

**SANTA ROSA JUNIOR COLLEGE**  
**FDNT 10: ELEMENTARY NUTRITION, SECTION 5796**  
**SPRING 2025 COURSE SYLLABUS**

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

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**Class Times:** Tuesdays and Thursdays 12 – 1:30 pm PC Call Building, Room 641

**Office Hours:** Tuesdays and Thursdays from 11am -12 pm or by appointment

### **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.

### **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.

### **Required Materials**

- 1) Nutrition: Concepts and Controversies,Sizer+Whitney, Cengage Learning Publishing, 16<sup>th</sup> Edition. (Online copy will be provided for you)
- 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 Outline

DATE	SUBJECT AREA	CHAPTER
Jan 14	Course Intro + Food Choices and Human Health	1
Jan 16	Food Choices and Human Health (continued)	1
Jan 21	Nutrition Tools- Standards and Guidelines	2
Jan 23	Nutrition Tools- Understanding Food Labels	2
Jan 28	The Digestive Tract + Digestion and Absorption	3
Jan 30	Gut Health + Alcohol	3
Feb 4	The Carbs: Sugars, Starch, Glycogen, Fiber	4
Feb 6	Diabetes	4
Feb 11	The Lipids and Cooking with Fats	5
Feb 13	No School!	
	<b>(Online quizzes 1-5 are due by Feb 16)</b>	
Feb 18	Fast Foods + Heart Disease	5
Feb 20	Exam #1 (Chapters 1-5)	
Feb 25	The Proteins and Amino Acids	6
Feb 27	Vegetarian Diets	6
Mar 4	The Vitamins: Fat-Soluble Vitamins	7
Mar 6	The Vitamins: Water-Soluble Vitamins	7
Mar 11	Vitamin Presentations	
Mar 13	Vitamin Presentations	
Mar 18, 20	Spring Break! No school!	
Mar 25	Electrolytes and Minerals	8
Mar 27	Minerals and Dietary Supplements	8
Apr 1	Energy Balance and Weight Maintenance	9
Apr 3	Energy Balance, Weight Maintenance Eating Disorders	9
	<b>(Online quizzes 6-9 are due by Apr 4)</b>	
Apr 8	<b>Exam #2 (Chapters 6-9)</b>	
Apr 10	Physical Activity and Sports Nutrition	10
Apr 15	Hypertension, Atherosclerosis and Cancer	11
Apr 17	Antioxidants and Phytochemicals	11
Apr 22	Food Safety and Sanitation	12
Apr 24	Organics and Genetically Modified Foods	12
Apr 29	Nutrition During Pregnancy, Lactation and Infancy	13
May 1	Nutrition During Childhood + Fostering Healthy Eating Habits	13

May 6	Nutrition for Adolescents and Teens, The Female Athlete Triad	14
May 8	Nutrition for Older Adults	14
May 13	Recipe and Cooking Project	
May 15	Review for Final Exam	
	<b>(Online quizzes 10-14 are due by May 16)</b>	
May 23	<b>Final Exam 10:00 am –12:45 pm (Cumulative, but will focus on Chapters 10-14)</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. 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:

<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
- F = <60% of total points