



**HOEC 99 – Nutrition for Health
CRN# 77289 (3 units)**

FALL 2009

Instructor: Jill Tarver, MS, RD
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Tues & Thurs 12:00-2:15 p.m.
DeAvila Campus, Room #308
1250 Waller St. (near Masonic)
(entrance on Waller St. only)

Office Hours: Tuesdays and Thursdays after 2:15; other times by appointment

Course Description

Intermediate level nutrition course intended for students planning to work as nutrition paraprofessionals. The course covers the study of nutrients with emphasis on their physiological roles, food sources, and health implications of deficiencies and excesses. Basic principles and tools for planning a healthy diet will be used, and nutrition issues of current interest and concern will be analyzed. This course uses a practical approach to the study of nutrients and health with less emphasis on biochemistry.

Prerequisite: *Acceptance to the Nutrition Assistant Program*

Required Texts

Nutrition: Real People, Real Choices, Susan J. Hewlings, Denis M. Medeiros, ISBN-13:978-0-13-061224-4, 2009. Publisher: Pearson Prentice Hall/Pearson Education, Inc., Upper Saddle River, New Jersey, 07458. Textbook is available from CCSF Bookstore at John Adams site. There is also a copy on 2-hour reserve at the John Adams library.

Other Materials

Other supplemental written materials will be provided in class.

Companion website for textbook: http://wps.prenhall.com/chet_hewlings_nutrition_1/

Method of Grading*

Quizzes (10)	250
Diet Analysis Assignments (2)	80
Presentation/report	40
Assignments (4)	40
Class participation & attendance	48
Perfect attendance & participation	<u>2</u>
TOTAL possible points*:	460

Grade Calculation:

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

***subject to change**

NOTE: <75% of points earned disqualifies student from program

Attendance and Participation

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. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups.

Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job. 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.

Students with **3 absences** will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program. 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.

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.

Add and Withdrawal Deadlines and Policy

The last day to ADD is October 1, 2009.

Last day to DROP for refund is September 24, 2009.

Last day to DROP without a "W" and to receive 50% non-resident refund is October 13, 2009.

Last day to DROP with a "W" is November 19, 2009.

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. There are times when your group will be assigned to you, and other times are self-selected. You must learn how to work effectively with a team, collaborate, delegate, and resolve potential conflict. A student absent during any activity session will not earn points for the activity and participation. Make-ups for excused absences are at the discretion of the instructor.

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 completed 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 or groups to present an oral 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 learn to work effectively in a team and prevent/resolve conflicts.

City College of San Francisco—Consumer Education Department
 Nutrition Assistant Program
 Instructor: Jill Tarver, MS, RD



Nutrition for Health

HOEC 99, Fall 2009

DATES	TOPIC	CHAPTER READING/QUIZZES/ASSIGNMENTS
September 22 (T)	Introduction Eat Your Way to an “A” The Food on Your Plate	Chap. 1 (pp. 2- 6)
September 24 (Th)	The Food on Your Plate	Chap. 1 (pp. 7-25)
September 29 (T)	Think Before You Eat	Quiz on Chap. 1 Chap. 2 (pp.26-42) Download “Inside Each Food Group”
October 1 (Th)	Think Before You Eat	Due: MyPyramid Critical Thinking Exercise 2-1
October 6 (T)	MyPyramid Evaluation & Blood Glucose Graphs	
October 8 (Th)	Food Labels	Chap. 2 (pp. 42-51)
October 13 (T)	Carbohydrates: From Sugars to Fiber	Quiz. on Chap. 2 Due: MyPyramid Tracker Project Chap. 3 (pp. 54-64)
October 15 (Th)	Carbohydrates: From Sugars to Fiber	Chap. 3 (pp. 63-82)
October 20 (T)	Fats or Lipids: From Plate to Waist	Quiz. on Chap. 3 Chap. 4 (pp. 84-95) Bring favorite recipe next class
October 22 (Th)	Fats or Lipids: From Plate to Waist	Chap. 4 (pp. 96-117)
October 27 (T)	Protein: More Than Just Meat and Muscle Hot Topic Presentations	Quiz. on Chap. 4 Due: Favorite recipe modifications Chap. 5 (pp. 118-131)
October 29 (Th)	Protein: More Than Just Meat and Muscle Hot Topic Presentations	Chap. 5 (pp. 132-146)
November 3 (T)	Digestion, Absorption, and Metabolism Hot Topic Presentations	Quiz. on Chap. 5 Chap. 6 (pp. 148-159)
November 5 (Th)	Digestion, Absorption, and Metabolism Hot Topic Presentations	Chap. 6 (pp. 159-174)
November 10 (T)	Energy Balance & Obesity: A Nation out of Balance Hot Topic Presentations	Quiz. on Chap. 6 Chap. 7 (pp. 176-194)

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November 12 (Th)	Energy Balance & Obesity: A Nation out of Balance Hot Topic Presentations	Chap. 7 (pp. 195-202) Due: Are You at Risk (Suppl. Activity 7-1)
November 17 (T)	Energy Balance & Obesity: A Nation out of Balance	Chap. 7 (pp. 202-212) Due: Completed Behavioral Food Journal
November 19 (Th)	Water & Electrolytes: Striking a Balance Diet Analysis Lab: ESHA Food Processor	Quiz on Chap. 7 Chap. 8 (pp. 214-222)
November 24 (T)	Water & Electrolytes: Striking a Balance Diet Analysis Lab: ESHA Food Processor	Chap. 8 (pp. 222-237)
November 26 (Th)	THANKSGIVING HOLIDAY	
December 1 (T)	Vitamins: Fact and Fallacies	Quiz on Chap. 8 Chap. 9 (pp. 238-252)
December 3 (Th)	Vitamins: Fact and Fallacies	Chap. 9 (pp. 252-273)
December 8 (T)	Minerals: Mining for Nutrients	Quiz on Chap. 9 Chap. 10 (pp. 274-287)
December 10 (Th)	Minerals: Mining for Nutrients	Chap. 10 (pp. 288-305) Due: ESHA Project
December 15 (T)	Last Class - review Class Evaluations	Quiz on Chap. 10