

EL CAMINO COLLEGE
COURSE OUTLINE OF RECORD

I. COURSE DESCRIPTION

Course Title and Number: NUTRITION AND FOODS 11

Descriptive Title: Nutrition

Family and Consumer Studies/

Discipline: Home Economics/Dietetic Technician Division: INDUSTRY AND TECHNOLOGY

Hours Lecture: 3 Hours Laboratory: Course Units: 3

Weeks: 18 X 9 6 Other

Grading Method: Letter X CR/NCR Both No Grade

Associate Degree Credit X Non-Degree Credit Non-Credit

Transfer CSU: No Yes X Effective Date: Prior to July, 1992

Transfer UC: No Yes X UC Approval Date: Prior to July, 1992

Pending

Prerequisite, Corequisite, Recommended Preparation, Enrollment Limitation
(Specify):

Recommended Preparation:

Eligibility for English 2R.

Catalog Description:

This course is an introduction to the basic principles of nutrition as they relate to the health and physical wellness of individuals. The topics covered include nutrition throughout the life cycle, dietary analysis, current nutrition trends, food safety, and physical fitness.

Originator: NANCY HUFSTETLER Submittal Date: September, 1977

BOARD APPROVAL DATE:

Reviewed and/or Revised by:

NANCY HUFSTETLER Date January, 1988

MARY LYONS Date FALL, 2005

 Date

II. COURSE OBJECTIVES AND METHODS OF EVALUATION

- A. Course objectives (List the major objectives stated as student outcomes in behaviorally measurable terms.)

Upon successful completion of this course, students will be able to:

1. Examine the physiological, social and cultural factors that influence eating, behavior, and food choices.
2. Compare and contrast nutrients, their sources from food, and their functions in the body.
3. Explain the role of carbohydrates, lipids, proteins, vitamins, minerals, and water in a healthy diet.
4. Evaluate the factors that affect normal growth and development at each stage of the life cycle.
5. Perform dietary analyses to include assessment of nutritional status and appropriate strategies to affect nutritional deficiencies and/or excesses.
6. Explain the basic principles of food safety.
7. Distinguish between "junk science/quackery" and credible nutritional information.
8. Assess the relationship between diet and disease.

B. Methods of Evaluation - **Associate Degree Credit Course**

Students in this course will be graded, at minimum, in at least one of the following four categories. Please check the appropriate responses. The course must have a minimum of one response in category 1, 2, or 3.

1. Substantial writing assignments, including:

<u> </u> essay exam(s)	<u> </u> reading report(s)
<u> X </u> written homework	<u> </u> laboratory report(s)
<u> X </u> term or other paper(s)	<u> </u> other (specify)

Substantial writing assignments are inappropriate for this degree applicable course because:

 The course is primarily computational in nature
 The course primarily involves skill demonstrations or problem solving.

2. Computational or non-computational problem-solving demonstrations, including:

<u> X </u> exam	<u> X </u> homework problems
<u> </u> laboratory reports(s)	<u> </u> field work
<u> X </u> quizzes	<u> X </u> other DIETARY ANALYSIS

3. Skill demonstrations, including:
_____ class performance(s) _____ field work
_____ performance exam(s) _____ other (specify)
4. Objective examinations, including:
_____ X multiple choice _____ X true/false
_____ completion _____ other (specify)
_____ X matching items

C. Methods of Evaluation - **Non-Degree Credit Course**

Students will be graded, at minimum, in at least one of the following four categories. Please check the appropriate responses. The course must have a minimum of one response in category 1, 2, or 3.

1. Reading and writing assignments, including:
_____ essay exam(s) _____ reading report(s)
_____ written homework _____ laboratory report(s)
_____ term or other paper(s) _____ other (specify)
2. Computational or non-computational problem-solving demonstrations, including:
_____ exam _____ homework problems
_____ laboratory reports(s) _____ field work
_____ quizzes _____ other (specify)
3. Skill demonstrations, including:
_____ class performance(s) _____ field work
_____ performance exam(s) _____ other (specify)
4. Objective examinations, including:
_____ multiple choice _____ true/false
_____ completion _____ other (specify)
_____ matching items

D. Methods of Evaluation - **Non-Credit Course**

Indicate methods used for determining whether stated objectives have been met.

III. OUTLINE OF SUBJECT MATTER

The outline of topics should be detailed enough to enable an instructor to determine the major areas of knowledge and activities that should be covered so that the course may have consistency from instructor to instructor and semester to semester.

Approximate Time (Allotted in Hours)	Major Topics
3	Nutrition overview Social and cultural influences
1	Nutrition tools Standards and guidelines
4	The remarkable body
3	Carbohydrates: sugar, starch, glycogen, fiber
3	Lipids: fats, oils, phospholipids, sterols
4	Proteins
4	Vitamins
4	Water and minerals
6	Energy balance and healthy body weight Weight control Metabolism
1	Dietary analysis
3	Nutrients and physical activity
3	Diet and health
6	Nutrition in the life cycle
4	Food safety and food technology
5	Review and examinations
54	
TOTAL HOURS	

IV. READING AND WRITING ASSIGNMENTS OR, IF MORE APPROPRIATE, ASSIGNMENTS REQUIRING COMPUTATION, PROBLEM-SOLVING, OR SKILL DEMONSTRATION

Three hours of work per week, including class time, are required for each unit of credit.

A. Provide a representative example of an assignment.

Locate a nutrition news article from any mainstream newspaper or magazine. Prepare a written critique on the content and validity of the research or findings presented. Discuss if the author implies sensationalism or draws the reader to come to a conclusion based on junk science. Note also whether or not the author cites credentialed healthcare or academic professionals. Lastly, based on this article decide whether or not you will be making any dietary changes.

B. Two hours work outside of class are required for each hour of lecture or equivalent. Each student in this course will be required to perform the following outside of regular class time:

- ☒ Study
- ☐ Answer questions
- ☐ Skill practice
- ☒ Required reading
- ☒ Problem solving activity or exercise
- ☒ Written work (essays/compositions/report/analysis/research)
- ☐ Journal (reaction and evaluation of class, done on a continuing basis throughout the semester)
- ☐ Observation of or participation in an activity related to course content (e.g. play, museum, concert, debate, meeting)
- ☐ Course is lab only - minimum required hours satisfied by scheduled lab time
- ☐ Other (specify)

V. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS

Cite a minimum of two specific assignments that demonstrate college-level critical thinking. (Required for degree applicable courses only.)

1. Research a minimum of two sources on the internet, one which supports and one which opposes the idea that food allergies or intolerances are common causes of hyperactivity in children. Write a two-page report which compares and contrasts the viewpoints obtained, citing which viewpoint you believe is most valid.
2. Three Day Diet Analysis. Accurately record all of the food you consume in three days. Using the dietary analysis software included with your textbook, analyze the nutrient value, recommended daily allowances, and total caloric intake. Write a summary in which you compare the strengths and weaknesses of your diet.

VI. PLANNED INSTRUCTIONAL ACTIVITIES
(e.g., lecture, media, field trips)

Lectures
Videos and multimedia presentations
Individual and group projects

VII. APPROPRIATE TEXTS AND MATERIALS

For degree applicable courses the adopted texts and/or educational materials have been certified to be primarily college level:

YES X

NO

- A. Required Texts (title, author, publisher, date)
If multiple selection is offered, only representative texts need be listed.*

NUTRITION by FrancesSizer - 10th edition - Thomson Wadsworth
Publishers - 2006

- B. Required Supplementary Readings

None

- C. Other Required Materials

None

*A complete list of required and recommended materials is maintained in the Division Office.

VIII. PREREQUISITES AND ENROLLMENT LIMITATIONS

A. _____ PREREQUISITE _____ COREQUISITE

1. Indicate Type:

_____ Standard _____ Sequential _____ Health and Safety
_____ Computational/
Communication Skills _____ Non-Course

2. Standard Requisite:

Identify three UC/CSU campuses that offer the equivalent
pre/corequisite course with the equivalent target course and
list the number and title of each.

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

University Name: _____ Catalog Year _____

Equivalent Target Course: _____

Equivalent Requisite Course: _____

3. Entrance Skills/Knowledge:

List the **required** skills and/or knowledge with out which a
student would be **highly unlikely to receive a grade of A, B, C,
or Credit** (or for Health and Safety, would **endanger self or
others**) in the Target Course.

a.

b.

c.

(Add additional Skills/Knowledge as needed.)

B. ENROLLMENT LIMITATIONS

1. Indicate the category which describes the Enrollment Limitation for this course.

☐ Band/Orchestra
☐ Theater
☐ Speech
☐ Chorus
☐ Journalism
☐ Dance
☐ Intercollegiate Athletics
☐ Honors Course
☐ Blocks of Courses
☐ Other (Specify)

2. List Certificate and/or Degree requirements that are met by this course:
3. List all other El Camino College courses satisfying the requirements listed in Section B.(2.):

EL CAMINO COLLEGE
COLLEGE CURRICULUM COMMITTEE

DISTANCE EDUCATION ADDENDUM TO THE COURSE OUTLINE OF RECORD

1. **Course Title and Number** Nutrition and Foods 11

2. **Class Size** 50

3. **Delivery Method** ☒ Online ☐ Telecourse ☐ Two-way Interactive Video ☐ Real Time Video
☐ Other (Specify) _____

4. **Methods of Regular Effective Contact Between Instructor and Student**

(Please indicate the type(s) of regular effective contact you will have. Check all that apply.)

Group Meetings

☒ Chat Room ☐ Interactive Videoconferencing ☐ On Campus ☐ Other (Specify) _____

Electronic/Technology-assisted Contact

☒ Email ☐ Listserve ☐ Chat Room ☐ Interactive Videoconferencing ☐ Website/Bulletin Board
☐ Telephone ☒ U.S. Mail ☒ Office Hours ☐ On Campus ☒ Online
☐ Other (Specify) _____

5. **Methods of Evaluation**

☒ Methods of Evaluation do not differ from those in Section II.B., II.C., or II.D. of the Course Outline of Record.
☐ Supplemental Methods of Evaluation exist in Section II.B., II.C., or II.D. of the Course Outline of Record. (Specify)

6. **Administration of Examinations** (Check all that apply.)

☐ On Campus ☒ Email/Internet ☐ U.S. Mail ☐ Off Campus (Proctored)
☐ Not Applicable
☐ Other (Specify) _____

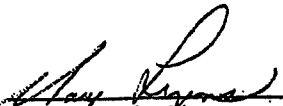
7. **Text/Supplemental Readings/Materials**

☒ Text/Supplemental Readings/Materials does not differ from those listed in Section VII of the Course Outline of Record.
☐ Text/Supplemental Readings/Materials differs from those listed in Section VII of the Course Outline of Record. (Specify)

8. **Accommodations for Students with Disabilities and Instructional Delivery**

☒ In compliance with ECC Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973 – Sections 504 and 508, and the Americans with Disabilities Act, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities. Instructional delivery methods may include, but are not limited to, Braille/audiotape for print material, on-site interpreter/real-time transcription/live captioning for audio material, captioning for video material, alternative text for images, and captioning of audio information for electronic media materials (such as web and online).

For information regarding full inclusion and effective communication and/or assistance in determining accommodation/alternate formats, please contact the Special Resource Center Alternate Media Services at (310) 660-3315.


Originator's Signature

10/10/04
Submittal Date