Tuesdays from 1-2pm (online), and Wednesdays from 1:30-2:30pm (in person) or by appointment. For 1:1 questions, please email me, or we can set up a time to meet by zoom.

**Required Materials:**

1) [Nutrition: Concepts and Controversies](#),Sizer+Whitney, Cengage Learning Publishing, 15<sup>th</sup> Edition. To purchase book online click [here](#) 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 is bundled with the text if purchased at the SRJC bookstore.
- Click [here](#) 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/>
- 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 \$32 for 6 mos. access.

3) Scan Tron forms for exams (3 total)

4) Simple Calculator

**Teaching Methodology:**

Instruction is provided using classroom lectures, PowerPoint presentations, videos, participative dialogue, textbook, and additional reading assignments and worksheets to foster a unified and coherent understanding of the subject of nutrition. This will be combined with online quizzes intended to prepare students for in-class exams.

**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.

**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.

**COURSE OUTLINE (This schedule is subject to change):**

<b>DATE</b>	<b>SUBJECT AREA</b>	<b>CHAPTER</b>
Aug 15	Course Intro + Food Choices and Human Health	1
Aug 17	Food Choices and Human Health	1
Aug 22	Nutrition Tools- Standards and Guidelines	2
Aug 24	Nutrition Tools- Standards and Guidelines	2
Aug 29	The Remarkable Body	3
Aug 31	The Remarkable Body + Alcohol	3
Sep 5	Labor Day Holiday NO SCHOOL	
Sep 7	The Carbs: Sugar, Starch, Glycogen, Fiber	4
Sep 12	The Carbohydrates (cont.) + Diabetes	4
Sep 14	The Lipids	5
	<b>DIET ANALYSIS PART 1 DUE</b>	
Sep 19	The Lipids (cont.) + Cooking with fats	5
Sep 21	<b>Exam #1 (Chapters 1-5)</b>	
Sep 26	The Proteins and Amino Acids	6
Sep 28	The Proteins (cont.)	6
Oct 3	The Vitamins: The Fat-Soluble Vitamins	7
	<b>DIET ANALYSIS PART 2 DUE</b>	
Oct 5	The Vitamins: The Water-Soluble Vitamins	7
Oct 10	<b>Vitamin Presentations Due</b>	
Oct 12	Water and Minerals	8
Oct 17	Minerals	8
Oct 19	Energy Balance	9
	<b>DIET ANALYSIS PART 3 DUE</b>	
Oct 24	Energy Balance (cont.) + Eating Disorders	9
Oct 26	<b>Exam #2 (Chapters 6-9)</b>	
Oct 31	Physical Activity, the Body's Responses	10
Nov 2	Sports Nutrition (cont.)	10
Nov 7	Diet and Health	11
Nov 9	Food Safety	12
	<b>DIET ANALYSIS PART 4 DUE</b>	
Nov 14	Organics and GMO's	12

Nov 16	Life Cycle Nutrition: Pregnancy	13
Nov 21	Life Cycle Nutrition: Infancy	13
Nov 23	Happy Thanksgiving!	
Nov 28	Life Cycle Nutrition: Child	13
Nov 30	Nutrition: Adolescents and Teens	14
Dec 5	Life Cycle Nutrition: Older Adult	14
Dec 7	<b>Recipe and Cooking Project Due + Presentations</b>	
Dec 14	<b>Final Exam 10:00 – 12:45 pm (Cumulative, but will focus on Chapters 10-15)</b>	

### **COURSE POLICIES:**

**Attendance:** *Prompt and regular attendance is required and is the greatest contributor to your success.* Some material presented in class is **not** covered in the textbook. If an emergency prevents your prompt arrival, please enter quietly. If you must leave early, please tell instructor *before* class starts and leave quietly. **You may be dropped if you miss the first class or more than 4 class meetings.** If you choose to drop, it is *your responsibility* to submit a drop form. Please let instructor know if special circumstances require *missing 2 or more consecutive meetings*, but you wish to continue the class. Tardiness and absence negatively impact your grade when you miss information, announcements, worksheets (in-class activities), and extra credit quizzes (unscheduled). Please consult with instructor during office hours if you have an attendance problem. **Turn cell phones off during class. No texting during class.**

**Accommodations:** Disability resource services are available on campus through the Disability Resources Department (DRD). Please let your instructor know if you have been approved for accommodations. **DRD Office: Bertolini Student Center, 3<sup>rd</sup> Floor, Room 4844**

Text is on reserve in Doyle Library  
College Skills: 527-4834

Tutorial Department (in Doyle Library): 527-4491  
BCL Computer Lab: 2811 Maggini Hall (2<sup>nd</sup> Floor)

**Exams and Quizzes:** Two exams plus a comprehensive final will be given on the dates listed above (any change to scheduled dates will be announced in class). Over the course of the semester, there will only be **ONE** opportunity for a make-up exam. **If you contact the instructor *before* a missed exam, you may be able to arrange to take the exam during office hours *prior to the return of the exam to the class.*** All late exams will have a 10%-point deduction, unless there is an extenuating circumstance for the late exam. Cell phones are not allowed to be used as a calculator during an exam. Quizzes will also be assigned for each chapter and are to be completed online by the due dates published in Canvas.

### **ASSIGNMENTS/HOMEWORK:**

**A. Homework (4-6 hours/week):** Daily reading 30 – 45 minutes, review of class notes *prior* to class, completion of worksheets, online quizzes and assignments.

#### **B. Assignments:**

- 1. Diet Analysis (2 Parts):** Print in ink and type analysis (100 points)
- 2. Assignments: Both in class and out of class (250 points)**

Assignments are due at the beginning of class on the due date (projected dates are listed). Late papers will have 10% deducted if turned in after the start of class on the due date and 10% of points deducted for each day thereafter that they are late. Do not miss class if your paper will be late. **All assignments MUST be turned in within a week of their due date. No exceptions for any reason.** Neatness + legibility count heavily. All work should be retained until the end of the semester.

**WORKSHEETS and IN-CLASS SMALL GROUP DISCUSSIONS:** The worksheets (ranging from 5-25 points each) are primarily in-class activities, although they may require finishing on your own. They are intended to *apply knowledge* as a classroom learning experience and to reward prompt and regular attendance until the end of class; therefore, worksheets will be handed out to those who are present when we work on them. **Worksheets will typically be collected at the end of class.** Points will be deducted for each missing worksheet. Your one lowest score will be dropped.

**EXTRA-CREDIT:** These options may be offered periodically to encourage improvement of study skills to support your success.

**GRADING:** A student-maintained **Grade Record** is highly recommended. Cheating on an exam, falsification, forgery, or plagiarizing an assignment will earn a grade of 0 and could result in course failure and expulsion from SRJC. This course can be taken credit/no credit. Your final grade will be determined by the percentage and weights of points you earn from the following:

<b>In-class exams</b> – 2 @ 100 points and 1 final @ 150 points	40% of overall grade
<b>In-class assignments</b> ranging from 10-25 points each	30% of overall grade
<b>Diet Analysis project</b> – 100 points total	20% of overall grade
<b>Online quizzes</b> – 14@ 50 points each	10% of overall grade

Your final grade will be assigned approximately according to the following formula:

- 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** <59% on the Final Exam
- F = <60% of total points **OR** <50% on the Final Exam
- I = Incompletes **ONLY** given for emergency situations

**ACADEMIC DISHONESTY:** Students are expected to do their own work for exams and assignments. Cheating includes, but is not limited to, possessing unauthorized sources of information during an exam, copying the work of others, permitting others to copy your work, submitting work done by others, completing assignments for others, altering work after grading, submitting the same work for two or more classes without the permission of all instructors involved, or retaining materials that you have been instructed to return to your instructor. Plagiarism is a form of cheating; it occurs when a student misrepresents the work of another as his or her own. Plagiarism may consist of using the ideas, sentences, paragraphs, or the whole text of another without proper acknowledgment, but it also includes employing or allowing another person to write or significantly alter work that a student then submits as his or her own.

Whenever dishonesty occurs, the instructor will file an academic dishonesty incident report detailing the infraction and the action taken. Depending on the circumstances you may: 1) be warned, 2) be required to resubmit the work or retake the exam under specific conditions and with a grade penalty, 3) receive zero points for the assignment or exam, or 4) be given an F for the course. Adhere to Student Conduct Standards (see full description in college catalog).