

SANTA ROSA JUNIOR COLLEGE
FDNT 10: ELEMENTARY NUTRITION, SECTION #2255
Fall 2024 COURSE SYLLABUS

Instructor: Heather Gilardi, MS, RDN

Instructor Contact: Email: hgilardi@santarosa.edu

ClassTimes: Mondays and Wednesdays 12 – 1:30 pm 1592 Emeritus Hall

Office Hours: Mondays and Wednesdays from 11am -12 pm or by appointment in Race 4079.

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 Analysis Program: NutriCalc Plus ~\$25. More information will be given in class.

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 19	Course Intro + Food Choices and Human Health	1
Aug 21	Food Choices and Human Health (continued)	1
Aug 26	Nutrition Tools- Standards and Guidelines	2
Aug 28	Nutrition Tools- Understanding Food Labels	2
Sep 2	Labor Day Holiday – no class!	
Sep 4	The Digestive Tract + Digestion and Absorption	3
Sep 9	Gut Health + Alcohol	3
	DIET ANALYSIS PART 1 DUE	
Sep 11	Nutri-Calc Online Assignment – no class!	

Sep 11	The Carbs: Sugars, Starch, Glycogen, Fiber	4
Sep 16	Diabetes	4
Sep 18	The Lipids and Cooking with Fats	5
Sep 23	Fast Foods + Heart Disease	5
	(Online quizzes 1-5 are due by Sep 20)	
Sep 25	Exam #1 (Chapters 1-5)	
Sep 30	The Proteins and Amino Acids	6
	DIET ANALYSIS PART 2 DUE	
Oct 2	Vegetarian Diets	6
Oct 7	The Vitamins: Fat-Soluble Vitamins	7
Oct 9	The Vitamins: Water-Soluble Vitamins	7
Oct 14	Vitamin Presentations Due	
Oct 16	Electrolytes and Minerals	8
Oct 21	Minerals and Dietary Supplements	8
	DIET ANALYSIS PART 3 DUE	
Oct 23	Energy Balance and Weight Maintenance	9
Oct 28	Energy Balance, Weight Maintenance Eating Disorders	9
	(Online quizzes 6-9 are due by Oct 25)	
Oct 30	Exam #2 (Chapters 6-9)	
Nov 4	Physical Activity and Sports Nutrition	10
Nov 6	Hypertension, Atherosclerosis and Cancer	11
	DIET ANALYSIS PART 4 DUE	
Nov 11	Veterans Day Holiday – no class!	
Nov 13	Food Safety and Sanitation	12
Nov 18	Organics and Genetically Modified Foods	12
Nov 20	Nutrition During Pregnancy, Lactation and Infancy	13
Nov 25	Nutrition During Childhood + Fostering Healthy Eating Habits	13
Nov 27	Happy Thanksgiving! – no class!	
Dec 2	Nutrition for Adolescents and Teens, The Female Athlete Triad	14
Dec 4	Nutrition for Older Adults	14
Dec 9	Recipe and Cooking Project + Presentations	
Dec 11	Review for Final Exam	
	(Online quizzes 10-14 are due by Dec 13)	
Dec 18	Final Exam 10:00 am –12:45 pm (Cumulative, but will focus on Chapters 10-14)	

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. **Cell phones must be put away 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