

SOUTHERN MAINE COMMUNITY COLLEGE
South Portland, Maine 04106

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| Title: | Normal Nutrition and LAB | Catalog Number: | NUTR 110 |
| Credits: | 4 | Total Contact Hours: | 45 |
| Instructor: | Kathy Savoie, MS, RD | Office Hrs | by appointment |
| Email (the best way): | ksavoie@maine.edu | Phone: | 781-6099 |

All email to me **MUST have your name, course number and section in the subject line.*

Course Syllabus
Normal Nutrition NUTR 110
Nutrition Lab

Course Description

4 CREDITS

Prerequisites: ENG-080, ENG-090, and MAT-020

This course provides an introduction to the field of nutrition which includes the study of carbohydrates, fats, proteins and other essential nutrients. Students will also gain a workable knowledge of digestion, absorption, metabolism, life cycle nutrition, nutrition guidelines, and nutrition programs. The concepts covered in the lecture course are explored in greater detail during the lab time using a variety of activities including food experiments, anthropometric measurement, nutrient analysis and enhanced problem sets.

NUTR 110 Course Objectives

Upon completion of this course, the students will be able to demonstrate the nature and functions of carbohydrates, proteins, fats, vitamins, minerals, and water. They will also be aware of the role these nutrients play in metabolism and energy balance, as well as digestion and absorption. They will also be able to discuss why specific nutrient recommendations are translated into guidelines, and what foods should be included in the diet to meet the guidelines. Students will be able to identify cultural and life cycle influences that affect nutritional status and food choices.

Topical Outline of Instruction

- Perspectives on nutrition; professionals who deal with nutrition;
- Digestion, Absorption, and Metabolism;
- Nutrition Programs and Guidelines;
- Food labels;
- Carbohydrates;
- Proteins;
- Fats (Lipids);
- Vitamins;
- Minerals;
- Water;
- Cultural influence on food choices and diet;
- Nutritional needs of pregnancy and infancy;

- Nutritional needs of childhood;
- Nutritional needs of adolescence;
- Nutritional needs of the elderly

Course Requirements

Research paper on cultural foods

Projects: Diet Analysis and Life Cycle Group Presentation

Homework; quizzes; tests

Participation

Attendance Policy: Students will be allowed to miss the equivalent of two weeks of classes (that is, if the class meets three times a week it would equal 6 classes, or if the class meets two times a week, it would equal 4 classes). Once this amount has been reached the students grade will be lowered by one letter per absence.

Nutrition Lab Course Objectives:

After completing the course, the student will be able to:

1. Identify reliable sources of nutrition information;
2. Describe how the *Healthy People 2020* project is used to set goals for our national health and wellbeing, and to evaluate personal health choices based on Healthy People 2010 Objectives;
3. Distinguish between serving sizes and portion sizes, and describe how changing serving sizes in the American diet have affected the health of our nation.
4. Accurately record and analyze food intake;
5. Assess the adequacy of carbohydrates, proteins, fats, vitamins, minerals, and water in their diet;
6. Use a food label and nutrition facts panel to make wise food choices;
7. Evaluate media sources of information on current nutrition topics including low-carb diets, supplement use, fat replacers, vegetarian diets, genetically modified food, bovine growth hormone and food irradiation;

Topical Outline of Instruction:

- Critiquing popular nutrition information
- Healthy People 2020
- Food portions and diet planning
- Three day food record
- Food labels and merchandising
- Personal diet analysis project
- Evaluating carbohydrates in the diet
- Evaluating protein in the diet
- Evaluating fat in the diet
- Evaluating water, vitamins and minerals in the diet
- Consumer concerns about food

Course Requirements:

Activity reports, Personal Diet Analysis Project

Text, Tools, and/or Supplies

Understanding Normal and Clinical Nutrition 11th edition 2018

Authors: Rolfe, Pinna, Whitney

Publisher: Cengage Learning ISBN-13:978-1-337-11308-3

There are **3 textbook options** available at the bookstore: e-book, soft-bound/3-hole punch and hard cover. All Students enrolled in Nutrition 110 have a **2 week free trial** period of the e-book which can be found in the MINDTAP link on Blackboard.

NOTE: If you are **NOT** a Nutrition and Dietetics Major, you may use **Understanding Nutrition** for your textbook but this is not available at the bookstore.

If you are a Nutrition and Dietetics Major you will need **Understanding Normal and Clinical Nutrition** for three classes in your curriculum. It is wise to purchase either the hard cover or the soft-bound/3-hole punch version and not the e-book.

Access to Super Tracker Diet Analysis at <https://www.supertracker.usda.gov/>

Student Evaluation and Grading

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| Project (cultural foods paper) | 10% |
| Exams (2 @ 15% each) | 30% |
| Quizzes | 25% |
| Attendance/Participation/Group Project | 10% |

Lab Evaluation and Grading:

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| Labs (3) | 15% |
| Personal Diet Analysis Project | 10% |

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| Course Grade: | A 93 - 100 | A- 90 - 92.9 | B+ 87 - 89.9 |
| | B 83 - 86.9 | B- 80 - 82.9 | C+ 77 - 79.9 |
| | C 73 - 76.9 | C- 70 - 72.9 | D+ 67 - 69.9 |
| | D 63 - 66.9 | F 0 - 62.9 | |

Grades of I (Incomplete)

See student handbook for other academic policies.

End-of-Course Evaluation

In order to gain access to final course grades, students must complete evaluations for all courses. Students can now evaluate their SMCC courses online and anonymously by going to **Academics** on the SMCC homepage and choosing **Course Evaluations**. This feature is typically available the last two weeks of every class (in most cases, this will be the last two weeks of the semester).

Disability Statement

Southern Maine Community College is an equal opportunity/affirmative action institution and employer. For more information, please call 207-741-5798.

If you have a disability condition and wish to request accommodations in order to have reasonable access to the programs and services offered by SMCC, you must register with the disability services

coordinator, Mark Krogman, who can be reached at 741-5629 (TDD 207-741-5667). There will be some documentation for your teachers that be supplied before accommodations can be given. Further information about services for students with disabilities and the accommodation process is available upon request at this number.

SMCC Pay-for-Print Policy

Students can print 100 pages per semester for free. If you print over 100 pages, you will be charged 10 cents per page to your Beacon Bucks account. Left over pages will roll over to the following semester but will zero out at the end of the academic year. A pilot project tracking public printing has shown that this amount of free printing meets the needs of the vast majority of students. The College's pay-for-print system monitors printing on all public printers (i.e., those in general access labs, library printers, the LAC, and technology labs). Each time you log in to the system, the print station displays the remaining print quota.

Once the printing quota has been exceeded, users will be charged \$0.10 per page on their Beacon Bucks accounts. Color printouts will be charged at 11-page units. This means each color printout will count as 11 pages toward the quota and cost \$1.10. Students can add money to their cards using a credit card online.

NUTR 110 Fall 2015 Course Schedule

| Week | Lecture and Reading | Lab |
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| Wk 1 – 1/20 | <u>Introduction/Overview</u> | <u>Lab Assignment Due</u> None |
| Wk 2 – 1/27 | <u>An Overview of Nutrition</u> Related Reading –Chapter 1 | None |
| Wk 3 – 2/3 | <u>Planning a Healthy Diet;</u> Related Reading – Chapter 2 | Lab 1 You’re the Movie Critic |
| Wk 4 – 2/10 | <u>QUIZ #1 Chapter 1 & 2</u> <u>Digestion/Absorption and Transport;</u> Related Reading – Chapter 3 | Lab 2 Critiquing Popular Nutrition Information |
| Wk 5 –2/17 | <u>QUIZ #2 Chapter 3</u> <u>The Carbohydrates</u> Related Reading - Chapter 4 | Lab 3 Understanding Food Labels |
| Wk 6 – 2/24 | <u>The Lipids</u> Related Reading Chapters 5 | Diet Analysis: 3-Day Food Journal |
| Wk 7 – 3/3 | <u>Protein</u> Related Reading Chapter 6 | DA: On your own *Cultural Foods Paper Due |
| Wk 8 – 3/10 | MID TERM EXAM (Chapters 1 – 6) | DA: On your own |
| Wk 9 – 3/17 | NO CLASS: SPRING BREAK | |
| Wk 10– 3/24 | <u>Energy Balance</u> Related Reading Chapter 8 | DA: On your own |

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| Wk 11 – 3/31 | Body Composition Related Reading Chapter 9 | DA: On your own |
| Wk 12 – 4/7 | QUIZ #3 Chapters 8 & 9 <u>The Water Soluble Vitamins & The Fat Soluble Vitamins</u> Related Reading Chapters 10 and 11 | DA: On your own |
| Wk 13 – 4/14 | Water and the Major Minerals Related Reading Chapter 12 <u>The Trace Minerals</u> Chapter 13 Optional Take Home Quiz | DA: On your own |
| Wk 14 – 4/21 | QUIZ #4 – Ch 10, 11, 12 & 13 Group Presentations Planning Optional Take Home Quiz due | DA: On your own |
| Wk 15 – 4/28 | Life Cycle Group Presentations <u>Pregnancy/Lactation</u> Related Reading Chapter 14 <u>Infancy, Childhood and Adolescence</u> Related reading Chapter 15 <u>Adulthood and the later years</u> Related reading Chapter 16 | DA: Diet Analysis Project & Essay Responses DUE |
| Wk 16 – 5/5 | Life Cycle Group Presentations <u>Pregnancy/Lactation</u> Related Reading Chapter 14 <u>Infancy, Childhood and Adolescence</u> Related reading Chapter 15 <u>Adulthood and the later years</u> Related reading Chapter 16 | |
| Wk 17 – 5/12 | Final Exam | |