Nutrition &101
Nutrition
Everett Community College
Spring 2012/Section HON

Instructor: Nancy Vandenberg
Office: Shuksan 114
Room: WH 353
Email: nvandenberg@everettcc.edu
Hours: 8:50 – 9:50 MTWTh
Phone: 425/388-9455
5 credits
Office Hours: M – Th 10:15 – 11:30

Textbook:
(Text is on reserve at the library circulation desk if you can’t buy it right away).
Additional readings posted in ANGEL

Pre-requisites/course repeat info:
Pre-requisites: English 098--grade of C or higher, Math 080 (or higher math/English placement)
Note: if re-taking this class to earn a better grade, you must submit a course repeat card to
Enrollment Services or previous grade will still count toward GPA.

Class Description
Class covers the basic principles of nutrition for infants, children, adolescents and adults;
guidelines for healthy diet; nutrient functions and food sources; and the role of nutrition in
maintaining optimal health, physiological growth and development, and disease prevention.
Emphasis in this Honors class is on the impact of food choices on the environment.

Student Learning Objectives
Upon successful completion of this course, students will be able to demonstrate knowledge of:
• Guidelines for healthy diet and ability to read and evaluate food labels
• Relationship of diet to growth and development
• Relationship of diet to optimal health and disease prevention
• Role of individual nutrients, and their functions and food sources
• Impact of diet and exercise on energy balance, weight control, obesity
  and fitness
• Changes in nutritional needs during infancy, childhood, adulthood, aging
• Current controversies in nutrition and health
• Demonstrated ability to evaluate media sources of nutrition information
• Demonstrated ability to assess individual food intake and eating habits
• Demonstrated ability to evaluate various nutrition products
• Demonstrated ability to evaluate, through writing and discussion,
  articles on sustainability and food choices
• Demonstrated ability to analyze and present impact of personal food
  choices on the environment
**EVCC Core Learning Outcomes covered in this course**

“Engage and take responsibility as active learners.” Individual assignments include analyzing your own diets for nutrient adequacy and comparison to current nutritional guidelines and analyzing for environmental impact, evaluating a fast food meal, and self-evaluation of risk factors for developing nutrition-related disease. Many projects involve application of food label knowledge and analyzing various nutrition products. These assignments promote active learning, working together in interactive groups, and practical application of subject matter.

“Think critically.” Critical thinking is evaluated in exams and assignments. Exam questions test your ability to apply knowledge in practical situations, for example, in analyzing a diet. In individual and group assignments, students evaluate food and supplement products and explore websites and written media to evaluate and critique media information and food marketing.

“Communicate effectively”. Students write your conclusions about what you have learned in individual and group assignments. Through group discussions, you develop skills in sharing your opinions and knowledge.

“Identify elements of a sustainable society”. Students will read, write about, and discuss articles relating to environmental impact on food choices. Each student will evaluate and present via poster the impact of their personal food choices on the environment, and ideas for lessening the impact.

Science department specific outcomes:

“Critically evaluate science-related content in reports, media and public policy”. Students analyze websites/articles to evaluate if the scientific content is consistent with scientific information from class. You also evaluate a popular documentary and make societal recommendations based on your nutrition knowledge and what you learned about health effects of typical US diets.

**Expectations for Students**

- Come to class prepared. Bring your textbook.
- Be on time for lecture and exams. Attend class on a regular basis
- Ask questions/participate in class discussions and in-class assignments.
- Turn off cell phones during class.
- Wait until after class is over to converse with friends!
- Cheating on exams and papers will result in zero points.

**Disabled Students**

The Center of Disability Services has helpful services; office is Parks 267; phone 425/388-9272. Contact them with questions about disability accommodations.

More information about the services provided by the Center for Disability Services office can be found at: [http://www.everettcc.edu/resources/cds/?linkFrom=Alias](http://www.everettcc.edu/resources/cds/?linkFrom=Alias)
Health care Pathways Center

The Healthcare Pathways Center at EvCC helps non-native English speakers who are interested in working in healthcare. They have a pronunciation lab to practice medical terminology, a free class on U.S. Culture and Communication in Healthcare, a resource library and drop-in appointments. For more information or to make an appointment, please call or email: Allison Cohen, Director
Index 116
425-259-8789 or acohen@everettcc.edu.

Exams and Assignments

Students are expected to be on time for exams, otherwise points will be deducted. There are no makeup exams. At the end of the quarter, the lowest exam grade will be dropped. If you miss an exam, it will be the dropped exam. You may not drop the final.

Assignment points count the same as exam points—it is very important to complete all assignments and in-class group assignments or your grade will go down. Late work is penalized with the loss of 10% of points per day late, with a maximum point loss of 30% of total points). Some in-class assignments can be completed late for partial credit. There are no extra credit assignments.

Grading Criteria

<table>
<thead>
<tr>
<th></th>
<th>Total points -- 500</th>
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<tbody>
<tr>
<td>Five exams (1 dropped)</td>
<td>50 points each</td>
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<tr>
<td>Comprehensive final</td>
<td>100 points</td>
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<tr>
<td>Seminar papers</td>
<td>10 points each</td>
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<tr>
<td>4 assignments</td>
<td>10 – 25 points each</td>
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<tr>
<td>In-class assignments</td>
<td>35 points total</td>
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<tr>
<td>Scientific methods quiz</td>
<td>10 points</td>
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Grades will be determined on the basis of percentage of total points:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
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</table>
| A     | 93 – 100%
| A-    | 90 – 92%
| B+    | 87 – 89%
| B     | 83 – 86%
| B-    | 80 – 82%
| C+    | 77 – 79%
| C     | 73 – 76%
| C-    | 70 – 72%
| D+    | 67 – 69%
| D     | 63 – 66%
| D-    | 60 – 62%
| E     | Below 60%

Grade given if you stop attending class and do not officially withdraw
This class uses ANGEL support. You will always be able to check your grade status via Angel. Check frequently to make sure you are up-to-date on all assignments. I will also post study guides and most class assignments and class handouts here.

**Getting Started with ANGEL**

**Accessing ANGEL**

1. Go to a web browser; FireFox is recommended. Do not use Chrome.
2. In the address bar, type in [http://everett.angellearning.com](http://everett.angellearning.com)

**Login and Password**

1. Go to [http://everett.angellearning.com](http://everett.angellearning.com);
2. Click the LOGIN button;
3. Type in your Username and password:
   - **Username:** first initial + middle initial + full last name (use the letter x if you have no middle name or have no middle name registered with the college)
     - EXAMPLE: kmdouglas, txsmith
   - **NOTE:** If you have a common name, you may have to add a two digit number, such as 01 or 02 after your login. Example: kmdouglas02
   - **Password:** **NEW Students:** First initial of your first name capitalized, first letter of your last name lowercase followed by your Student ID number
     - EXAMPLE: John Doe = Jd1234567890
   - **NOTE:** If you are a returning student: Use your previous quarters computer/email password. If you are unsure what it is, you can change it by logging on to [https://www.everettcc.edu/resources/password/index.cfm](https://www.everettcc.edu/resources/password/index.cfm)
4. When you get to the first ANGEL page, look for the window labeled *MY COURSES*. Click on the course you are taking. This will take you to that course.

**Changing your password in ANGEL**

1. Go to the web site [https://www.everettcc.edu/resources/password/index.cfm](https://www.everettcc.edu/resources/password/index.cfm)
2. Fill out the form
3. If you have questions, contact the IT HelpDesk at 425.388.9333, extension 2 or email them at helpdesk@everettcc.edu

**ANGEL Support**

Staff: Barbara Hellstrom and Sara Frizelle

Phone: (425) 388-9367 or (425) 388-9585 or (toll-free) 1(866) 575-9027

Email: elearning@everettcc.edu

Webpage: [http://www.everettcc.edu/elearning](http://www.everettcc.edu/elearning)

Offices: Whitehorse Hall, Rooms 210 & 211
Accessing your college email account

1. Go to http://gw.students.everettcc.edu/
2. Click on GO
3. Type in your username and password and click LOGIN
   - **Username**: first initial + middle initial + full last name (use the letter x if you have no middle or have no middle name registered with the college)
   - **Password**: first letter of your first name capitalized + the first letter of your last name in lower case + your full SID

**NOTE:** If you are a returning student: Use your previous quarters password. If you are unsure what it is, you can change it by logging onto https://www.everettcc.edu/resources/password/index.cfm

For help accessing your email account, please contact the IT helpdesk.
Phone: 425-388-9333, extension 1Email: helpdesk@everettcc.edu
Office: Shuksan, Room 212
<table>
<thead>
<tr>
<th>Date</th>
<th>Reading Assignments</th>
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<tbody>
<tr>
<td>April 2 – 12</td>
<td>Introduction, Planning a healthy diet, Carbohydrate, Diabetes, Lipids</td>
</tr>
<tr>
<td>April 5</td>
<td>Seminar Paper #1 due</td>
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<tr>
<td>April 12</td>
<td>Seminar Paper #2 due</td>
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<tr>
<td>April 16</td>
<td>Exam 1</td>
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<tr>
<td>April 17</td>
<td>Diet analysis due</td>
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<tr>
<td>April 17 - 25</td>
<td>Protein, Vegetarian Diets, Digestion, Absorption, Heart Disease, Metabolism, Alcohol</td>
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<tr>
<td>April 19</td>
<td>Seminar Paper #3 due</td>
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<tr>
<td>April 25</td>
<td>Seminar Paper #4 due</td>
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<tr>
<td>April 26</td>
<td>Exam 2</td>
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<tr>
<td>April 30 – May 8</td>
<td>Energy Balance, Weight Management, Fitness, Disordered Eating, “Food, Inc”</td>
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<tr>
<td>May 3</td>
<td>Seminar Paper #5 due</td>
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<tr>
<td>May 9</td>
<td>Exam 3</td>
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<tr>
<td>May 10</td>
<td>Seminar Paper #6 due</td>
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<tr>
<td>May 10 – May 17</td>
<td>Nutrients involved in energy metabolism and antioxidant function, supplements</td>
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<tr>
<td>May 17</td>
<td>Seminar Paper #7 due</td>
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<td>May 21</td>
<td>Exam 4</td>
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<tr>
<td>May 15</td>
<td>Web evaluations due</td>
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<tr>
<td>May 22 – May 30</td>
<td>Nutrients involved in fluid and electrolyte balance, bone health, and blood health and immunity</td>
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<tr>
<td>May 24</td>
<td>Seminar Paper #8 due</td>
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<td>May 30</td>
<td>Seminar Paper #9 due</td>
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<td>May 31</td>
<td>Exam 5</td>
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<tr>
<td>June 5</td>
<td>Poster presentations due</td>
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<tr>
<td>June 4 – June 7</td>
<td>Nutrition through the Life Cycle</td>
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<tr>
<td>Tuesday, June 12</td>
<td>Final Exam, 8:00 – 9:50 a.m.</td>
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No classes on May 28 (Memorial Day)
May 25—last day to drop class with a “W”