

## **El Camino Community College**

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### **NUTRITION AND FOODS 11** **Course Outline** **Fall, 2013**

#### **Course Description**

This course will address the fundamental principles of basic nutrition and the methods used for nutritional assessment. A personalized dietary analysis will be performed through a comprehensive nutrition computer program. Additional topics will include the Mediterranean Food Pyramid, nutrition quackery, phytochemicals, food safety and food technology.

#### **ADA Statement**

Students with disabilities who believe they may need accommodations in this class are encouraged to contact the Special Resource Center on campus as soon as possible to better ensure such accommodations are implemented in a timely fashion. As well please contact me privately to discuss your specific needs.

#### **Student Learning Outcome**

Evaluate in writing the nutrient content of your 3-day diet using dietary analysis software.

#### **Course Objectives**

Upon completion of this course, the student will be able to:

- List the nutrients, their sources from food and functions in the body.
- Evaluate nutrient value of food based on Nutrition Facts panel.
- Identify factors that influence eating behavior and food choices.
- Distinguish between “junk science/quackery” and “credible” nutrition information.
- Describe the relationship between diet and disease.
- Perform a personal dietary analysis.
  - Interpret accurate assessment of nutritional status.
  - Establish appropriate strategies to offset deficiencies and/or excesses.
  - Evaluate family health history.
  - Conduct personal disease risk assessment.
- Demonstrate and explain the basic principles of food safety.
- Explain how nutrient needs change throughout the lifecycle.
- Apply the principles of good nutrition for optimum health and wellness.

**Textbook** – Please make sure you do not purchase the textbook for Mrs. Warren's class.

**Option 1** (Optional)

Shiff, W. (2012). **Nutrition for Healthy Living**, 3<sup>rd</sup> Edition McGraw-Hill. (This textbook is sold as a bundled package with the required software and *Connect Plus* through the ECC bookstore for \$167.15+). ISBN:9780077919580 **Please see me if you go with this option.**

**Option 2** (Highly recommended for enhanced learning.)

Online ebook with the required software and *Connect Plus* access...**\$85.00.**

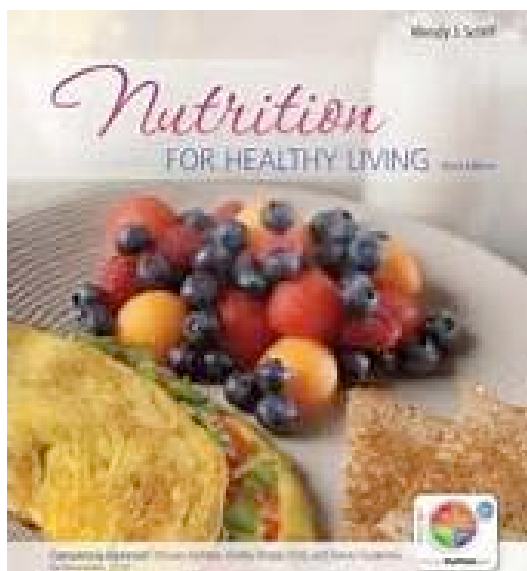
Use the link below for your course and follow the prompts to register for online access (1 year).

**Section 7722/9:30 class**

[http://connect.mcgraw-hill.com/class/m\\_lyons\\_fall\\_2013\\_mw\\_930](http://connect.mcgraw-hill.com/class/m_lyons_fall_2013_mw_930)

**Section 7724/11:15 class**

[http://connect.mcgraw-hill.com/class/m\\_lyons\\_fall\\_2013\\_mw\\_1115](http://connect.mcgraw-hill.com/class/m_lyons_fall_2013_mw_1115)



**Required Software** (Used for the Dietary Analysis assignment only.)

**\*\*\*If you purchase one of the two textbook options noted above...you will already have access to this software, so please save all access code information. You will not need to purchase this software separately.**

Purchase and register at [www.mhhe.com/ncp3](http://www.mhhe.com/ncp3) for one year, **online access**. The cost for the dietary analysis software is \$18.75...at this time.

**Attendance and Assignment Policies**

The instructor adheres to the El Camino College attendance policy, which is stated below. For Nutrition and Foods 11 this policy means that ***no more than 3 absences are allowed***. (After 3 absences each additional absence will result in a loss of two points from the total points factored into your final course grade.)

*Regular attendance is expected of every student. A student may be dropped from class when absences from class exceed the number of units assigned to the course. This rule also applies to excessive absences due to illness or medical treatment. The student who has been absent due to illness or medical appointment must explain the absence directly to the instructor. The student who has been absent due to a communicable disease or quarantine must report directly to the Health Center for clearance before returning to classes.*

If for any reason you must be absent, it is solely the student's responsibility to obtain any missed lecture material from a *fellow student* and any handouts from the *instructor*. **It's always a good idea to drop me an email to let me know what's going on if absences become excessive.** Should you no longer wish to participate in this course, it is solely your responsibility as the student to make sure their name has been removed from the class roster before the drop deadline. Failure to follow through with this will likely result in an "F" for your course grade.

### **CAMERAS**

**Under no circumstances should students photograph PowerPoint slides during lecture.**

Material is copyright protected by the publisher. If you are having a hard time keeping up please purchase the textbook or e-book. Thank you for your cooperation.

### **MAKEUP EXAMS**

You are expected to be present for all exams. There are no makeup exams given for any reason. If you are absent for an exam you will receive a zero, and score will be dropped as your lowest exam score.

### **Course Evaluation:**

**Food Safety Quiz**

**25 pts.**

**Exams (Best 4 out of 5 exams)**

**200 pts.**

**Nutrition News/Oral Presentation**

**25 pts.**

**Dietary Analysis – This project will not be accepted late.**

**55 pts.**

- Dietary Analysis (40 pts.)
- Family History & Personal Risk Assessment (25 pts.)

**TOTAL 305 pts.**

### **Grading**

**90 – 100% = A**

**80 – 89% = B**

**70 – 79% = C**

**60 – 69% = D**

**≤ 60% = F**



***"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition."~ Thomas Edison***

## **Supplement Course Reading**

Food Safety

<http://www.foodsafety.gov/>

Intro to Nutrition

<http://www.hsph.harvard.edu/nutritionsource/>

Research

<http://history.nih.gov/exhibits/goldberger/>

Food Labels

<http://fnic.nal.usda.gov/food-labeling>

Carbohydrates

<http://www.hsph.harvard.edu/nutritionsource/carbohydrates>

<http://www.webmd.com/food-recipes/features/carbohydrates>

Lipids

<http://www2.chemistry.msu.edu/faculty/reusch/VirtTxtJml/lipids.htm>

Proteins

<http://www.hsph.harvard.edu/nutritionsource/protein/>

Vitamins & Minerals

<http://www.cdc.gov/nutrition/everyone/basics/vitamins/>

Weight Management

<http://www.everydayhealth.com/weight/weight-management.aspx>

Food Technology

<http://www.ift.org/>

The following websites are great for finding nutrition news articles:

<http://www.healthday.com/consumer-health-content.html>

<http://www.dailymail.co.uk/health/index.html>