



**INDUSTRY AND TECHNOLOGY**  
**Nutrition and Foods Department**

Mary Lyons, MS, RD

Course Outline

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**NUTRITION AND FOODS 11**  
**Section 4798 - Online**  
**Fall 2015**

Please use Private Message via Etudes to contact me.

**NOTE: IT IS IMPORTANT THAT YOU READ THROUGH THIS ENTIRE SYLLABUS.**

**Important Dates and Deadlines**

- |   |   |
|---|---|
| • NF-11 opens on Etudes                             | Monday, August 24, 2015, 8:00 am.           |
| • Introduction posting (Attendance) - Syllabus Quiz | <b>Wednesday, August 26, 2015, 11:59 pm</b> |
| • Last Day to Add                                   | Friday, September 4, 2015                   |
| • Last Day To Drop and Be Eligible for a Refund     | Friday, September 4, 2015                   |
| • Last Day to Drop with a "W"                       | <b>Friday, November 13, 2015</b>            |

**Course Description**

This course will address the fundamental principles of basic human nutrition and the methods used for nutritional assessment. Additional topics will include the Mediterranean Food Pyramid, weight management, diet and health, 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.

**Nutrition and Foods 11 and Online Learning**

I understand that this will be a new learning format for many of you. Online learning is "***student focused learning.***" *You are empowered* to take the initiative in learning this course material throughout the semester. I am here to assist you, facilitate the course and answer questions. Please don't panic if you get lost along the way, just post your concerns on the **Discussion** board. Students are encouraged to answer questions from other students when possible, as it is beneficial to everyone! Students may *mistakenly* believe that online classes are "easier"...they are not. **Be prepared to work hard.**

## Student Learning Outcome

### **#1 Three Day Dietary Analysis:**

Personal risk factors for two self-selected chronic diseases. The student will analyze intakes of fat/trans- fat/saturated fat, alcohol, complex carbohydrate/fiber, vitamins and/or minerals, sugar, and sodium, and draw conclusions from the data. Non-diet risk factors, such as genetics, gender, age, lifestyle, ethnicity, smoking, stress and environmental contaminants will also be addressed. In a written response, students will identify evidence gathered and summarize conclusions in 15 statements that apply to their diet/lifestyle to their risk of the two diseases.

### **#2 Nutritional Intake:**

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 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.

## Course Objectives

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

- Name the nutrients, their sources from food and functions in the body.
- Describe how food nutrients are digested, absorbed, and metabolized.
- Evaluate foods based on their food label.
- Identify factors that influence eating behavior and food choices.
- Describe the relationship between diet and disease.
- Distinguish between “junk science/quackery” and “credible” nutrition information.
- Explain how nutrient needs change throughout the lifecycle.
- Demonstrate and explain the basic principles of food safety.
- Apply the principles of good nutrition for optimum health and wellbeing.
- Perform a personal dietary analysis.
  - Interpret accurate assessment of nutritional status.
  - Establish appropriate strategies to offset deficiencies and/or excesses.
  - **Information on this assignment will be posted on Etudes.**

## Course Expectations

**College level work is always expected. This includes, but is not limited to the following criteria:**

- When submitting assignment work, please use correct grammar, punctuation and spelling.
- Assignments will be turned in on time.
- As per the El Camino College Distance Education website: **Be Courteous** 😊
  - Be polite to your classmates and respectful of their opinions. Keep in mind that meanings can be misinterpreted in an online environment, so word your postings carefully. Failure to comply may result in a loss of points per the instructor’s discretion.

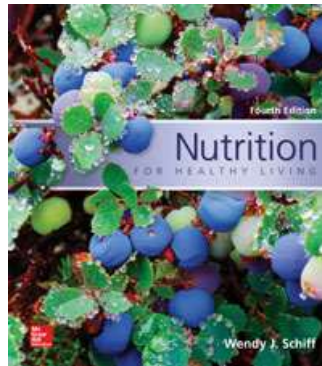
### Communication with Instructor

If you need to reach me, please send me a **Private Message** through the Etudes course vs. a direct email. I will get back to you within 24 hours Monday – Friday, but may not be available to respond to emails on the weekends, or during evening hours, so plan accordingly.

### Textbook

The textbook (**w/Connect Plus**) for this course is **required**. You will not be able to log into the McGraw-Hill website without the Connect Plus access code, so be sure to purchase one of the following two options.

**Note: Used textbooks typically DO NOT come with the Connect Plus access code, even though they are often promised through online sellers.**



Purchase prices noted below are subject to change, and are as noted at the time syllabus written.

#### **Option 1– New and bundled only...do not buy used!! – (~ \$169.95) – ECC Bookstore**

- Schiff, W. (2016). **Nutrition for Healthy Living**, 4<sup>th</sup> Edition McGraw-Hill
- **This textbook is sold as a bundled package with the *Connect Plus* access code.**
- ISBN: **9781259167874**
- Use the code included with the textbook to access your Connect assignments using this URL:
  - <http://connect.mheducation.com/class/m-lyons-nf-11-section-4798-fall-2015>

#### **Option 2 – Connect Plus Purchase (w/eBook) – (~\$85.00) - Best value. Expires six months from purchase.**

- Schiff, W. (2016). **Nutrition for Healthy Living**, 4<sup>th</sup> Edition McGraw-Hill
- Accessible here:
  - <http://connect.mheducation.com/class/m-lyons-nf-11-section-4798-fall-2015>
- The McGraw-Hill website lists two options...purchase the eBook/Connect Plus option.

### **Where Do I Go...How Do I Get Started?**

1. You will be logging into **two different course programs** for this class. The first program is through your McGraw-Hill textbook Connect Plus. Here again is the link:

<http://connect.mheducation.com/class/m-lyons-nf-11-section-4798-fall-2015>

On the “Weekly Schedule” below, you will see this noted as “**Connect**” for the weekly interactive chapter assignments. You will also log into this site to access the dietary software for your Dietary Analysis assignment.

2. You will log into “**Etudes**”, El Camino College’s course management program to access **Module** instructions, the **CourseMap**, to complete scheduled **Exams**, contribute to **required** weekly **Discussion** board topics, view your course grade in the **Gradebook**, utilize the **Chat** room feature, and to stay on top of any **Announcements** sent out by the instructor. Here is the link to log into Etudes and instructions noted below:

<https://myetudes.org/portal>

### **Etudes Log In Information**

Please use the link below for ECC instructions on how to log into Etudes, the course management system that we will be using for this class.

<http://www.elcamino.edu/library/distance-ed/etudes.asp>

### **Etudes To Do List – Important!!**

Please tend to the following immediately upon login.

1. **Verify** your system requirements are up to date, and save yourself from problems later.
  - Click on the link below, and then the **System Requirements** toolbar.
  - <https://myetudes.org/portal/site/!gateway>
2. **Update** your **Account**
  - Click on **Account** in the upper right-hand corner of your Etudes home page.
    1. **Email** – It is important to change this to **your preferred email address** so you will receive all **Announcements** and/or **Private Messages**.
    2. **Avatar** – Add an avatar/photo!
3. **Introduce Yourself!**
  - Post your introduction under the **Discussions** toolbar.
  - ...Yes, you are required to do this. It’s worth points!!
  - This is how I will be taking attendance the first week of class.
  - If you do not post an introduction by [Wednesday, August 26, 2015, 11:59 pm](#) you will be dropped from the class as a **“No Show”**.

***It is solely the student’s responsibility to confirm your removal from the roster, and pursue a refund.***

### Deadlines - Time Zone for All Due Dates/Times = Pacific Daylight Time

I cannot stress enough the importance of *time management* in online learning, especially during the summer session. You are responsible for allocating time throughout the week to log into the classroom, cover chapter readings, post to the *Discussions* board, and complete all weekly assignments and exams. Make sure that you are aware of all the deadlines, as you begin each week.

- **As a rule of thumb, new course material opens on Monday mornings at 8:00 am, and closes the following Monday evening, at 11:59 pm. You have one full week to meet deadlines!**
- **Please do not wait until the last minute to get work done.**
- Eventually your computer or Internet connection will get the hiccups, so try and have a backup plan if technology fails.

### Late Work Policy

- **Extensions for full credit will NOT be granted for any reason.**
- Most deadlines are scheduled for 11:59 pm Monday evenings.
- At 12:00 am Tuesday morning (midnight) you will automatically be logged off exams, and auto scored. **There is not an opportunity to make up a missed exam.**
- Connect Assignments - Late assignments – Lose 10% earned each day they are submitted late.
  - One day late = 10% off, two days late = 20% off etc....if you are 10 days late, you will receive a “0” on the assignment.
- Discussion Posts = ½ earned credit when submitted late for up to one week past the deadline.

### Course Evaluation

|  |                  |
|--|------------------|
| Assignments – <b>Connect</b> (13 x 35 pts. each)               | 455 pts.         |
| Exams – <b>Etudes</b> (13 x 38 pts. each)                      | 494 pts.         |
| Syllabus Quiz  | 23 pts.          |
| Syllabus Confirmation  | 10 pts.          |
| Dietary Analysis Report – <b>Etudes</b>                        | 20 pts.          |
| Dietary Analysis Assignments – <b>Connect</b> (3 x 20, 2 x 10) | 80 pts.          |
| Discussion Board Posts – <b>Etudes</b> (14 x 10)               | 140 pts.         |
| <b>TOTAL</b>   | <b>1222 pts.</b> |

### Grading

|            |     |               |
|------------|-----|---------------|
| 90% – 100% | = A | (1094 – 1222) |
| 80% – 89%  | = B | ( 972 – 1093) |
| 70% – 79%  | = C | ( 850 – 971)  |
| 60% – 70%  | = D | ( 728 – 849)  |
| ≤ 60%      | = F | ≤ 727         |

**\*\* Grades are earned...not given, or negotiated. I do not round up borderline grades!**

### Extra Credit

Extra credit is not offered. Students have open access to all available resources, including notes, textbook/eBook, Modules, the Internet. As long as you are managing your time, extra credit should not be necessary.

### Attendance

Students are expected to be active in the classroom (Etudes) each week. The instructor follows the El Camino College attendance policy, as noted below: ***For this online class, this would be equivalent to two weeks of inactivity online, including incomplete/missed work on either, or both Connect and Etudes.***

*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.*

### Student Code of Conduct and Academic Honesty

Academic integrity is expected in this class. The instructor will follow the El Camino College policy for both student conduct, and academic honesty. You can review this policy at the link provided below:

<http://www.elcamino.edu/studentservices/activities/codeofconduct.asp>

- Answers to all assignments, exams, and board posts, will be your own work.
- Students will not make questions, or solutions to any assignments, exams, or discussion board posts available to anyone else.

### Syllabus Confirmation

Once you have read through this syllabus, please be sure to click on the **Syllabus** toolbar in Etudes to accept the terms outlined above (10 points). Complete the syllabus quiz on Etudes (23 points). Failure to do so may result in removal from the roster.

I hope you enjoy the class!! Best wishes for a successful fall semester.

“Eat well, stay well!”

Mary Lyons, MS, RD  
Nutrition Instructor  
El Camino College



***“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***

**Keep scrolling down for the weekly schedule!**



## WEEKLY SCHEDULE

(Might be a good idea to print this out and keep it handy.)

**Material Opens:**            **Monday mornings at 8:00 am**

**Material Closes:**           **Monday evenings at 11:59 pm**

| <u>TITLE</u>  | <u>OPEN/CLOSE DATES</u>                            |
|---|--|
| <b><u>Week 1 – Introduction to Nutrition and Foods 11</u></b>       | <b><u>08/24/15 - 08/31/15</u></b>                  |
| <b>Etudes</b> - Introduce Yourself – 10 points                      | <b><u>Wednesday, August 26, 2015, 11:59 pm</u></b> |
| <b>Etudes</b> - Syllabus Quiz – 23 points                           |  |
| <b>Etudes</b> - Syllabus Confirmation – 10 points                   |  |
| <b><u>Week 2 – Chapter 1 – The Basics of Nutrition</u></b>          | <b><u>08/31/15 - 09/07/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 3 – Chapter 2 – Evaluating Nutrition Information</u></b> | <b><u>09/07/15 - 09/14/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 4 – Chapter 3 – Planning Nutritious Diets</u></b>        | <b><u>09/14/15 - 09/21/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 5 – Chapter 4 – Body Basics</u></b>                      | <b><u>09/21/15 - 09/28/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 6 – Chapter 5 – Carbohydrates</u></b>                    | <b><u>09/28/15 - 10/05/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 7 – Chapter 6 – Lipids and Other Fats</u></b>            | <b><u>10/05/15 - 10/12/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |
| <b><u>Week 8 – Chapter 7 – Protein</u></b>                          | <b><u>10/12/15 - 10/19/15</u></b>                  |
| <b>Connect</b> - Assignment – 35 points                             |  |
| <b>Etudes</b> - Exam – 38 points                                    |  |
| <b>Etudes</b> - Discussion Board – 10 points                        |  |

**Week 9 – Chapter 8 – Vitamins**

**10/19/15 – 10/26/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

**Week 10 – Chapter 9 – Minerals & Water**

**10/26/15 - 11/02/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

**Etudes** – Dietary Analysis Reports Due – 20 points

**Week 11 – Dietary Analysis Assignment (DAA)**

**11/02/15 - 11/09/15**

**Connect** - Assignment – 80 points

- Carbohydrates, Lipids, Protein Assignment (3 x 20 pts.)
- Vitamins, Minerals (2 x 10 pts.)

**Week 12 – Chapter 10 – Energy Balance and Weight Control**

**11/09/15 – 11/16/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

**Week 13 – Chapter 11 – Nutrition for Physically Active Lifestyles**

**11/16/15 - 11/23/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

**Week 14 – Chapter 12 – Food Safety**

**11/23/15 - 11/30/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

**Week 15 – Chapter 13 – Nutrition for a Lifetime**

**11/30/15 - 12/07/15**

**Connect** - Assignment – 35 points

**Etudes** - Exam – 38 points

**Etudes** - Discussion Board – 10 points

- ✚ **December 7<sup>th</sup> is the last deadline of the semester. Please take time this last week to review all of your grades for accuracy. If you have any concerns, please address them with me immediately.**