

Nutrition 10 ONLINE

Contemporary Nutrition

FALL 2024

A LATE START, 8 WEEK COURSE (OCT 21 – DEC 13)



INSTRUCTOR: ANNA MILLER

EMAIL

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

FOLLOW ME ON INSTAGRAM

"DeAnzaNutrition"

OFFICE HOURS

Mondays and Fridays 11 am – 1 pm and by appointment **on Zoom only**

During final exam week, office hours are by appointment only

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.

This is a LATE START, 8 week accelerated course. (But it will open 4 weeks early!)

It is NOT a self-paced course. Tasks need to be completed within the time frame of the course and due dates listed on the course schedule.

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.

CANVAS This course resides on **Canvas**, accessible from **MyPortal**. The course will open 4 weeks early, on the first day of fall quarter. Take advantage of this opportunity to start early! 😊

REQUIRED TEXTBOOK: NONE! There is **no textbook**. The course content is delivered entirely through Canvas.

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 NOT get dropped, **log onto the course on Canvas** and complete these **2 quick and easy tasks** by **midnight Wednesday** night of the first **official** week of the this course:

Task #1: Fill out a short questionnaire (*Welcome to Nutr10 Survey*). Doing so will earn you 5 points.

Task #2: Take a short quiz (*What Do You Know...*). This earns 5 points regardless of your answers.

(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 could cause you to be 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 tasks.

COMMUNICATION

I communicate with you in a variety of ways:

- Announcements. **Read all Announcements.** *You are responsible for the information in all announcements.*
- **Comments and Feedback** on Canvas with exam and assignment scores. **Read all Comments**
- Private messages and group chats on **Pronto**. This is the **fasted and easiest way** to communicate with me
- Messages through the **Canvas Inbox** I do my very best to respond to messages within 24- 48 hours

GRADING PROCEDURE

Tasks #1 & 2 (5 points each)	10 points
Participating on Pronto	5 points
Orientation Quiz	10 points
Feedback surveys (2; 5 points each)	10 points
Tests (6; 25 points each) *	150 points
Discussions (3; 5 points each)	15 points
Diet Assignment	<u>50 points</u>
Total Possible Points	250 points

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

GRADING SCALE

A+ = 97 – 100%	B+ = 87 – 88%	C+ = 75 – 77%	D+ = 62 – 63 %	F = <50%
A = 93 – 96	B = 82 – 86	C = 64 – 74	D = 57 – 61	
A- = 89 – 92	B - = 78 – 81	C- <i>there is no C-</i>	D - = 50 – 56	

✓ *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.

⇒ If you need accommodations or services due to a **disability**, register with the **Disability Support Services**:

<https://www.deanza.edu/dsps/dss/>.

EXTRA CREDIT REFLECTIONS 😊

10 Extra Credit points can be earned for completing 2 brief **Written Reflections** in response to a TED talk. There will be 2 Reflections offered in the last week of quarter. Each is worth 5 points.

ORIENTATION QUIZ (10 POINTS)

This quiz consists 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 *regular* quarter--until Sunday night at the end of week 1 of the late start schedule.** Students will have up to 60 minutes to take it and 2 opportunities. If you don't get 10/10 at first, try again! The higher score is the one that is kept.

PRONTO PARTICIPATION (5 POINTS)

We will be using Pronto, a real-time communication tool where you can ask questions, send direct messages to me or a classmate, participate on group chats and form private group study sessions. I will share resources, tips and send reminders. Downloading the Pronto app and participating on a Pronto group chat during the first 2 weeks of the quarter earns 5 easy points 😊. **These are NOT extra credit points** - they are points built into the course. Instructions for downloading and using Pronto will be on Canvas.

ASYNCHRONOUS DISCUSSIONS (15 POINTS)

5 asynchronous discussions will be open during Weeks 1 – 4. Full participation on one discussion, following all prompts, earns 5 points. The highest 3 scores for Discussions will be kept and the lowest 2 will be dropped. Thus, if you earn 15 points for fully participating on 3 discussions, you don't need to participate on 2 discussions. ALL discussions will close at the end of week 4, Sunday night at 11:55 pm

Get ready for Online Learning!

Watch this video:

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

Watch even if you've taken an online course before

FEEDBACK SURVEYS (10 POINTS)

2 Feedback Surveys will earn 5 points each. See the *Fall Quarter at a Glance* for when they open and close.

RECORDED MINI-LECTURES

Each week there will be a 1 hour recorded Mini-Lecture posted on Canvas. Although no new material will be presented, students WILL find it useful to see and hear some of the material from that week presented. *This will not replace 1 week of lecture that would occur in a face-to-face section of Nutrition 10, but it IS helpful.*

Plan on watching all of them, from beginning to end, at least once. Take notes while you watch. Be clear: ***They do NOT replace reading the Virtual Lectures.***

THE DIET ASSIGNMENT (50 POINTS)

- The Diet Assignment is worth 50 points and is divided into 2 Parts. For **Part 1** (20 points) 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 generate an analysis. For **Part 2** (30 points) you will assess and evaluate your diet by answering a series of questions.
- Each part can be submitted late, but there will be late penalty:
 - **2 points (10%)** will be deducted if Part 1 is submitted late
 - **3 points (10%)** will be deducted if Part 2 is submitted late
 - If you submit both late, this drops your grade 1 full letter grade
 - This heavy late penalty is an **incentive** for you to submit it **on time**
 - **ADVICE:** If getting an A is your goal, plan to finish BOTH parts of the Diet Assignment on time.
- 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!)

⇒ *Your grade on the Diet Assignment is NOT related to the nutritional quality of your diet in any way.*

WORKSHEETS AND PRACTICE QUIZZES

There will be 6 worksheets beginning in Week 1. The worksheets are **not** required assignments. They earn no points. However, filling out the worksheets will give you a **framework and foundation** for learning the course content. Comparing your answers to the answer key will help you to learn the material and prepare you for the corresponding test. There will be just a handful of practice quizzes. Your score on a practice quiz is not recorded; it is NOT included in your points for this class. But take all practice quizzes anyway!

TESTS (150 POINTS)

- 7 short tests are given over the course of 8 weeks. All are taken online, on Canvas
- Each **test** is **25 questions**, worth 25 points, 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 content 😊
- 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.
- 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 18 hours: From 6 am until 11:55 pm that night
- Tests occur on different days of the week (Most are on Tuesdays; 1 is on Monday, 1 on Friday). **Mark your calendars.**
- **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.** Don't just look at a test study guide – *Look up, find, gather the answers to the questions.* Start doing this at least 2 days before the test.
- The lowest test score 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 from 6 am until that night 11:55 pm

TEST 1: Tuesday Nov 5th
TEST 2: Tuesday Nov 12th
TEST 3: Monday Nov 18th
TEST 4: Friday Nov 22nd
TEST 5: Tuesday Nov 26th
TEST 6: Tuesday Dec 3rd
TEST 7: Tuesday Dec 10th

All of the above is subject to change

GETTING INTO THE FLOW OF NUTRITION 10

The quarter is 8 weeks long – It goes by VERY 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 weekly 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
- In each week's Module there will be **1 or 2 Virtual Lectures (VLs)**
 - 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 ~3-4 hours reading (a deep 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***
 - Reading the VL is the **ONLY** reading assignment
- There is a recorded **1 hour Mini-Lecture** to watch each week
 - Plan for when you'll watch them each week
 - ***DO NOT SKIP watching them!***
- In many weeks there will be a **Worksheet** to help guide you in the learning of that course content. Start the worksheet early in the week. Plan on checking the answer key before the corresponding test.

Since this course is only 8 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.**

Since this course opens **4 weeks before the official start date**, why not get a head start?

This will lighten the load during the 8 weeks 😊

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.

✓ 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.**
- If you need to receive an “A” or a “B” in this class plan to put the time and effort to help you to succeed. Do not wait until the end of the quarter to act if it becomes evident that you are not earning the grade that you need or want.
- **Doing well in this class requires TIME**, at least 10 hours a week (maybe more). Remember, you are not sitting in class for nearly 4 hours a week *in addition* to out-of-class time studying. You’re doing it all on your own time. Make that time happen.

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

- **Time Management Skills are essential for staying on top of the material in this course.** Evaluate your priorities. **It is truly not ideal to take this class at a time that you are stretched too thin.** Be realistic as to what you can accomplish with what time and energy you have to devote to this class. Countless students have reported to me – at the end of the quarter – “I didn’t believe what you said at the beginning of the quarter, *but...you were right!*”
- 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.

OTHER IMPORTANT INFORMATION

- **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
- Check out the **Student Success Center** on campus: <https://www.deanza.edu/studentssuccess/> It offers many resources to help students succeed in their academic pursuits.
- If you are or have ever battled an **eating disorder** and 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.

ACADEMIC INTEGRITY

Any student found taking part in any form of **academic dishonesty** will receive no points or grade for the academic task (ie exam or assignment) that was completed without academic honesty. A few examples:

- *Having someone other than yourself take a test*
- **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*

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



FREQUENTLY ASKED QUESTIONS

Q. How do I get in touch with the instructor?

A. The BEST (and fastest) way is to **message me on Pronto**.

You can also drop in during the 4 hours of office hours on Zoom: 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 send a private message to me ONLY for private/personal questions. All questions about the course itself – tests, the diet assignment, discussions, etc. should be posted to the **whole class**, in a **Pronto Chat** or on Canvas on the **Have a Question** Discussion (That way, others benefit from your question and my answer)

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

A. No problem! One of the 7 test scores gets dropped 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!

- You can earn **10 Extra Credit Points** for submitting **2 written reflections** (on response to a topic provided). Each is worth 5 points. They will be offered in the last week of the quarter
- These points can potentially change your grade.

Plus there are 50 “**easy**” **points to earn** for the Week 1 Tasks 1 & 2 , the Orientation Quiz and 2 Feedback Surveys, Pronto participation and 3 Discussions. It's **super easy** to earn those 50 points. Having 50/50 or 100% **significantly** helps your class standing, potentially offsetting some low test scores.

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

- You can take the Orientation Quiz twice; the higher score is the score that is kept
- You can take each test twice if there's time; the higher score is counted
- The lowest test score dropped – it is not counted in your total points
- 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 offered to help you: **Use the resources available to you!**

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

✓ Save the Syllabus and the Quarter-at-a-glance onto your desktop ✓ Use the TO DO lists from the weekly Announcements – they are really helpful ✓ Get the **Pronto App** and stay connected ✓ Ask questions when you're confused ✓ Put due dates onto your calendar ✓ Create a schedule for yourself *and then stick to it* ✓ Try to stay on top of things ✓ If you do fall behind, catch up as soon as possible ✓ Watch ALL of the Mini-Lectures ✓ Use the **Test Study Guides** ✓ Use the Test Roadmaps to prepare for the tests ✓ Do the worksheets and practice quizzes; check the answer keys ✓ Turn in the Diet Assignment on time. ✓ Do the things to get those "easy points" ✓ Ask for help if you're confused 😊



Week	Date	Topic	Reading Assignments	Tests/Due Dates
1	Oct 21-27	Why we eat what we do Meet the Nutrients Nutritional Status Evaluating information & Research	VL #1 (Virtual Lecture, on Canvas)	WEDNESDAY 11:55 pm: Deadline to do the 2 tasks SUNDAY: Orientation Quiz closes
2	Oct 28- Nov 3	What is a Healthy Diet? Energy Calculations Understanding Food Labels	VL #2	SUNDAY 11:55 pm: Pronto Points Due
3	Nov 4-10	Carbohydrates	VL #3	TUESDAY: Test #1 (on VL#1 & 2)
4	Nov 11-17	Fats Protein	VL #4 VL #5	TUESDAY: Test #2 (on VL#3) SATURDAY 11:55 pm: Part 1 of the Diet Assignment is due SUNDAY 11:55pm ALL Discussions close
5	Nov 18-24	Phytochemicals , Digestion, Alcohol The Western Diet and Chronic Diseases: Heart Disease, Cancer Diabetes	VL #6 VL #7	MONDAY: Test #3 on VL#4) WEDNESDAY 11:55 pm Feedback Survey #1 closes FRIDAY: Test #4 (on VL #5)
6	Nov 25- Dec 1	Issues around Body weight Vitamins, Minerals, Water	VL #8 VL #9	TUESDAY: Test #5 (on VL #6 &7) THURSDAY: Happy Thanksgiving!
7	Dec 2-8	Dietary Supplements Fortified Foods Organic food Food choices & the environment Putting it all together Meal Planning 101	VL #10 VL #11 – It’s the Last One!	TUESDAY: Test #6 (on VL #8 & 9) SUNDAY 11:55 pm: Part 2 of the Diet Assignment is due
8	Dec 9-13	Final Exams Week		TUESDAY: Test #7 (on VL #10 & 11) WEDNESDAY 11:55 pm Last day to submit <ul style="list-style-type: none"> The Diet Assignment (late) The Written Reflections for Extra Credit points Feedback Survey #2

Have a Wonderful Fall Quarter!

Fall Quarter at a Glance Nutrition 10

Here is a calendar of the 8 weeks of Nutrition 10 Use it to help you stay on top of the tasks.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sept 23 – Oct 20 Weeks 1-4 of Fall Quarter	But NUTR 10 will be open during those weeks Get a head start!					
Oct 20	21 WEEK 1 The course officially Opens!	22	23 Midnight Deadline to complete the 2 tasks on Canvas	24 Last day to Drop without a W	25	26
Oct 27 Orientation Quiz closes	28 WEEK 2	29	30	31 Happy Halloween!	Nov 1	2
Nov 3 Pronto Points Due 11:55 pm	4 WEEK 3	5 TEST 1	6	7	8	9
Nov 10	11 WEEK 4 Veteran's Day	12 TEST 2	13 Feedback Survey #1 opens	14	15	16 Part 1 of Diet Assignment is due 11:55 pm
Nov 17 ALL Discussions close at 11:55 pm	18 WEEK 5 TEST 3	19	20 Feedback Survey #1 closes	21	22 TEST 4	23
Nov 24	25 WEEK 6	26 TEST 5	27	28 Happy Thanksgiving!	29	30
Dec 1	2 WEEK 7 Last day to Drop this class (with a W)	3 TEST 6	4	5	6	7 Part 2 of Diet Assignment is due 11:55 pm Feedback Survey #2 opens
Dec 8	9 WEEK 8	10 TEST 7	11 • Last day to submit Diet Assignment <i>late</i> • Due: The written Reflections for Extra Credit • Feedback Survey #2 closes	12 Course Grades will be submitted	13 End of Fall Quarter 😊	Have a Joyful Holiday Season And a wonderful winter break!