

SANTA ROSA JUNIOR COLLEGE
FDNT 10: ELEMENTARY NUTRITION, SECTION #3040
Fall 2023 COURSE SYLLABUS

Instructor: Heather Gilardi, MS, RDN

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ClassTimes: Mondays and Wednesdays 1:30 am - 3:00 pm 1691 Emeritus Hall

Office Hours: Mondays and Wednesdays from 12:00- 1:30 pm or by appointment in Race 4079. Please email me to set up a meeting by zoom.

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:

<https://www.cengage.com/c/nutrition-concepts-controversies-16e-sizer-whitney/9780357727614/>

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/nutr-2e-mcguire/9781285856216/>
- 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 \$34 for 6 mos.

3) Scan Tron forms for exams (3 total)

4) Simple Calculator

Teaching Methodology

Instruction is provided using classroom lectures, PowerPoint presentations, videos, participative activities, 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. Class activities are designed to apply knowledge to real life situations.

Course Description

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

Student Learning Outcomes

At the conclusion of this course, the students should be able to:

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.

Course Outline

DATE	SUBJECT AREA	CHAPTER
Aug 14	Course Intro + Food Choices and Human Health	1
Aug 16	Food Choices and Human Health	1
Aug 21	Nutrition Tools- Standards and Guidelines	2

Aug 23	Nutrition Tools- Understanding Food Labels	2
Aug 28	The Digestive Tract + Digestion and Absorption	3
Aug 30	Digestion and Absorption + Alcohol	3
Sep 4	Labor Day Holiday NO SCHOOL	
Sep 6	The Carbs: Sugars, Starch, Glycogen, Fiber	4
Sep 11	Diabetes	4
Sep 13	The Lipids and Cooking with Fats	5
	DIET ANALYSIS PART 1 DUE	
Sep 18	Fast Foods + Heart Disease	5
Sep 20	Exam #1 (Chapters 1-5)	
Sep 25	The Proteins and Amino Acids	6
Sep 27	Vegetarian Diets	6
Oct 2	The Vitamins: Fat-Soluble Vitamins	7
	DIET ANALYSIS PART 2 DUE	
Oct 4	The Vitamins: Water-Soluble Vitamins	7
Oct 9	Vitamin Presentations Due	
Oct 11	Electrolytes and Minerals	8
Oct 16	Minerals and Dietary Supplements	8
Oct 18	Energy Balance and Weight Maintenance	9
	DIET ANALYSIS PART 3 DUE	
Oct 23	Energy Balance, Weight Maintenance Eating Disorders	9
Oct 25	Exam #2 (Chapters 6-9)	
Oct 30	Physical Activity	10
Nov 1	Take-home Case Study: Obesity and Health – NO SCHOOL	
Nov 6	Sports Nutrition	10
Nov 8	Hypertension, Atherosclerosis and Cancer	11
Nov 13	Food Safety and Sanitation	12
	DIET ANALYSIS PART 4 DUE	
Nov 15	Organics and Genetically Modified Foods	12
Nov 20	Nutrition During Pregnancy, Lactation and Infancy	13
Nov 22	Happy Thanksgiving! – NO SCHOOL	
Nov 27	Nutrition During Childhood + Fostering Healthy Eating Habits	13
Nov 29	Nutrition for Adolescents and Teens, The Female Athlete Triad	14
Dec 4	Nutrition for Older Adults	14
Dec 6	Recipe and Cooking Project Due + Presentations	

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. Please let instructor know if circumstances require *missing 2 or more consecutive meetings*, but you wish to continue the class. Tardiness and absence negatively impact your grade. **Turn cell phones off during class.**

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). 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 and Homework:

- **Homework** (4-6 hours/week): Daily reading, review of class notes *prior* to class, completion of worksheets, online quizzes and assignments.
- **Assignments** are due at the beginning of class. 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. **All assignments MUST be turned in within a week of their due date.**
- **Activities** range from 5-25 points each and 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** may be offered to encourage improvement of study skills to support your success.

GRADING: Your final grade will be determined by the percentage and weights of points you earn from the following:

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

F = <60% of total points