

# Nutrition 10 ONLINE

## Contemporary Nutrition

FALL 2023

A LATE START, 8 WEEK COURSE (OCT 23 – DEC 14)



### 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

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.

**CANVAS** This course resides on the course management system called **Canvas**, accessible from **MyPortal**. The course will open early, on the first day of Fall quarter, 4 weeks before the *official* start of Nutrition 10. This will give you the opportunity to get a head start on the course content 😊

⇒ **Nutrition 10 is NOT a self-paced course.** Although you can start reading the course material early, the tasks need to be 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 NOT get dropped, **log onto the course on Canvas** and complete these **2 quick and easy tasks** by **midnight Thursday** after the first official day of this Late Start course:

1. Fill out a short questionnaire (*Welcome to Nutrition 10 Survey*). Doing so will earn you 5 points.
2. Take a short quiz (*What Do You Know...*). This will also earn you 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 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.** I leave comments with scores and send messages through Canvas 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.

## GRADING PROCEDURE

Tasks #1 & 2 (5 points each)	10 points
Orientation Quiz	10 points
Feedback surveys (2; 5 points each)	10 points
Tests (6; 25 points each) *	150 points
Discussions (2; 5 points each)	10 points
Diet Assignment	60 points
Total Possible Points	250 points

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

### 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**

## GRADING SCALE

<b>A+</b> = 96 – 100%	<b>B+</b> = 86 – 89.9%	<b>C+</b> = 77 – 79.9%	<b>D+</b> = 67 – 69.9 %	<b>F</b> = <60%
<b>A</b> = 92 – 95.9	<b>B</b> = 82 – 85.9	<b>C</b> = 70 – 76.9	<b>D</b> = 62 – 66.9	
<b>A-</b> = 90 – 91.9	<b>B-</b> = 80 – 81.9	<b>C-</b> there is no C-	<b>D-</b> = 60 – 61.9	

✓ *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/>.

## BONUS POINT OPPORTUNITIES 😊

6 Bonus Points can be earned for completing Part 1 of the Diet Assignment early. Additionally, there will be 2 written reflections in the last week which earns 5 points for each. Those points could raise your grade or add a "+" or take away a "-".

## ORIENTATION QUIZ

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.

## DISCUSSIONS

There will be 2 asynchronous discussions. Fully participating on a discussion will earn 5 points for a total of 10 points. Each discussion will be open for 10 days – from Friday morning until Sunday night. **They are not bonus points** -- they are part of the total points for this class. But they are easy points to earn :-)

## FEEDBACK SURVEYS

2 Feedback Surveys will earn 5 points each. A survey will be open for 1 week – from Monday morning until Sunday night. **They are not bonus points** -- they are part of the total points. But they are easy points to earn :-)

## THE DIET ASSIGNMENT

- The Diet Assignment is worth 60 points and is divided into 2 Parts. For **Part 1**: 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** you will assess and evaluate your diet by answering a series of questions.
  - Both parts are due at the same time and graded at one time, towards the end of the quarter.
  - You are strongly encouraged to complete Part **early** in the quarter and not wait to do all both parts right before it's due. Completing Part 1 early will increase the likelihood that you'll earn a high score 😊
  - To encourage early submissions, IF you submit Part 1 by the deadline listed on the course schedule **and your submission** is complete (ie nothing is missing) you will receive **6 Bonus Points**. 😊 6 Bonus Points is 10% of the point value of the assignment!
  - The assignment can be submitted late (with a late penalty), up to 4 days past the due date and not later.
    - **6 points will be deducted from your score**
    - This drops your grade 1 full grade
    - This heavy late penalty is an **incentive** for you to submit it **on time**
    - The point deduction is the same regardless of when it is submitted within those 4 days late
    - **ADVICE:** If getting an A is your goal, plan to finish the Diet Assignment by the due date.
  - 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

## TESTS

- 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 (Mon, Tues, Wed, and a 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 for 18 hours:  
From 6 am until that night 11:55 pm

**TEST 1:** Wednesday Nov 8<sup>th</sup>  
**TEST 2:** Wednesday Nov 15<sup>th</sup>  
**TEST 3:** Monday Nov 20<sup>th</sup>  
**TEST 4:** Monday Nov 27<sup>th</sup>  
**TEST 5:** Friday Dec 1<sup>st</sup>  
**TEST 6:** Tuesday Dec 5<sup>th</sup>  
**TEST 7:** Tuesday Dec 12<sup>th</sup>

*All of the above is subject to change*

## 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 and comparing your answers to the answer key will help you learn the material and prepare for the corresponding test. There will be a few practice quizzes. Your score on a practice quiz is not recorded; it is NOT included in your points for this class.

## RECORDED MINI-LECTURES

There are 8 recorded 1 hour “**Mini-Lectures**” which will be posted on Canvas. They include explanations of some of the topics covered in Virtual Lectures #1-8. **No new material is presented in the Mini-Lecture.** They are offered to help you “get” some of the more complex material. Plan to watch all of them (before the test that covers that VL). But be clear: **They do not replace reading the Virtual Lectures.**

## 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 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*
- *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 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
- Each Monday go to that week's Module and get the “big picture” of the current 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.***
- Plan for when you'll watch the recorded **1 hour Mini-Lecture** each week. ***DO NOT SKIP watching them!***
- Starting in Week 3 the **Tests** will begin. 1 test covers the material from 1 or 2 VLs.
- The tests are not long but they happen often. Except for weeks 1 and 2, there will be a test every week. In one week, there will be 2 tests.
- 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.



## FREQUENTLY ASKED QUESTIONS

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

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. No appointment is necessary. Not free then? I'll be happy to make an appointment to speak with you on another day and/or time.

\*Please e-mail or message me ONLY for private/personal questions. All questions about the course itself – questions about nutrition, 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 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 **6 Bonus Points** for getting **Part 1 of your Diet Assignment submitted early**
- There will also be an opportunity to pick up **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 many **“easy” points to earn**: Week 1 Tasks 1 & 2, the Orientation Quiz and 2 Feedback Surveys and 2 Discussions. These all together add up to 40 points. It's **super easy** to get those 40 points! Having 40/40 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 ✓ Ask questions when you're confused ✓ Put due dates onto your own personal calendar ✓ Create a 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** ✓ Watch the Mini-Lectures ✓ Do the worksheets and practice quizzes and check the answer keys ✓ Turn in the Diet Assignment on time. ✓ Get the Bonus Points ✓ Do those Feedback Surveys – get the “easy points” ✓ Ask for help if you need help 😊



Week	Date	Topic	Reading Assignments	Tests/Due Dates
1	Oct 23-29	Why we eat what we do Meet the Nutrients Nutritional Status Evaluating information & Research	<b>VL #1</b> (Virtual Lecture, on Canvas)	<b>THURSDAY:</b> Deadline to have completed the 2 tasks <b>11:55 pm</b> <b>SUNDAY:</b> Orientation Quiz closes
2	Oct 30 – Nov 5	What is a Healthy Diet? Energy Calculations Understanding Food Labels	<b>VL #2</b>	
3	Nov 6-12	Carbohydrates	<b>VL #3</b>	<b>MONDAY:</b> Feedback Survey #1 opens <b>WEDNESDAY:</b> Test #1 (on VL#1 & 2) <b>SUNDAY:</b> Discussion #1 closes
4	Nov 13-19	Fats  Protein	<b>VL #4</b>  <b>VL #5</b>	<b>MONDAY:</b> Feedback Survey #1 closes <b>WEDNESDAY:</b> Test #2 (on VL#3) <b>SATURDAY:</b> Deadline to submit Part 1 of the Diet Assignment to receive Bonus Points 11:55 pm
5	Nov 20-26	Phytochemicals , Digestion, Alcohol The Western Diet and Chronic Diseases: Heart Disease, Cancer Diabetes	<b>VL #6</b>  <b>VL #7</b>	<b>MONDAY:</b> Test #3 (on on VL#4)  <b>THURSDAY:</b> Happy Thanksgiving!
6	Nov 27- Dec 3	Issues around Body weight  Vitamins, Minerals, Water	<b>VL #8</b>  <b>VL #9</b>	<b>MONDAY:</b> Test #4 (on VL #5) <b>MONDAY:</b> Feedback Survey #2 opens <b>FRIDAY:</b> Test #5 (on VL #6&7)
7	Dec 4-10	Dietary Supplements Fortified Foods Organic food Food choices & the environment  Putting it all together Meal Planning 101	<b>VL #10</b>   <b>VL #11 – It's the Last One!</b>	<b>MONDAY:</b> Feedback Survey #2 closes <b>TUESDAY</b> Test #6 (on VL #8 & 9) <b>SATURDAY:</b> The Diet Assignment is due at 11:55 pm
8	Dec 11-14	Final Exams Week		<b>TUESDAY:</b> Test #7 (on VL #10 & 11) <b>WEDNESDAY:</b> Last day to submit Diet Assignment (late) and the Written Reflections for Extra Credit points

*Have a Wonderful Fall Quarter!*

## The Quarter at a Glance

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
<b>Sept 25 – Oct 22</b> are Weeks 1-4 of Fall Quarter	But NUTR 10 will be open during those weeks <b><i>Get a head start!</i></b>					
Oct 22	23 <b>WEEK 1</b>	24	25	26 <b>Midnight Deadline</b> to complete the <b>2 tasks</b> on Canvas  Last day to Drop <b><i>without</i></b> a W	27	28
Oct 29 <b>Orientation Quiz</b> closes	30 <b>WEEK 2</b>	31	<b>Nov 1</b>	2	3 Discussion #1 Opens	4
Nov 5	6 <b>WEEK 3</b>  Feedback Survey #1 opens	7	8  <b>TEST 1</b>	9	10	11
Nov 12  Discussion #1 Closes	13 <b>WEEK 4</b>  Feedback Survey #1 closes	14	15  <b>TEST 2</b>	16	17 Discussion #2 Opens	18 Deadline to submit <b>Part 1</b> to earn Bonus Points
Nov 19	20 <b>WEEK 5</b>  <b>TEST 3</b>	21	22	23  Happy Thanksgiving!	24	25
Nov 26	27 <b>WEEK 6</b>  <b>TEST 4</b>  Feedback Survey #2 opens	28	29	30	<b>Dec 1</b>  <b>TEST 5</b>	2
Dec 3 Discussion #2 Closes	4 <b>WEEK 7</b> Last day to Drop this class (with a W) Feedback Survey #2 closes	5  <b>TEST 6</b>	6	7	8	9 <b>Diet Assignment Due</b>
Dec 10	11 <b>WEEK 8</b>	12 <b>TEST 7</b>	13 Last day to submit Diet Assignment & written Reflections for Extra Credit	14 Course Grades will be submitted  <i>Have a wonderful winter break!</i>	15	