

Fam & CS 21/ Nutrition (1088) Spring 2015

Email: shephemt@wlac.edu

Dr. Shepherd GC-380F (Office)

287-4220 (Phone #) Office hours 10-11 MW

Also by appointment

COURSE DESCRIPTION:

This course deals with basic concepts of human nutrition throughout life, aimed at achieving and maintaining optimum health. Food compositions and the nutritional aspects of food preparation are explored.

STUDENT LEARNING OUTCOMES:

Students who successfully complete this course will achieve the following learning outcomes:

Think critically – Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences. For 3 days the students record their food intake. They compare their nutritional totals with the RDA amounts. They analyze each day based on nutritional deficits or excesses.

Technical Competence – Utilize the appropriate technology effectively for informational, academic, personal, and professional needs. The students will learn how to utilize the food composition pages in the book which will enable them to relate their personal RDA's to their daily food intake and determine their nutritional needs.

TEXT:

NUTRITION – CONCEPTS & CONTROVERSIES: 13<sup>th</sup> ed.Sizer & Whitney. ISBN 1-285-58358-2

CLASS REQUIREMENTS:

1. Regular Participation
2. Five Exams
3. Written Assignment
4. Dietary Record
5. Eight Class Assignments

POINTS:

1. Class Participation.....100 Points
2. Exams..... 400 Points (100 Points Each)
3. Written Assignment..... 50 Points
4. Dietary Record..... 100 Points
5. Eight Class Assignments.... 80 Points ( 10 Points Each)

GRADE:

- 657 – 730 Total Points.....A
- 584 – 656 Total Points.....B
- 511 – 583 Total Points.....C
- 438 - 510 Total Points.....D

11:10 – 12:35 MW

Feb 9 & 11	Introduction Chapter 1
Feb 16	Holiday
Feb 18*	Chapter 2 Labeling
Feb 23 & 25*	Chapter 3 Digestion
Mar 2 & 4	First Exam Chapters 1-3
Mar 9 & 11	Chapters 4 & 5 Carbohydrates & Fats
Mar 16 & 18*	Chapter 6 Protein
Mar 23 & 25	Second Exam Chapters 4-6
Mar 30 & Apr 1*	Written Assignment Due
Apr 6 & 8	Spring vacation
Apr 13 & 15*	Chapter 7 Vitamins
Apr 20 & 22	Third Exam Chapter 7
Apr 27 & 29*	Chapter 8 Minerals
May 4 & 6	Fourth Exam Chapter 8
May 11 & 13	Chapter 9 Dietary Records Due
May 18 & 20*	Chapters 10 & 11
May 25	Holiday
May 27	Fifth Exam Chapters 9-11
Jun 1	Make-up Day

\*Bring book to class

**Academic dishonesty policy:** Violations of academic integrity of any type by a student provides grounds for disciplinary action by the instructor or college. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. (Board Rule 9803.28) LACCD student code of conduct

**Disability Support Services (DSS) Accommodation:** Students with disabilities who need any assistance or accommodations should contact the instructor. Students should also contact the Disabled Student Programs & Services (DSPS) center located in SSB 320 or call 310-287-4420." [dsps@wla.edu](mailto:dsps@wla.edu)

Drop classes without a "W" Feb 22

Drop classes with a "W" May 10

