

SANTA ROSA JUNIOR COLLEGE
FDNT 10: ELEMENTARY NUTRITION, SECTION #6818
Spring 2023 COURSE SYLLABUS

Instructor: Heather Gilardi, MS, RDN

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Office Hours: Mondays and Wednesdays from 1-2 pm (online) or by appointment. For 1:1 questions, please email me, or we can set up a time to meet 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, 16th Edition. To purchase book online click [here](#) or paste this link into your browser:

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/student/9780357727614/?filterBy=Student>
- 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.

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.

Learning Activities: You will be expected to complete 1 module each week, for a total of 15 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, and lists assignments due that week. New modules will open Wednesday mornings, and assignments and quizzes must be completed by the following Tuesday. You will also complete a 100-point Diet Analysis Project, 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): 30% of overall grade
- Assignments (Case Studies and Graded Discussions): 40% 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.
- **Late Homework:** Homework turned in 1 day after the due date will lose 10% of the available points; work turned in after 3 days will only be eligible for a C grade or pass (75% of the points available). No late discussions will be accepted past the end of each module.
- **Late Projects:** Late Diet Analysis Projects turned in 1 day after the due date will lose 10% of the available points; formal projects or assignments turned in after 3 days will only be eligible for a C or pass (75% of the points available). No late formal projects will be accepted 1 week past the due date.
- You are expected to abide by the Santa Rosa Junior College Student Conduct Standards. Any student found in violation of these standards is subject to failing this course.

Weekly Schedule:

Jan 19-24: Week 1 Food Choices and Human Health

Jan 25-31: Week 2 Nutrition Tools- Standards and Guidelines

Feb 1-7: Week 3 Digestion and Absorption

Feb 8-14: Week 4 Carbohydrates and Diabetes Mellitus

Feb 15-21: Week 5 Lipids and Cardiovascular Disease

Feb 22-27: Week 6 Protein and Vegetarianism

Feb 28- Mar 7: Week 7 Vitamins and Vitamin Supplements

Mar 8-14: Week 8 Fluids and Electrolytes, Minerals Weight Management

Mar 15-28: Week 9 Energy Balance and Eating Disorders (March 19-25 is Spring Break)

Mar 29- Apr 4: Week 10 Sports Nutrition

Apr 5-11: Week 11 Diet and Health

Apr 12-18: Week 12 Food Safety and Technology, Organics and GMO's

Apr 19-25: Week 13 Nutrition for Pregnancy, Lactation, and Infancy

Apr 26- May 2: Week 14 Nutrition for Children, Teens, and Older Adults

May 3-9: Week 15 Cooking Project

May 10-16: Final Exam