



HOEC 105 – Community Nutrition
PART 2 of “Clinical & Community Nutrition”
CRN # 32363

SPRING 2012

Instructor: Lisa Yamashiro, MEd, RD
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Tues & Thurs 9:00-11:45 a.m.
John Adams Campus, Room #103
1860 Hayes St., San Francisco

Office Hours: Available T & Th, before or after class, other times by appointment. Email is the preferred way to contact me. I will respond within 24 hours. If you do not hear back from me within 24 hours, assume I did not receive your email so please re-send it.

Course Description

A two-part course that focuses on the principles of medical nutrition therapy and on nutrition applications in public health. The Community Nutrition component covers basic skills in delivering nutrition services in community health settings with emphasis on nutrition education.

Required Text

“From Telling to Teaching - A Dialogue Approach to Adult Learning” by Joye A. Norris, Ed.D., 2003 (ISBN 0-9729617-0-4) – available from John Adams Bookstore.

California Food Guide. Sacramento, California: California Department of Health Care Services and California Department of Public Health; 2008. Available at <http://www.cafoodguide.ca.gov>. (Download and print out Chapters 1, 15, 21, 25 – Introduction, Physical Activity, Body Weight, Hunger & Food Insecurity)

Other Materials

Supplemental written materials and activity worksheets provided

Method of Grading

Lesson plan development/delivery	65
Assignments	40
Guest speaker reflections (6x 5 pts each)	30
Online Quiz	35
Class participation & attendance	24

TOTAL possible points: 194 (*subject to change)

IMPORTANT Grading policy: HOEC 105 is a two-part course - the first half focuses on Clinical Nutrition and the second half focuses on Community Nutrition. Points earned are combined for a final grade at the completion of the course, however, students must pass both the Clinical and Community portions with a grade of C or higher, or be disqualified from the program and field experience.

Grade Calculation

A = 91-100%
B = 83-90%
C = 75-82%
D = 67-74%
F = <67%

**A grade of C or higher in each course is required to graduate from and continue in the program. For placement in the field experience (HOEC 106) students must have completed HOEC 98, 99, 100, 104, & 105 with a C grade or higher.*

Student Learning Outcomes

Upon completion of this course a student will be able to:

- Compare and contrast community nutrition from other areas of nutrition practice.
- Evaluate the network of public health agencies and organizations that conduct community nutrition programs, target populations, and resources for intervention.
- Analyze the major nutrition-related problems in the community and appropriate methods of prevention and intervention.
- Plan and conduct a nutrition education class using effective teaching techniques and appropriate educational resources.
- Critique, select, or develop appropriate nutrition education materials for target audience.
- Assess client's needs and refer to appropriate community resources as needed.
- Market nutrition programs and services to the public using a variety of methods.

Attendance

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session.

Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job. A “no-show” absence is UNACCEPTABLE and unprofessional! Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

Students with any absence must meet with the instructor for a conference. If a student is absent for two (2) consecutive days from class due to illness, a physician's note is required before the student is allowed back to the program.

Students with 3 absences will need to withdraw or be dropped from the program. Our attendance policy is strictly adhered to.

Please DO NOT come to class if you are ill and risk passing it on to others – you will be sent home.

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

Punctuality

Students MUST arrive to class on time. We start and end our classes on time. Any student who arrives more than 10 minutes late is marked "tardy". Three tardies will be counted as one absence. Be sure to call in and leave a message if you are running very late. But realize that calling to say the student will be late does not excuse the tardiness.

Registration/Withdrawal Policy Deadlines

HOEC 105 is considered a “short term” course – consult CCSF website for specific deadlines to ADD, DROP, or withdraw.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear his/her class rosters. Note the two different types of responsibilities. Instructors are not responsible for meeting student deadlines.

Class Participation

Classroom activity sessions will require working individually or in groups. On occasion, some classroom activities must be completed in class, with points earned for participation. Missing a guest speaker presentation will also result in a loss of participation points (at least 5 pts/speaker). Classroom activity sessions will require working individually or in groups.

NO texting or cell phone use during class session.

Homework Assignments

Students are expected to submit assignments on time. Late assignments will not be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work done by someone else. Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time. All written reports must be typed, double spaced, 1” margins, 12-point font. Please use spell/grammar check.

Group Oral Presentation

Students will work in pairs to present a nutrition education presentation on a chosen topic, approved by the instructor. Since members of the group will receive the same grade, work must be divided equally and each person must do his/her assigned task. As a professional, you must adapt to work effectively in a team and be able to prevent/resolve conflicts.

Receipts for Food Expenses for Consumer Education class at senior center site– follow instructions EXACTLY!

For the final project, students will be planning and presenting a nutrition education class at one of the Consumer Education non-credit teaching sites, which may include a cooking demo/tasting. Be sure to get approval and a budget limit from the instructor. Submit receipts for food expenses promptly to the instructor. Receipts should include only those items purchased for the class and for the EXACT amount to be reimbursed. **Do not submit receipts with personal items mixed in – they will NOT be accepted. Receipt must clearly state the name of the vendor, and each item purchased. Write the CRN# 32363 at the top of the receipt.** If the items are not printed, neatly hand-write each item next to the price. Failure to follow proper procedures for reimbursement may result in the student NOT getting reimbursed.

**All City College of San Francisco students are expected to comply with the college’s rules and regulations regarding student conduct as stated in the CCSF Student Code of Conduct.*

Academic or intellectual dishonesty, such as cheating or plagiarism is NOT tolerated. Cheating is defined as taking an examination or performing an assigned, evaluated task in a dishonest way, such as by having improper access to answers. Plagiarism is defined as the unauthorized use of the language and thought of another author and representing them as your own.

All of these course policies are established in an effort to create a fair, equitable learning environment for ALL students.

City College of San Francisco—Consumer Education Department
Nutrition Assistant Program
 Instructor: Lisa Yamashiro, MEd, RD



HOEC 105
Community Nutrition
 John Adams Campus, #103, 9-11:45 a.m.
Spring 2012 Class Schedule

DATE	TOPIC	Reading/Assignments
Tuesday, February 28	Field Experience Orientation; ePortfolio check-up	
Thursday, March 1	Introduction to Community Nutrition <i>Guest: Robyn Sakamoto, MPH, RD, Alameda County Public Health, 10:30 a.m.</i>	California Food Guide - Ch 1 "Introduction" Guest Speaker Reflections
Tuesday, March 6	"From Telling to Teaching" Introduction – Lesson Demonstration	"From Telling to Teaching", Part I
Thursday, March 8	"From Telling to Teaching" workshop	"From Telling to Teaching", Part II Insight Orientation "To Do" List DUE
Tuesday, March 13	"From Telling to Teaching" workshop	"Facilitated Dialogue Basics"
Thursday, March 15	Community Nutrition Programs & Services <i>Guest: Linda Lau, MPH, RD, San Francisco Department of Aging & Adult Services, 10:30 a.m.</i>	California Food Guide – Ch 21 "Body Weight" Guest Speaker Reflections 7 Step Design Plan DUE
Tuesday, March 20	"Hunger 101" Workshop <i>Guest: Mike Riess, Executive Assistant, San Francisco Food Bank, 10:30 a.m.</i>	California Food Guide - Ch 25 "Hunger & Food Insecurity"; SF Food Security Task Force Report Guest Speaker Reflections
Thursday, March 22	Community Nutrition Programs & Services <i>Guests: Tracey Patterson, Food Guardians - Shape Up San Francisco, 10:30 a.m.</i>	California Food Guide - Ch 15 "Physical Activity" Guest Speaker Reflections
SPRING BREAK – Friday, March 23 to Friday, March 30		
Tuesday, April 3	Community Nutrition Programs & Services <i>Guest: Mark Elkin, SFUSD Nutrition Education Project, 9:15 a.m.</i>	Guest Speaker Reflections
Thursday, April 5	Community Nutrition Programs & Services <i>Guest: Leo O'Farrell, CalFresh Director, 10:30</i>	Guest Speaker Reflections Online QUIZ
Tuesday, April 10	Nutrition Class Presentations (5)	Lesson Plan DUE
Thursday, April 12	Nutrition Class Presentations (5)	Lesson Plan DUE

Dates for nutrition education presentation at Consumer Education "Nutrition & Health" sites:
 Golden Gate Park Senior Center: Monday afternoons April 9, 16, 23, 30; May 7
 Canon Kip Senior Center: Friday mornings April 13, 20; May 4, 11, 18



HOEC 105 “Community Nutrition” Final Project (50 points) Nutrition Education Presentation for Older Adults

As part of the “Community Nutrition” course, all Nutrition Assistant students will develop a learner-centered lesson plan, submit the lesson to plan to instructor for review/feedback ahead of time, then present the lesson plan in class for feedback/critique from peers. Students will present the polished presentation to an audience of older adults at one of the Consumer Education Department’s “Nutrition & Health” class sites.

The lesson should incorporate: 1) physical activity (at Canon Kip site), 2) nutrition topic, 3) handout, and 4) a cooking/tasting demonstration (at Golden Gate Park site). The Consumer Ed class participants and faculty instructor will also give constructive feedback after the presentation.

Canon Kip Senior Center

705 Natoma St. (near 8th St.), SF
Preceptor: Lisa Yamashiro, RD
Fridays, 9:00-noon
April 13, 20; May 4, 11, 18

Golden Gate Park Senior Center

6101 Fulton (near 36th), SF
Preceptor: Lisa Yamashiro, RD
Mondays, 1:00-4:00
April 9, 16, 23, 30; May 7

Consumer Education Teaching Sites—Guidelines for Students

1. Confirm your scheduled presentation date, location, and time with your faculty preceptor.
2. Make prior arrangements for AV equipment, cooking equipment, paper products, or other special needs.
3. Allow ample time for set-up before the class. Meet & greet participants! Start class on time.
4. Have each participant complete the “Nutrition Class Evaluation” form at the end of class.
5. When purchasing food ingredients for your presentation, stay within budget allocated. Submit receipts for food expenses promptly to Lisa Yamashiro. Receipts should include ONLY those items purchased for the class, and must be EXACT amount. DO NOT submit receipts with personal items mixed in. Receipt must clearly state the name of the vendor, and items purchased. Be sure to neatly write the items purchased next to the amount if not specified on the receipt. Failure to follow these instructions will result in you NOT getting reimbursed – NO EXCEPTIONS!



HOEC 105 “Community Nutrition”
 Final Project (50 points)
Nutrition Education Presentation for Older Adults

The lesson should incorporate learner-centered education strategies and include the following components: 1) physical activity, 2) nutrition topic, 3) handout, and/or 4) a cooking/tasting demonstration

Rubric:

Criteria		Points		Points		Points
Lesson Plan	Follows the AAAA model Organized Submitted lesson plan to instructor for feedback PRIOR to presentation.	25	Lesson needs improvement in one or more areas Needs to be more learner-centered Did not submit lesson plan for early review.	20	Is not learner-centered Unorganized. Did not submit lesson plan for early review.	15
Presentation	Mechanics of presentation—excellent delivery and flow; interesting, engaging, and interactive; good use of visual aids	10	Presentation skills are of average quality Could be improved in one or more areas.	8	Did not practice or prepare well enough	5
Activity Components (physical activity, relevant topic, handout, and/or food demo)	Integrates the components to complement and enhance the topic.	5	Needs improvement in 1 of the areas	3	Needs improvement in 2 or more of the areas; seems disjointed	1
Consumer Ed Class delivery	Conducted the nutrition class at assigned site. Reviewed evaluations from preceptor & participants.	10		-	Did not present	- 25