

# COMMUNITY COLLEGE OF PHILADELPHIA

## Introduction to Nutrition

### Diet 111



|                      |   |
|----------------------|---|
| <b>INSTRUCTOR:</b>   | Melissa Altman-Traub MS, RDN, LDN   |
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| <b>E MAIL:</b>       | Canvas email or <a href="mailto:Mtraub@ccp.edu">Mtraub@ccp.edu</a>            |
| <b>OFFICE HOURS:</b> | TBA<br>And by appointment in person or by phone<br>Northeast campus, Room 260 |
| <b>CREDITS:</b>      | 3   |

#### Course Catalog Description:

This course provides foundational knowledge in the science of nutrition for nursing and other students interested in health careers. It will help students understand the scientific basis for promoting health. They will learn about factors affecting food selection, standards for assessing dietary quality, and criteria for evaluating the reliability of nutrition information available to today's consumer. The course provides basic knowledge about normal nutrition throughout the life cycle.

**Prerequisites:** Biology 109 and English 101

## **Purpose of Course**

The purpose of this course is to provide the student with an understanding of the nutrients necessary for human life and health. The course will provide information regarding needs of healthy people throughout the life cycle and includes an emphasis on health promotion and disease prevention. Knowledge gained in this course will also provide a foundation of information to be integrated into the study of diet in the treatment of specific diseases.

## **Course Goals**

At the conclusion of the course you should be able to:

1. Discuss the role of nutrition in health promotion and disease prevention.
2. Examine the social, cultural, and psychological factors which influence food selection and may contribute to energy imbalance and chronic disease development.
3. Explain the functions of the nutrients in the body, their interrelationships and consequences of over- or under- consumption of these substances.
4. Evaluate dietary intakes of individuals.
5. Critique the reliability of nutrition information found in the lay press.
6. Demonstrate an understanding of the normal nutritional needs for prenatal and postpartum women, infants, children, adolescents, adults and the elderly.
7. Present your thoughts clearly in writing and as part of group discussions.

## **Required Materials**

1. Smolin L, Grosvenor MB. Nutrition: Science and Applications. Hoboken, NJ; John Wiley and Sons, 2013, 3rd ed. With Canvas Integration 9781119017639

The CCP bookstore might have some new 3rd edition books which don't have the Canvas integration but do have WileyPLUS ISBN number 9781118752234 – these are fine as well.

2. WileyPLUS - This is an access code to the on-line program which should be included with the textbook. It also includes iProfile

(You will need WileyPLUS access – keep this in mind before purchasing a used textbook or a rental textbook)

Options for buying these:

1. Purchase the textbook and WileyPLUS directly from John Wiley and Sons "Direct to Student" program at this link for \$104.95: <http://www.wiley.com/WileyCDA/Section/id-817098.html>
2. Purchase from the CCP Bookstore for about \$140

3. Purchase the WileyPLUS online access only from the [www.wileyplus.com](http://www.wileyplus.com) web site for \$78.95. This will give you online access to the full textbook also. However, there are over 700 pages to read, and you won't have access to the textbook after the semester is over – therefore I don't think this is the best option.

4. You may also purchase this at the CCP bookstore, at the main campus only ISBN 9781119005988. Price is about \$105-110.

Register for your section in WileyPLUS by going to [www.WileyPlus.com](http://www.WileyPlus.com), and clicking on the lower right hand side section for students. Then search for Community College of Philadelphia, and **this section** with my name (Please select carefully as I am teaching 3 sections this semester). There is a 14 day grace period when you can access the WileyPLUS and the full online textbook.

Please note: Students who have purchased their course material from outside sources such as online retailers have ended up with used, defective, and incorrect codes. These online retailers/distributors do not guarantee their products. When this happens, students end up having to re-purchase the code, paying more than they would have had they purchased the material directly from Wiley or even the campus bookstore.

### **Course Format**

This is a distance learning, flexibly paced course which is accessed via the Internet using Canvas. Please refer also to the Course Manual in Canvas for Frequently Asked Questions about this course.

### **Attendance**

While there are no in-person meetings for this course, attendance will be taken by the weekly assignments that are due (not by merely logging into the course). Students who miss the equivalent of two weeks of class in a row without an acceptable excuse **will be dropped** by the instructor as in accordance with College policy.

### **Assignments and Dietary Analysis Project**

Word processed assignments are required and must be submitted in Canvas according to the directions in the course timeline. Please type your name and class section on the top of all assignments submitted. Please *do not submit any assignments on campus. Handwritten assignments will not be accepted.*

Follow assignment instructions carefully. Check your word count in your word processing program to ensure the minimum word count is met. Proofread your work or spelling and grammar. **Answers should be thoughtful, original, accurate and detailed. You will lose points for vague and general answers.**

**Written assignments consist of gradable discussions, homework assignments, and the diet analysis project, which has three parts. There will also be some assignments to complete in WileyPLUS during the semester. Follow the directions on**

**the timeline regarding the due date and time for each assignment.** Late assignments will be penalized by **10% for each 24 hour period they are late.** The latest an assignment may be submitted for maximum 50% credit is the fifth day after the due date. Please refer to the charts below.

Example: assignment is due on Thursday at midnight

| <u>Assignment submitted</u> | <u>Maximum grade (depending upon quality of work)</u> |
|-----------------------------|---|
| BY Thursday 12 MN: on time  | 100%  |
| Friday                      | 90%   |
| Saturday                    | 80%   |
| Sunday                      | 70%   |
| Monday                      | 60%   |
| Tuesday                     | 50%   |

It will not be accepted or graded after midnight on Tuesday and you will receive a zero for the assignment.

Plan ahead now to complete and submit your assignments at least 12 – 24 hours ahead of each deadline. Distance education students are expected to have computer access at home. Since computers can freeze, Internet connections can be lost, etc., plan **now** to have access to a back-up computer (for example, at a friend or relative's home) if you have a problem so you do not risk late penalties for your homework.

Internet sources may be used for references **only** if referenced appropriately. Ask well before an assignment is due if you have a question. If you use Wikipedia as a reference, make sure it is not the only reference for your assignment.

### **Communication with Instructor**

I will be happy to discuss your progress in the course with you. I can speak with you privately during office hours. In addition, we can set a phone appointment if you prefer. You can email me with questions as well using Canvas or my CCP email, [mtraub@ccp.edu](mailto:mtraub@ccp.edu). \*Important: please include your name and section on all emails sent to the CCP email account.

### **Statement on Plagiarism**

Plagiarism is the unauthorized use or close imitation of the words and thoughts of another person, and representation of them as one's own original work. This could include, but is not limited to, copying information directly from a book, journal, magazine, Web site, or another student. Modern technology has made plagiarism easier to do, but it is no more acceptable in academia than it ever was. The Internet also makes it very easy for instructors to catch plagiarism. Students suspected of plagiarism may receive a grade of zero on an assignment or exam, and incidents of suspected plagiarism will be reported to College administration.

**Ensure that all sources used for assignments are referenced appropriately.** Do not report any work from other sources, including your textbook, without including quotation marks if appropriate and references. Please limit quotations to a phrase or sentence at the most from one source at a place in your work; don't use chunks of text from another source. Please ask the instructor now if you are not sure how to write references. Students must do their own work; cheating will not be tolerated. All assignments and exams in this course are individual assignments. Any student may be asked to retake an on-line exam in person on campus with a similar exam.

### **Statement on Disability**

Students who believe they may need an accommodation based on the impact of a disability should contact their instructors privately to discuss their accommodation letter and specific needs as soon as possible (preferably within the first week of class). If you need to request accommodations, but do not have an accommodations letter, please contact the Center on Disability, room BG-39, phone number 215-751-8050.

### **Grading**

|  | <b>Percentage of grade</b> |
|--|----------------------------|
| <b>Exams (4, 10% each)</b>   | 40%                        |
| <b>Gradable Discussions (4 postings, 3% each)</b>  | 12%                        |
| <b>Diet Analysis Project</b><br>Part 1: 2%<br>Parts 2 and 3: 8% each   | 18%                        |
| <b>Homework Assignments</b><br><b>Homework 1 and 2:</b> 5% points each = 10%<br><b>iProfile Sample Profile Assignment:</b> 2%<br><b>WileyPLUS assignments:</b> 2.5% each x 4 = 10 %<br>4 sets of questions: 1 before each exam<br><b>Journal Assignments</b> x 2; 3% each = 6%<br><b>Course assessment:</b> 2% | 30%                        |

Exams are multiple choice and will be graded numerically. They are on-line and available for a specific time period on one day only as per the syllabus. Students may inform the instructor ahead of time if a change is needed in their schedule due to classes or work. The final exam is not cumulative.

### **Make Up Tests**

In the event you miss a test because of illness or emergency, you must notify me by noon on the day after the test. If not, you will have a 0 for the test. Make up tests must be taken within one week of the date of the original test. Make up tests may include short answer questions. They will be graded as a straight percentage, without the advantage of bonus points. For example, if you take your exam on the scheduled date

and choose the correct answer for 45 of 55 questions, your grade may be curved and have additional points added. If you take the exam as a make-up, 45 questions out of 55 is scored as an 82 %. There are no exceptions to this policy.

| <b>Final Grade</b> | <b>(Percentage equivalent)</b> |
|--------------------|--------------------------------|
| A                  | 90-100                         |
| B                  | 80 – 89                        |
| C                  | 70 – 79                        |
| D                  | 60 – 69                        |
| F                  | < 60                           |

### **Extra Credit**

This will involve volunteering for a community organization related to nutrition from a list provided. Students may choose between assignments for a maximum of up to 2% credit onto your final grade for the semester.

### **Student Responsibilities:**

|    |   |
|----|---|
| 1. | To “log on” to Canvas at least two - three times a week to check for announcements or changes in the syllabus. A student who does not submit assignments for 2 consecutive weeks may be dropped from the course (this is consistent with CCP’s attendance policy).  |
| 2. | To do readings and assignments as outlined in the syllabus, and in accordance with stated due dates. Assignments received after the due date will be penalized by 10% per day. Assignments received after 5 days from the deadline will not be accepted. Students who have two or more outstanding assignments in a row may be dropped from the course. |
| 3. | To participate in the Gratable Discussions by responding to instructor-posted discussion questions and by responding to student postings  |
| 4. | To notify the instructor <b>immediately</b> if there are technical problems preventing them from logging on to Canvas or taking an exam. Lack of notice of an inability to take an exam by noon on the day following an exam will result in a zero for the exam.  |
| 5. | To be responsible for meeting the course expectations in an independent manner, and to rely on the instructor for guidance and clarification.   |
| 6. | To be courteous and respectful in all communications to the instructor and other students.  |
| 7. | To plan to spend at least 9 hours per week doing the assigned readings and other work for this course. Some students may need to dedicate more than this amount of time.  |

**Instructor Responsibilities:**

|    |   |
|----|---|
| 1. | To select reading assignments that clearly present the information the student is responsible for learning in this course.  |
| 2. | To select learning activities that will reinforce key concepts to be learned in this course.  |
| 3. | To direct the student to Web sites that will either reinforce important concepts or present an opportunity for the student to expand his/her knowledge on a specific topic. |
| 4. | To formulate assignments that allow the student to demonstrate an understanding of key concepts in this course, good writing skills, and analytical thinking.               |
| 5. | To formulate discussion questions that will provide a forum for student interaction and that will address either key concepts or areas of controversy in nutrition.         |
| 6. | To regularly check for student e-mail and other communications (voice mail) from students, generally daily.   |
| 7. | To provide timely feedback to students on submitted assignments and exams, generally within one week.   |

## Course Calendar

| Week | Date | Topics   | Readings Due  | Canvas Assignments Due  | WileyPLUS Assignments Due |
|------|------|--|---|---|---------------------------|
| 1    |      | Nutrition: Food for Health<br>Nutrition Guidelines: Applying the Science of Nutrition            | Chapter 1<br>Chapter 2 pp. 34 – 47 (through section 2.4)          | Gradable Discussion #1  |                           |
|      |      | Martin Luther King Day, no class   |   |   |                           |
| 2    |      | Nutrition Guidelines: Applying the Science of Nutrition<br>Digestion, Absorption, and Metabolism | Chapter 2 pp 48 – 75 (section 2.5 to end of chapter)<br>Chapter 3 | Journal #1<br>Homework #1   |                           |
| 3    |      | Carbohydrates: Sugar, Starches, and Fiber  | Chapter 4   | Diet Analysis Project Part 1  |                           |
| 4    |      | Lipids and Alcohol   | Chapter 5 and Focus on Alcohol                                    | <b>Exam #1 (Covers chapters 1, 2, 3, and 4)</b>                                       | Exam 1 review questions   |
| 5    |      | Protein and Amino Acids<br>Hunger at Home  | Chapter 6<br>Pages 775 – 781 (Chapter 18 only section 18.5)       | Gradable Discussion #2<br>And iProfile sample assignment                              |                           |
| 6    |      | Energy Balance and Weight Management   | Chapter 7 and Focus on Eating Disorders                           | Diet Analysis Project Part 2  |                           |
| 7    |      | The Water-Soluble Vitamins   | Chapter 8   | <b>Exam #2</b><br>(Covers ch. 5, 6, 7, Alcohol, Eating Disorders, and Hunger at Home) | Exam 2 review questions   |
|      |      | No class: spring break   |   |   |                           |
| 8    |      | The Fat-Soluble Vitamins<br>Water and Electrolytes   | Chapters 9 and 10   | Gradable Discussion #3  |                           |
| 9    |      | Major Minerals and Bone Health   | Chapter 11 and 12   | Journal # 2   |                           |

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|    |            | and Trace Elements  | and Focus on<br>Phytochemicals                      |  |  |
| 10 |            | Nutrition and Physical Activity   | Chapter 13  | <b>Exam #3 (Covers<br/>chapters 8, 9, 10, 11, 12<br/>and Phytochemicals)</b> | Exam 3 review<br>questions                   |
| 11 |            | Nutrition during Pregnancy and<br>Lactation                               | Chapter 14  | Gradable Discussion #4   |  |
| 12 |            | Nutrition from Infancy to<br>Adolescence                                  | Chapter 15  | Extra credit assignment<br>Diet Analysis Project,                            |  |
| 13 |            | Nutrition and Aging: The Adult<br>Years<br>Food Safety and Sustainability | Chapter 16<br>Chapter 17 sections<br>17.1 – 17.3    | Homework #2  |  |
| 14 |            | Last day of class<br>Food Sustainability and Organic<br>Foods             | Chapter 17, Section<br>17.4<br>and assigned article | End of semester<br>assessment in Canvas                                      |  |
|    |            | Study Days  |   |  | Final review questions<br>(chapters 13 – 17) |
| 15 | Final Exam |   |   | <b>Final Exam</b>  |  |

