SANTA ROSA JUNIOR COLLEGE
FDNT 10: ELEMENTARY NUTRITION, SECTION # 4602 Online
SPRING 2024 COURSE SYLLABUS

Instructor: Heather Gilardi, MS, RDN **E-mail:** hgilardi@santarosa.edu
Office Hours: Tuesdays and Thursdays from 11am - 12pm (at the Petaluma Campus). Please email me to set up a meeting by zoom.

Inclusive Learning Environment

- We are all working together toward a common goal - to successfully complete FDNT 10 and to learn about foods and nutrition and their connection with chronic diseases. To that end, we want our class to be inclusive, our ideas to be welcomed, and everyone to feel that important sense of belonging needed to succeed.
- Every student in this class, regardless of personal history or identity categories, is a member of this group. Your experiences are important, and you should share them as they become relevant to our class. No student in this class is ever expected or believed to speak for all members of their group(s).
- In this class, you have the right to determine your own identity. You have the right to be called by whatever name you wish. You have the right to be referred to by whatever pronouns you wish. You have the right to adjust those things at any point in your education.
- If you find that there are aspects of course instruction, subject matter, or class environment that result in barriers to your inclusion, please contact me privately without fear of reprisal.

Course Description:
Elementary Nutrition introduces 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.

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.

Required Materials: (both are requirements for this course)
1) Nutrition: Concepts and Controversies, Sizer+Whitney, Cengage Learning Publishing, 16th Edition. Here is a free PDF copy of the text. You can also purchase a copy of the text at the bookstore or online if you'd prefer.
2) Diet Analysis Program: NutriCalc Plus through McGraw Hill Connect. Cost is ~$25. More information will be given in Canvas once the course begins.

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 with voice recording 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.

Important Notes about this class:

- **You are required to check the Announcements frequently.** This is where I'll post pertinent information about the class, assignments, and due dates.

- All modules will be assigned on Wednesday mornings and will be due by 11:59pm the following Tuesday evenings. Assignments and quizzes will automatically close on the assigned due date. Please see the late work policies in the next section.
- There are no required zoom meetings for this course, but there may be periodic optional zoom meetings to explain assignments and answer questions. These meetings will be recorded, and it is recommended that you watch the recordings if you are unable to attend the zoom meeting.
- 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.

Student Responsibilities and Late Policies:

- Complete each weekly module, including assigned reading and videos, learning activities and quizzes. Work must be typed and checked for spelling and grammar.
- **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 (70% of the points available).
- UP TO 3 late assignments are accepted per semester.
- **Late Quizzes are never accepted.** There are no exceptions to this policy; please complete your quizzes before the last moment to prevent technological difficulties. Quiz answers are available after the quiz closes. Your lowest quiz score will automatically be dropped.
- **No late discussions will be accepted past the due date.**
- **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 (70% of the points available). No late projects will be accepted 1 week past the due date. Please note this project is a requirement of the course and must be turned in to pass the course.
- 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.

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 (14 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

Weekly Schedule:

January 13-28: Week 1 Food Choices and Human Health (ch 1)
January 29-February 4: Week 2 Nutrition Tools- Standards and Guidelines (ch 2)
February 5 – 11 Week 3 Digestion and Absorption (ch 3)
February 12-18: Week 4 Carbohydrates (ch 4)
February 19-25: Week 5 Lipids (ch5)
February 26-March 4: Week 6 Protein and Vegetarianism (ch 6)
March 5-11: Week 7 Vitamins and Vitamin Supplements (ch 7)

March 12-25: Week 8 Electrolytes and Minerals (ch 8) *Spring Break is March 17-21
March 26 – April 1: Week 9 Energy Balance and Eating Disorders (ch 9)
April 2 – 8: Week 10 Sports Nutrition (ch 10)
April 9-15: Week 11 Diet and Health (ch 11)
Apr 16-22: Week 12 Food Safety and Technology, Organics and GMO's (ch 12)
Apr 23-29: Week 13 Nutrition for Pregnancy, Lactation, and Infancy (ch 13)
April 30 – May 6: Week 14 Nutrition for Children, Teens, and Older Adults (ch 14)
May 7-13: Cooking Project
May 14-21: Final Exam