

# Nutrition 10 ONLINE

## Contemporary Nutrition

FALL 2022

A 12 WEEK COURSE



### INSTRUCTOR: ANNA MILLER

#### EMAIL

MillerAnna@fhda.edu

Write "NUTR10" in the subject. I usually respond to e-mail within 24-48 hours

#### FOLLOW ME ON INSTAGRAM

"DeAnzaNutrition"

#### OFFICE HOURS

On Zoom: Mondays and Fridays 11 am – 1 pm  
and by appointment

*During the week of final exams, office hours are  
by appointment only*

#### OFFICE LOCATION

I will not be on campus this quarter

Welcome to Nutrition 10! This class will undoubtedly affect the way you think about food, dieting and health. We often have complex relationships with food and may approach the topic of nutrition with trepidation and bias. I invite you to have an open mind as you explore this dynamic, powerful and meaningful topic this quarter.

Cheers, *Anna*

**COURSE DESCRIPTION** Physiological, psychological and practical aspects of obtaining a healthy diet. Relationship of nutrients to health and well being. Evaluation of current nutritional issues and controversies.

**CANVAS** This course resides on the course management system called **Canvas**, accessible from **MyPortal**. This course will open on Canvas the Thursday before the official first day of the quarter—you can get a head start if you want 😊

⇒ **Nutrition 10 is NOT a self-paced course.** Material needs to be read and tasks completed within the time frame of the course and due dates listed on the course schedule.

**REQUIRED TEXTBOOK: NONE!** There is **no textbook**. The course content is delivered entirely through Canvas. (A link to an optional, free online nutrition textbook will be shared for those who want more to read)

**PREREQUISITES: None.** English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Math 200 **are advised**. It is expected that you can do simple math problems (percentages and ratios.)

⇒ **IMPORTANT:** Faculty are required **by law** to clear their rosters of "no shows" during the first week. To keep your spot in this class and not be identified as a "no show" and therefore get dropped, **log onto the course on Canvas** and complete the following **2 quick and easy tasks by midnight Thursday night** of the first week of the quarter (9/29):

1. Fill out a short questionnaire (*Welcome to Nutrition 10 Survey*). Doing so will earn you 5 points.
2. Post a photo of yourself (head shot) on your Canvas Profile

(Students who add the class after registration closed will have 2 days to do these tasks, after they register)

⇒ **Not doing these 2 tasks by the deadline will get you dropped as a "no show".** Get in touch with me in the first few days of the quarter if there is a hardship that prevents your completing these 2 quick tasks.

## STUDENT LEARNING OBJECTIVES:

[1] Evaluate a meal plan or a diet for meeting the criteria of a Healthy Diet. [2] Evaluate nutrition claims about a dietary supplement, food, or diet for accuracy and health-enhancing potential.

## COMMUNICATION

I communicate with you in a variety of ways. One is through bi-weekly Announcements, on Mondays and Fridays (and sometimes other days). *Read all announcements.* **You are responsible for the information communicated.** In addition to these, I leave comments with test/assignment scores and send messages through the Canvas Inbox or e-mail. Check your Canvas inbox and your e-mail SPAM folder regularly. Don't miss any communiques. **NOTE:** I do my best to respond to messages within 24- 48 hours.

## WEEKLY ZOOM MINI-LECTURES

Starting in Week 2 there will be an optional 1 hour Zoom Mini-Lecture each on Mondays from 1 -2 pm. This time will be spent explaining some of the more challenging topics from the previous week. NO new material will be presented. Attending is encouraged but not required. It can really help to see and hear an instructor discuss the course content and answer student's questions. Try to attend. But if you cannot, the Mini-Lectures will be recorded and posted on Canvas.

## GRADING PROCEDURE

Orientation Quiz	10 points
Welcome to NUTR 10 Survey	5 points
Feedback surveys (7; 5 points each)	35 points
Tests (6; 25 points each) *	150 points
Diet Assignment	<u>50 points</u>
Total Possible Points	250 points

\*7 tests are given. The lowest test score is dropped from your cumulative score.

### Get ready for Online Learning!

Watch this video:

<https://apps.3cmediasolutions.org/oei/modules/intro/story/>

***Watch even if you've taken an online course before***

## GRADING SCALE

<b>A+</b> = 97.0 – 100 %	<b>B+</b> = 87.0 – <89.01 %	<b>C+</b> = 77.0 – <79.01 %	<b>D+</b> = 67.0 – 69.01 %	<b>F</b> = <59.0%
<b>A</b> = 92.0 – <97.0	<b>B</b> = 82.0 – <87.0	<b>C</b> = 69.01 – <77.0	<b>D</b> = 63.0 – <67.0	
<b>A-</b> = 89.01 – <92.0	<b>B-</b> = 79.01 – <82.0	<b>C-</b> there is no C-	<b>D-</b> = 59.01 – <62.0	

✓ *Be aware of the last day to drop with a "W".* If you realize after this date that you are not getting the grade that you desire, please do not ask me to drop you—college procedures do not allow me to do so. Monitor your grade throughout the course so there are no surprises in the last weeks of the quarter.

⇒ If you need accommodations or services due to a **disability**, register with the **Disability Support Services**: <https://www.deanza.edu/dsps/dss/>.

## EXTRA CREDIT OPPORTUNITIES 😊

10 Extra Credit Points can be earned in the class. There will be 2 short tasks offered in the last week of the quarter. Each has the potential of earning 5 points, for a maximum of 10. These points can move a grade up for a student who is on the border of 2 grades, or add a "+" to your grade or take away a "-"

## ORIENTATION QUIZ

This quiz will consist of 10 True/False and Multiple choice questions, taken from the information found in the Orientation Module and this syllabus. **It will be open from Monday--the first day of the quarter--at 6 am until the following Sunday night at 11:59 pm.** Students will have up to 60 minutes to take the quiz and 2 opportunities to take it. If you don't get 10/10 at first, try again! The higher score is the one that is kept.

## FEEDBACK SURVEYS

Feedback surveys will begin in Week 3. A survey will be open for 1 week – from Thursday morning until Wednesday night. There will be a total of 7 surveys. A survey will take <5 minutes to complete. Answering the questions on 1 survey will earn 5 points. Filling out the surveys is not optional. Submit all 7 to get 35/35 points or 100%. **They are not extra credit or bonus points.** But they are easy points to earn!

## THE DIET ASSIGNMENT

You will track what you eat and drink for 3 days, inputting the foods and beverages onto a free internet based nutrient analysis program (Cronometer.com), and generating an analysis. You will then answer a series of questions and write a report in which you evaluate your diet.

The Diet Assignment is worth 50 points. It makes up 20% of your course grade. Besides earning points, it has the potential of being personally relevant to you and your family.

⇒ *Your grade on the Diet Assignment is NOT related to the nutritional quality of your diet in any way. It is recommended you approach this assignment with an open mind and curiosity--not with fear of what you'll learn. This is a judgment-free assignment (and a judgement free course!)*

**Late Submissions:** The assignment may be submitted after the due date, **but will be marked down 2 points for every day that it's submitted late.** If getting an "A" is your goal, do your best to submit it on time.

## TESTS

- 7 short tests are given over the course of 8 weeks. All are taken online, on Canvas
- Each **test** is **25 questions**, a mix of true/false, multiple choice and short answer questions. Test questions are taken from the VLs (including embedded videos and website links). The tests are relatively short and occur frequently to help you stay on top of the course.
- You will have a maximum of **35 minutes** to take each test, and **2 tries**. The higher score is the score that is kept. Plan to take a test early enough that you can take it again before it closes if you want to. FYI: You will not know your score on the test until after the test has closed.
- All tests are open book/open notes. However *you STILL must study and prepare. **You will not have enough time to look up every question.***
- Each test will be open for 24 hours: from Wednesday at 6 am until Thursday at 6 am.
- **There are no make-up tests.** If you miss a test, that is the one that is dropped.
- **Study Guides** for each test will be posted on Canvas. **USE THEM.** *Look at the Study Guide for a test at least 1 day before the test.*
- The lowest score of the 7 tests will be dropped from your cumulative score. Thus, if you take Tests 1-6 and are happy with your scores, *you don't need to take Test 7.*

### WHAT WILL BE ON EACH TEST?

**TEST 1** covers the topics from VL #1 & 2  
**TEST 2** covers Carbohydrates (VL#3)  
**TEST 3** covers Fats (VL#4)  
**TEST 4** covers Protein (VL#5)  
**TEST 5** covers the topics in VL #6 & 7  
**TEST 6** covers the topics in VL #8 & 9  
**TEST 7** covers the topics in VL #10 & 11

*All of the above is subject to change*

### WHEN WILL THEY BE TAKEN?

Each is open for 24 hours  
from Wednesday 6 am until Thursday 6 am

<b>TEST 1:</b> Oct 12 <sup>th</sup>	<b>TEST 5:</b> Nov 16 <sup>th</sup>
<b>TEST 2:</b> Oct 19 <sup>th</sup>	<b>TEST 6:</b> Dec 7 <sup>th</sup>
<b>TEST 3:</b> Oct 26 <sup>th</sup>	<b>TEST 7:</b> Dec 14 <sup>th</sup>
<b>TEST 4:</b> Nov 2 <sup>nd</sup>	

*All of the above is subject to change*

## WORKSHEETS AND PRACTICE QUIZZES

There will be 6 worksheets offered, beginning in Week 1. The worksheets are **not** required assignments. They earn NO points. However, filling out the worksheets and comparing your answers to the answer key will help you learn the material and prepare for the corresponding Test. A worksheet's answer key will be posted 1 week after the worksheet is posted. There will be an occasional practice quiz posted. Your score is not recorded.

## ACADEMIC INTEGRITY

You are expected to demonstrate Academic Integrity. Students found taking part in any form of **academic dishonesty** will receive no points or grade for the academic task that was completed without academic honesty.

A few examples of academic dishonesty are:

- *Having someone other than yourself take any of the tests*
- *Communicating with others during a test: Talking, text message, e-mail, etc.*
- *Giving your academic work to another student*
- *Copying and sharing test questions with others in any format*
- *Using test questions shared by another student, known or unknown*
- *Turning in another person's Diet Assignment (or any part of it), representing it as your own*
- *Copying parts of the Diet Assignment from another person's work*
- *For students who are repeating NUTR 10: Turning in your Diet Assignment from a previous quarter*
- *Lying to an instructor or college official to improve your grade*

**NOTE:** The Office of the Dean of Student Affairs & Activities maintains a record of students who have engaged in academic dishonesty.

### ✓ Know This!

- Sometimes the process of learning is frustrating and difficult. Oftentimes it is satisfying. Learning requires considerable effort and patience. With appropriate strategies, that effort brings you results: **mastering the material.**
- Student Success in this class requires TIME. Be prepared to spend about 10 hours a week using and studying the course materials. Remember, you are not sitting in class for nearly 4 hours a week, which the students in a face-to-face section of Nutrition 10 are, *in addition* to out-of-class time studying.
- BE SURE you check out the **DeAnza Online Education Website:** <https://www.deanza.edu/online-ed/index.html>. Bookmark the **Student Resource Hub:** <https://www.deanza.edu/online-ed/students/remotelarning.html> If you have questions or run into problems, start here for finding answers.
- **Time Management skills are essential for staying on top of the material in this course.** Evaluate your priorities. **If you are stretched very thin this quarter,** be realistic as to what you can accomplish. If you won't have the time, energy or focus needed to do a good job on the academic tasks of this quarter, seriously consider taking this class at a time that you WILL have the time, energy and focus.

***Learning takes TIME. There are no shortcuts to learning and mastering skills.***

### OTHER IMPORTANT INFORMATION

- If you need to receive an “A” or a “B” in this class, then plan to put the time and effort into the class to help you to be successful. Do not wait until the end of the quarter to act if it becomes evident that you are not likely to earn the grade that you need or want.
- **Tom Nguyen** is the **Biology Division counselor**. He is a great resource available to you. He can be reached through e-mail: [nguyentom@fhda.edu](mailto:nguyentom@fhda.edu)
- Check out the **Student Success Center** on campus: <http://www.deanza.fhda.edu/studentsuccess/>  
In addition to tutoring and one-on-one help, they offer **free** 1 hour workshops (all on Zoom right now) that can help you improve your testing taking skills, writing, and much, much more.
- If you are or have ever battled an **eating disorder** and this course/the diet assignment has the potential of setting you back in your recovery process, please feel free to discuss your situation with me. Some accommodations are possible.

### GETTING INTO THE FLOW OF NUTRITION 10!

The quarter is 12 weeks long – It goes by quickly! There is no time to gradually fall into the swing of things. You have to dive right in and get started beginning in Week 1. Don’t wait.

It’s vitally important that you create and get into a **predictable study schedule**.

Finding a **natural flow** for the work early in the quarter will help you.

- Each week there will be a **Module** dedicated to the work of that week.
- Each Monday go to that week’s Module and get the “big picture” of the current week
- Each week there will be **1 Virtual Lecture (VL)**. The VLs contain the course content of Nutrition 10. The VLs are read – **they are not videos of in-person lectures**. You should expect to spend ~3 hours reading (really reading, not skimming) one VL. One VL contains the material that is covered in ~4 hours of lecture in an in-person section of Nutrition 10. **Remember, there is no textbook to read in this course.**
- Starting in Week 2 there will be an optional “**Mini-Lectures**” on Zoom on Mondays 1-2 pm. If you can’t be there “live”, plan on watching the mini-lectures later on Monday or Tuesday.
- Starting in Week 3 the **Tests** will start – a total of 7 in 10 weeks. They are not long but they happen often. They cover the material from 1 or 2 VLs.
- In many weeks there will be a **Worksheet** posted as a guide to help you. Start the worksheet early in the week. Plan on checking the answer key the following week.

Since the quarter is only 12 weeks long, it can be quite challenging to catch up if you fall behind. Do your best to stay on top of the course from week 1. **The course does not wait for you if you drop out for a while.**

### SYLLABUS CHANGE POLICY

Information contained in this course syllabus may be subject to change with reasonable advance notice, as deemed appropriate by the instructor. Should they occur, updates to the syllabus will be posted on Canvas.

## FREQUENTLY ASKED QUESTIONS



### Q. How do I get in touch with you?

A. The fastest way is to **e-mail** me: [Milleranna@fhda.edu](mailto:Milleranna@fhda.edu). Write “NUTR 10” in the subject of your email.

**Messaging through Canvas** is also possible\*. And don't forget about the 4 hours of **office hours** on Zoom that I'm available to speak with you: Every Friday and Monday from 11 am until 1 pm. Not free then? I'll be happy to make an appointment to speak with you on another day and/or time.

Please message me **ONLY** for private/personal questions. All questions about the course itself – questions about tests, worksheets, the diet assignment, etc. should be posted on the discussion ***Have a Question?*** ***Post it HERE*** on Canvas.

### Q. What happens if I can't take or miss a test?

A. One of the 7 test scores is dropped (the lowest of them if you take all 7) so that will be the one that is dropped.

### Q. Do I have to take Test 7 if I took and am happy with my scores on Tests 1-6?

A. No, you do not 😊

### Q. Do I have to eat a healthy diet to do well in this class?

A. No! Your grade in this class is not at all based on how well you eat. You do not have to change your eating habits while in this class. Many students, however, do find they make some changes in their food choices as a result of things they learn in this class.

### Q. I eat a lousy diet – will that affect my grade on the Diet Assignment?

A. No! Not at all. Your Diet Assignment is graded on how you assessed your diet, following the assignment instructions thoroughly and intelligently. Your score is totally independent of what you ate on those 3 days.

### Q. Are there ways I can boost my points to help me earn a good grade?

A. Yes! There will be **2 Extra Credit opportunities** in the last week of the quarter, worth up to **10 points**. Those are points that get added onto to whatever your total points are by the end of the quarter. These points can potentially change your grade! Plus there are many **“easy” points to earn**: The Welcome Survey, the Orientation Quiz and the Feedback Surveys. These all together add up to 50 points. It's **super easy** to get 50/50 points there, which greatly helps your class standing.

And, there are **other ways** your instructor helps you out! 😊

- You can take the Orientation Quiz and ALL tests twice; the higher score is the score that is kept
- The lowest test score is dropped
- All tests are open notes (**FYI**: but you **STILL** need to study in advance for each of them)
- There is a Study Guide for each test
- There are worksheets, practice quizzes and Mini-Lectures (live and recorded) offered to help you

Follow this advice  
from Nutrition 10 students  
who got an A:

✓ Save the Syllabus onto your computer desktop (or print it and keep handy) ✓ Ask questions when you're confused ✓ Put due dates onto your own personal calendar ✓ Create a weekly Nutrition 10 Study Schedule for yourself **and then stick to it** ✓ Stay on top of things – try hard to not fall behind ✓ If you do fall behind, catch up as soon as possible ✓ Study for the Tests ✓ Use the **Test Study Guides** ✓ Attend the Mini-Lectures or watch the Recordings ✓ Do ALL of the worksheets and practice quizzes and check the answer keys ✓ Turn in the Diet Assignment on time. ✓ Get those Extra Credit Points ✓ Do the Feedback Surveys – get the “easy points” ✓ Ask for help if you need it 😊



Week	Date	Topic	Reading Assignments	Tests/Due Dates
1	Sept 26 Oct 2	Why we eat what we do Meet the Nutrients Nutritional Status Evaluating information & Research	<b>VL #1</b> (Virtual Lecture, on Canvas)	<b>Thurs midnight:</b> Deadline to have completed the 2 tasks  <b>Orientation Quiz</b> Opens Mon 6 am Closes Sun 11:59 pm
2	Oct 3-9	What is a Healthy Diet? Energy Calculations Understanding Food Labels	<b>VL #2</b>	
3	Oct 10-16	Carbohydrates	<b>VL #3</b>	<b>Test #1</b> Opens Wed 6 am/Closes Thu 6 am
4	Oct 17-23	Fats	<b>VL #4</b>	<b>Test #2</b> Opens Wed 6 am/Closes Thu 6 am
5	Oct 24-30	Protein	<b>VL #5</b>	<b>Test #3</b> Opens Wed 6 am/Closes Thu 6 am
6	Oct 31- Nov 6	Phytochemicals Digestion Alcohol	<b>VL #6</b>	<b>Test #4</b> Opens Wed 6 am/Thur Wed 6 am
7	Nov 7-13	The Western Diet and Chronic Diseases: Heart Disease, Cancer Diabetes	<b>VL #7</b>	
8	Nov 14-20	Issues around Body weight	<b>VL #8</b>	<b>Test #5</b> Opens Wed 6 am/Closes Thu 6 am
9	Nov 21-27	Thursday is Thanksgiving! Vitamins, Minerals, Water	<b>VL #9</b>	
10	Nov 28- Dec 4	Dietary Supplements Fortified Foods Organic food Food choices & the environment	<b>VL #10</b>	<b>Diet Assignment is due Thursday 11:59 pm</b>
11	Dec 5-11	Putting it all together Meal Planning 101	<b>VL #11</b>	<b>Test #6</b> Opens Wed 6 am/Closes Thu 6 am
12	<b>Wed Dec 14</b>			<b>Test #7</b> Opens Wed 6 am/Closes Thu 6 am

*Have a Wonderful Fall Quarter!*



## The Quarter at a Glance!

Here is a calendar of the 12 weeks of Nutrition 10. Use it to help you stay on top of the tasks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sept 25	<b>26</b> <b>WEEK 1</b> Orientation Quiz opens Worksheet #1 Opens	27	28	29 <b>Midnight Deadline</b> to complete the <b>2 tasks</b> on Canvas	30	Oct 1
Oct 2 <b>Orientation Quiz</b> closes at 11:59 pm	3 <b>WEEK 2</b> Mini-Lecture 1-2 pm	4	5	6	7	8
Oct 9	10 <b>WEEK 3</b> Mini-Lecture 1-2 pm Worksheet #2 Opens	11	12 <b>Test #1</b>	13 Survey #1 opens	14	15
Oct 16	17 <b>WEEK 4</b> Mini-Lecture 1-2 pm Worksheet #3 Opens	18	19 <b>Test #2</b>	20 Survey #2 opens	21	22
Oct 23	24 <b>WEEK 5</b> Mini-Lecture 1-2 pm Worksheet #4 Opens	25	26 <b>Test #3</b>	27 Survey #3 opens	28	29
Oct 30	31 <b>WEEK 6</b> Mini-Lecture 1-2 pm Worksheet #5 Opens	<b>Nov 1</b>	2 <b>Test #4</b>	3	4	5
Nov 6	7 <b>WEEK 7</b> Mini-Lecture 1-2 pm	8	9	10  Survey #4 opens	11	12
Nov 13	14 <b>WEEK 8</b>  Mini-Lecture 1-2 pm	15	16 <b>Test #5</b>	17  Survey #5 opens	18	19
Nov 20	21 <b>WEEK 9</b> Mini-Lecture 1-2 pm Worksheet #6 Opens (last one)	22	23	24 Happy Thanksgiving!	25	26
Nov 27	28 <b>WEEK 10</b> Mini-Lecture 1-2 pm (last one)	29	30	<b>December 1</b>  <b>Diet Assignment is Due</b> Survey #6 opens	2	3
Dec 4	5 <b>WEEK 11</b>	6	7 <b>Test #6</b>	8 Survey #7 opens	9	10
Dec 11	12 <b>WEEK 12</b>	13	14 <b>Test #7</b>	<b>15</b>	The End of Fall Quarter!	