**Nutrition, NUTR225** LBCC Winter 2020

CRN 333393 Meeting Time and Location –10:00-10:50 am WOH 203, Mon, Wed, Fri

CRN 333392 Meeting Time and Location – 12:00-12:50 pm WOH 203, Mon, Wed, Fri

**INSTRUCTOR INFORMATION**

**Natasha Bushnell Nuno E-mail:** nunon@linnbenton.edu

**Office: WOH 220** Office Hours: Mon & Fri 11:00-11:50.

**Required Materials**

Direct Digital Access to all materials found through links in Moodle.

Click “Pearson e-text” in Moodle to access the book *Nutrition and You* Fifth Edition by Joan Blake.

Click “Mastering Course Home” to access MasteringNutrition assignments.

Click “Mastering Study Area” to access study materials associated with each chapter.

3 scantrons (1 for each exam)

**Course Introduction**

In this course you will have the opportunity to learn how the food and fuel you put into your body affects how you function. This knowledge can benefit you and be applied today and for years to come! You will learn basic facts and concepts regarding the building blocks of food and then learn to think critically about them in real-life applications.

**Course Outcomes**

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

1) Recognize sources of calories and nutrients from various foods.

2) Demonstrate awareness of appropriate sources for nutrition information.

3) Recall the unique characteristics and food sources of the six classes of nutrients.

4) Demonstrate an understanding of how food is digested, absorbed and metabolized in the body.

5) Apply basic dietary assessment principles to real life situations.

**Grading Policy**

In general there will be an assignment due every Friday unless there is an exam scheduled for that week. Late work will only be accepted with approval and will not receive full credit. If you are unable to come to class when assignments are due, please either turn assignment in early, email it to me, or give it to someone else in the class to turn in for you. If you email me an assignment, I will respond and let you know that I have received it. If you don’t get a response, then I have not received it, and it is your responsibility. Attending class is essential for success in this course! Five participation points can be earned through attending and participating in class activities.

Exams will be multiple choice questions and require scantrons. They will cover lecture and reading associated with chapters on the schedule. The final will be cumulative. The breakdown of your exams and assignments will be as follows:

Midterm exams.………………………………………100 A = 90 – 100%

Self-Assessment project (parts A,B,C)….…………..35 B = 80 – 89%

Assignments…………………………………………...60 C = 70 – 79%

Participation …………………………………………….5 D = 60 – 69%

Cumulative final exam……………………………....100 F = 59% or below

The above distribution of points is an approximate and as with the course schedule may be subject to minor adjustment.

**Moodle**

Moodle will be used in this class as a means for communication regarding class announcements. Assignments will be posted on Moodle and Mastering Nutrition assignments will also be accessed through Moodle. It is the responsibility of the student to update their email address on Moodle and make sure they have access.

**Student Expectations**

Students are expected to come to class and be ready to participate and learn! I want you to get the most out of the information available in this class! Cell phones will not be allowed out during class unless the instructor indicates they can be used. Please make sure ringers are turned off.

The weekly schedule found in the syllabus is tentative and dates could change. You will be given plenty of advance notice for when the exams will occur and are expected to take the exam at the scheduled time. Notify me immediately if you miss an exam or if you know extenuating circumstances will prevent you from being in class during a midterm. Plagiarism or cheating on papers or exams will result in a **zero** for the associated assignment or exam and may result in further disciplinary action.

**Respect**

As an instructor I value viewpoints and input into class discussions from each individual student. In the classroom I expect all students to act respectfully to one another. Diversity in background, race, opinion, gender, etc. greatly adds to the learning atmosphere and opportunities, and any kind of disrespectful behavior will not be tolerated. LBCC is an **equal** **opportunity** educator and employer.

**Center for Accessibility Resources (CFAR)**

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in the class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations but are not yet registered with CFAR, please visit the [CFAR Website](https://linnbenton.edu/cfar) for steps on how to apply for services or call 541-917-4789.

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|  | **Weekly Schedule** |
| **Week****1** **Jan. 6,8,10** | **Nutrition Self-Assessment Project PART A – DUE Friday****Click “Mastering Course Home” and complete intro assignment** **TOPICS: Introductions, Essential nutrients, Basics of Nutrition, Evaluating Nutrition Research** **READING: Ch1 What is Nutrition? Ch 2 Tools for Healthy Living** |
| **Week****2** **Jan. 13,15,17** | **ASSIGNMENT #1 Calories from label due Wednesday****ASSIGNMENT #2 Interpreting Scientific Nutrition Studies due Friday** **TOPICS: DRI’s, portions, food labels, Introducing the basic anatomy (structure) & physiology (function) of digestive system** **READING: Ch 2 Tools for Healthy Living & Ch 3 The Basics of Digestion** |
| **Week****3** **Jan.22,24****No school Mon.** | **ASSIGNMENT #3 Carbohydrates ch.4 HW on MasteringNutrition due Friday****TOPICS: Finish digestion then introduce the key characteristics, forms & functions of carbohydrates** **READING: Ch 4 Carbohydrates** |
| **Week****4** **Jan. 27,29,31** | **MONDAY 1/27: MIDTERM 1** **TOPICS: Introducing the key characteristics, forms & functions of lipids** **READING: Ch 5 Fats, Oils & Other Lipids** |
| **Week****5** **Feb. 3,5,7**  | **Nutrition Self-Assessment Project PART B – DUE Monday****ASSIGNMENT #4 Mastering Nutrition study modules on fat/pro DUE Fri. & Sat.** **TOPICS: Introducing the key characteristics, forms & functions of proteins** **READING: Ch 6 Proteins & Amino Acids** |
| **Week****6****Feb. 10,12,14** |  **ASSIGNMENT #5 Chapter 7 Homework on Mastering Nutrition due Friday****TOPICS: Introducing the key characteristics, forms & functions of vitamins** **READING: Ch 7 Vitamins** |
| **Week****7****Feb. 19,21****No school Mon.** | **WEDNESDAY 2/19: MIDTERM 2** **TOPICS: Introducing the key characteristics, forms & functions of Minerals & Water** **READING: Ch 8 Minerals & Water** |
| **Week****8****Feb. 24,26,28** | **ASSIGNMENT #6 Chapter 8 Homework on MasteringNutrition due Friday****TOPICS: Introducing the key characteristics, forms & functions of Minerals & Water** **READING: Ch 8 Minerals & Water** |
| **Week****9** **March 2,4,6** | **ASSIGNMENT #7 Chapters 9 and 10 Homework on MasteringNutrition due Friday** **TOPICS: Introducing the basics of Alcohol & its impacts on the human body. Weight management and energy balance intro.** **READING: Ch 9 Alcohol & Ch 10 weight management** |
| **Week****10** **March 9,11,13** | **Nutrition Self-Assessment Project PART C – DUE with presentation****Student Presentations on PART C Monday, Wednesday, Friday** **TOPICS: How can we implement what we have learned to improve our health??? Student presentations on self-assessments** **READING: Ch 10 Weight Management…** |
| **Finals****Week** **March 16,18** |  **FINAL EXAM SCHEDULE** **10am section: Monday 8:00-9:50am****12pm section: Wednesday 1:00-2:50pm** |