

# El Camino College; Torrance Campus

## Nutrition 11 Syllabus

### EL CAMINO COLLEGE MISSION STATEMENT:

*The mission of El Camino College is to meet the educational needs of our diverse community and ensure student success by offering quality comprehensive educational opportunities.*

Course: Nutrition and Foods 11, *Nutrition*

Instructor: Sue Ellen Warren, MA

Instructor contact: *I do not have office hours. I will normally be in the classroom 30 minutes prior to class. Current class information and handouts are available at MyTeamSite on MyECC. You can reach me anytime at **sueellen777@hotmail.com**, or **sewarren@elcamino.edu**.*

Text: (reading the text is required)

*Nutrition for Healthy Living*, Fourth Edition, Wendy J. Schiff, McGraw-Hill

Course description:

*This course is an introduction to the basic principles of nutrition as they relate to the health and physical wellness of individuals. Topics covered include macronutrients, micronutrients, nutrient standards and guidelines, diet and health, weight management, dietary analysis, current nutrition trends, food safety, lifecycle nutrition, and physical fitness.*

Recommended Preparation: English A

Instructor course objectives:

The student will:

- a.) Know sources and functions of nutrients*
- b.) Be able to use diet planning tools, and evaluate diets*
- c.) Understand nutrient needs throughout the life cycle*
- d.) Be familiar with food safety and food science*
- e.) Understand the dynamics of energy balance.*

## Published Student Learning Outcomes (SLOs):

*#1 Three-Day Dietary Analysis: At the culmination of this class, the student will analyze intakes of fat/trans-fat/saturated fat, alcohol, complex carbohydrate/fiber, vitamins and minerals, and sugar and sodium, and draw conclusions from the data. Macronutrient distribution by calories and percentages will be identified. The student will suggest dietary changes to bring the intake closer to recommendations. Non-diet risk factors, such as genetics, gender, age, lifestyle, ethnicity, smoking, stress and environmental contaminants will also be addressed. The student will suggest dietary and lifestyle changes to help mitigate personal risk factors for chronic disease.*

*#2 Nutritional Intake by Food Groups: Following textbook study and familiarity with the MyPlate.gov website, students will analyze their nutritional intake by food groups, using the online tool provided by MyPlate.gov. Specific, practical suggestions for improving the intake will be made.*

*#3 Nutrient Density: Following textbook study, an audio-visual lesson, and instructor modeling, students will analyze the Nutrition Facts Panel from a frequently-consumed canned or packaged food. Data from the label will be cited, and percentages of fat, carbohydrate, and protein will be calculated. The student will also define nutrient density and describe how the product is/is not nutrient dense.*

## Assessment activities:

Four projects (40% of final grade)

Five quizzes (four highest quiz grades are averaged for 20% of final grade)

Comprehensive Final Exam (30% of final grade)

Participation and in-class activities (10% of final grade)

## Evaluation Criteria:

Projects are scored using an instructor-designed rubric which is shared with the students. Quizzes and final exam are scored on a percentage of correct answers.

## Grading Scale:

90 – 100% = A

80 – 90% = B

70 – 80% = C

60 – 70% = D

Below 60% = F

#### Attendance:

Regular class attendance is expected. Students are also expected to arrive on time and stay the entire class period. Attendance irregularities will be handled according to the policy published in the current college catalog. (Absences exceeding 10% of the scheduled class meeting time may cause the student to be dropped by the instructor.)

#### Student Conduct:

Students are expected to prepare for class sessions by completing the reading and utilizing the (optional) study guides provided. Late projects are accepted but marked down 10% (one grade). Students may tape lectures. Students may utilize laptops for course-related activities only. Cell phones must be silenced. At no time may a student cheat, or present the appearance of cheating. (The instructor reserves the right to check the use of electronic devices, including translators.) All regulations stated in the current college catalog regarding student rights and responsibilities will be followed.

#### Support services:

If you need any accommodations to make the course content more accessible, please inform the instructor. Students with disabilities should contact the Special Resource Center (310) 660-3295 to ensure full participation in the course activities.

*Welcome to Nutrition 11. This is one of the most interesting and relevant-to-life courses you will study. It also prepares you for further study at university level for nursing and other health care careers. I am glad you are here.*

*Let the learning begin.....*

NF 11, Nutrition  
 El Camino College, Torrance Campus  
 Fall 2015, S. E. Warren, Instructor  
 Section 7734, Wednesdays

### ***Class Calendar\*\****

<i><b>Date</b></i>	<i><b>Reading Due</b></i>	<i><b>Class Agenda</b></i>	<i><b>Notes</b></i>
8/26	-----	Introduction; Lecture/discussion, <i>Food Choices and Human Health</i>	
9/2	Chapter 1	Lecture/discussion, <i>Nutrition Basics</i>	
9/9	Chapter 2	Lecture/discussion, <i>All that Information!</i>	
9/16	Chapter 3	Lecture/discussion, <i>Planning for Healthy Eating</i>	Project Due (choice)
9/23	Chapter 4	Lecture/discussion, <i>Body Basics; Digestion and Absorption of Nutrients</i>	Quiz #1 (Ch. 1-4)
9/30	Chapter 5	Lecture/discussion, <i>Carbohydrates</i>	
10/7		TBA	
10/14	Chapter 6	Lecture/discussion, <i>Lipids</i>	Project Due (choice)
10/21	Chapter 7	Lecture/discussion, <i>Protein</i>	Quiz #2 (Ch. 5-7)
10/28	Chapter 8	Lecture/discussion, <i>Vitamins</i>	
11/4	Chapter 9	Lecture/discussion, <i>Minerals</i>	Quiz #3 (Ch. 8-9)
11/11	Chapter 10 Chapter 11	Lecture/discussion, <i>Energy Balance Activity and Eating</i>	Project Due (choice)  Quiz #4 (Ch. 10-11)
11/18	Chapter 12	Lecture/discussion, <i>Food Safety, Sanitation, Preservation, Additives</i>	
11/25	Chapter 13	Lecture/discussion, <i>Life Cycle Nutrition</i>	Quiz #5 (Ch. 12-13) Final Project Due
12/2	(entire book)	Review	Last day for late submissions
12/9	(entire book)	Final Exam	

***\*\* Subject to change. You will be aware of any calendar adjustments through regular class attendance and communication with the instructor.***