

MIDSTATE COLLEGE
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SPRING 2014

Course: AH 260 Nutrition – 4Hrs

Credit: 4 quarter credit hours

Method of Delivery: eLearning

Course Description:

This course provides students with an introduction to essential nutrients and their roles in the body, as well as the changing nutritional needs of an individual throughout the lifespan. The impact of exercise and food choices on metabolism, body composition, and weight control, nutrition misinformation, consumer issues, commercially prepared foods, and major disease and conditions that may be affected by eating behaviors are included.

Prerequisite: none

Text: Williams' Basic Nutrition & Diet Therapy

Author: Stacy Nix

Publisher: Elsevier Mosby 13th Edition

ISBN: 978-0-323-05199-6

Materials needed for this course: Computer, Internet, Microsoft Word, Microsoft PowerPoint

Topics:

1. Components of a healthy diet
2. Nutrient sources and function
3. Basic metabolism and energy balance
4. Dietary needs across a lifetime
5. Fluid/Electrolyte balance
6. Cultural patterns of eating
7. Weight management
8. Exercise and physical fitness
9. Nutritional disease and therapeutic diets

Learning Objectives: Upon completion of this course, the student will be able to:

1. Describe the nutritional standards of the ADA for adults
2. List sources and functions for all the nutrients
3. Recognize the sources and benefits of increasing dietary fiber
4. Identify the sources and functions of potassium, sodium, fluoride, and iron
5. List sources and functions of vitamin A, D, E, K, B1, B2, B3, B6, B12 & Folic Acid
6. Explain the relationship between ingestion of lipids and cardiovascular disease
7. Identify the needs of special populations including pregnant and lactating women, infants and children, adolescents, and elderly persons
8. Identify the diets used with heart disease, diabetes, hypertension, renal failure, and cancer patients
9. Be able to read a food label
10. Identify some common cultural and religious food issues

Midstate Grading Scale:	90 – 100%	A
	80 – 89%	B
	70 – 79%	C
	60 – 69%	D
	0 – 59%	F

Midstate Plagiarism Policy:

Plagiarism is using another person's words without giving credit to the author. Original speeches, publications, and artistic creations are sources for research. If students use the author's words in a paper or assignment, they must acknowledge the source. Plagiarism is strictly against the academic policy of the college and is grounds for failing the course. If repeated, plagiarism results in suspension from the college. (See the Midstate College catalog and/or Student Handbook for additional information.)

In courses containing writing assignments, the college promotes the use of an electronic resource which compares the student's writing against previously submitted papers, journals, periodicals, books, and web pages. Students and instructors can use this service to reduce the incidence of plagiarism. This electronic resource has been found to conform to legal requirements for fair use and student confidentiality. It is able to provide a report to the student indicating the parts of the assignment that match.

Student Success:

The Office of Student Success is available to students seeking tutoring for individual classes or who need assistance with writing assignments. Information is also available on test taking techniques, how to take notes, developing good study skills, etc. Contact Chris Peck in Room 217 (in person); (309) 692-4092, extension 2170 (phone); dcpeck@midstate.edu (email).

Instructor: Megan Klemm, MS, RD, CDE, LDN **Room/phone:** eLearning
Midstate email: maklemm@midstate.edu

Policies and Procedures:

1. This is a 100% online class; this means you will have work to do at home and must have access to the internet.
2. Students will be graded on total accumulated points earned.
3. All assignments, discussions, and summaries are due on the given deadline as indicated in the syllabus. Late assignments will result in 5 points deducted from grade. Late assignment points will begin deduction at due date/time. Only prior excused late assignments may be turned in without penalty. All assignments must be turned in or results in zero points.
4. Exams must be taken at the given time. Make-up exams must be pre-arranged with the instructor. If a non-excused exam must be reopened, 15 points will be deducted from grade.
5. Participation is important. This includes discussions, group work, and other activities.

Participation Requirements/Assignments:

- Log in to class regularly.
- Keep up with readings and assignments.
- Ask questions when you do not understand.
- **Reading/Lecture Assignments:** Weekly reading and lecture assignments from textbook and provided lectures.
- **Discussions:** Please make your discussion posting answering the topic given by the instructor on or before the due date. **Discussions are to be posted twice per week.** First discussion posting to answer the question posted by the instructor and second posting to provide feedback to your classmates prior posts.
- **Summaries:** To be completed on or before the end of each week. This is to be written in 1 – 2 paragraphs answering the assigned question.
- **Worksheets & Assignments:** All work is to be completed on time and may consist of multiple choice, fill in the blank, true/false, matching, open ended/essay questions and/or written paper format.
- **Exams:** All exams will be completed online within due dates and are **TIMED**. All exams may consist of multiple choice, fill in the blank, true/false, matching, short answer, and essay.

Assignment Information:

- **ChooseMyPlate SuperTracker Assignment:**

- Keep a 3 day food/beverage diary. Record everything you eat and drink and the amount.
- Create a profile on <https://www.supertracker.usda.gov//>
- Input your food/beverage for each day.
- Determine your 3 day average for the following key nutrients: **calories, fat (total fat & saturated fat), carbohydrate, protein, and fiber**
- Write a 1 – 2 page paper, double spaced with 1” margins and 12 point Times New Roman font.
- The paper should explain how well your diet correlates with the recommendations provided by the SuperTracker (i.e. compare your 3 day average for key nutrients to what the SuperTracker recommends your 3 day average should be). Make sure to include your 3 day average amounts and the SuperTracker 3 day average amounts in your paper. This will be in calories, grams or milligrams.
- Provide ways you can improve your nutritional choices and factors affecting your dietary intake.
- At the end of paper or in a separate document include your 3 day food/beverage diary.

- **Hydration Assignment**

- For 3 days, drink only water and milk/lactose free milk (soy/rice/almond/coconut milk) for your beverages. Strive for a minimum of 1 cup (8 ounces) of milk to a maximum of 3 cups of milk and a minimum of 8 – 8 ounce glasses of water.
- At the end of the 3 days, write a minimum of a 1 page double spaced with 1” margins and 12 point Times New Roman font paper.
- Included in the paper should be beverages and foods that can cause dehydration, if any. Also, your thoughts and beliefs in completing the assignment and how you felt before, during, and after the assignment in regards to your hydration status. Additionally did this assignment benefit or hinder your hydration status and would you do this assignment again, why or why not?

- **Stage of Life Articles:**

- Review 1 professional journal article for each of 3 life cycle stages: infants and children, adolescents, and elderly persons
- 3 professional journal articles in total should be reviewed. The journal articles to read can be found in Week 6 & 7 (only the journal articles provided can be used)
- Each review should include the following:
 - Your name, Life cycle stage, and FULL title of journal article.
 - Brief summary of the article, at least 1 paragraph in length. Since this is a summary, there is no need to quote from the article.
 - Your personal evaluation of and/or reaction to the article, at least 1 paragraph in length
 - The article summary and your evaluation sections of the review should be clearly and separately identified, such as using bolded titles to separate.

- **Cultural Food Patterns PowerPoint & Questions:**

- Pick your top 2 cultures and e-mail to instructor by assigned due date.
 - Once a culture has been chosen, that culture is no longer available.
 - Your assigned culture will be e-mailed back to you after your e-mail is received.
- Available Cultures Include: Jewish; Muslim; Mexican; Puerto Rican; Native American; African American; French American; Chinese; Japanese; Southeast Asian; Italian; Greek
- Research your culture by using the class textbook, professional journal articles, reputable books/textbooks, and reputable websites.

- PowerPoint should include at least:
 - Basic foods
 - Typical dishes
 - Religious dietary laws
 - Festivals involving and/or omitting food
 - Food Guide (if applicable)
 - Title Slide
 - Works Cited Slide
 - Question Slide (see below)
 - Be a maximum of 10 PowerPoint slides not including Title, Works Cited or Question slides
- In the ***note section*** of each slide include the narrative you would say to the class if presenting in person (i.e. write what you would explain about each slide).
- Include properly cited sources using MLA citations in the ***footer*** of each PowerPoint slide for the information on that slide. A Works Cited slide should be included as the last slide of your presentation.
- Make sure grammar and spelling are correct and no errors on slides.
- Create a total of 5 multiple choice, true/false, and/or fill in the blank questions to go along with your PowerPoint. Answers to the questions will be e-mailed to instructor, do not include answers with assignment.

- **Nutritional Disease and Therapeutic Diets Paper:**
 - You are to work on the topic: Coronary Heart Disease; Hypertension; Diabetes Mellitus; Renal Failure; or Cancer to write a minimum of 5 page double spaced with 1” margins and 12 point Times New Roman font paper.
 - Research the nutritional disease topic by using the class textbook, professional journal articles, reputable books/textbooks, and reputable websites. Wikipedia is not a reputable source.
 - Paper should be written in a professional manner using MLA citations throughout paper and on Works Cited page.
 - Submit final paper on or before the expected due date.
 - Paper should include:
 - Minimum of 5 pages double spaced with 1” margins and 12 point Times New Roman font.
 - Title page (not included in 5 pages).
 - Works cited page at end of paper using MLA citations (not included in 5 pages).
 - Each content area below should be bolded as a title heading before discussing each section in the paper.
 - Introduction
 - History/Discovery
 - Etiology of Disease
 - Classifications (if applicable)
 - Metabolic Pattern (if applicable)
 - Risk factors
 - Signs and Symptoms
 - Special Concerns (what other conditions may this disease cause and/or contribute to)
 - Treatment (medical, pharmacological, and/or dietary, focusing primarily on medical nutrition therapy)
 - Education (related to diet) to be provided and by whom
 - Summary

Examination Information:

- Test 1 – 100 possible points
- Test 2 – 100 possible points
- Test 3 – 100 possible points
- Test 4 – 100 possible points

Methods of evaluating student performance:

- 10 points – Pre-test
- 20 points – Worksheets, each worth 10 points
- 100 points – Discussion postings, 20 postings worth 5points each (includes introduction to class)
- 120 points – Summaries, 12 summary submissions each worth 10 points
- 120 points – Assignments (ChooseMyPlate Super Tracker, Hydration, Stage of Life, & Cultural Assignment) each worth 30 points
- 50 points - Nutritional Disease and Therapeutic Diets Paper
- 400 points – each test worth 100 points (4 tests total)

Total: 820 possible points

Instructor’s Grading Scale:

90 – 100%	A
80 – 89%	B
70 – 79%	C
60 – 69%	D
0 – 59 %	F

Week-by-Week:**Week 1: Food, Nutrition & Health (Chapter 1)**

Topics	<ul style="list-style-type: none"> • Components of a healthy diet
Objectives	<ul style="list-style-type: none"> • Describe the nutritional standards of the ADA for adults
Assignment	<ul style="list-style-type: none"> • Become familiar with AH 260 Syllabus. • Review Week 1 Overview. • Complete Pretest. • Begin work on <i>ChooseMyPlate SuperTracker</i> Assignment.
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Introduce yourself in the first discussion forum. <ul style="list-style-type: none"> ○ Provide a biography about yourself to allow the other students to become more familiar with their classmates. You do not have to provide personal information if you do not feel comfortable in doing so. • Respond to Discussion Question. • Compose a post to the summary topic.

Week 2: Carbohydrates, Fats & Proteins (Chapters 2, 3, 4)

Topics	<ul style="list-style-type: none"> • Nutrient sources and function
Objectives	<ul style="list-style-type: none"> • List source and function for all the nutrients. • Recognize the sources and benefits of increasing dietary fiber
Assignment	<ul style="list-style-type: none"> • Review Week 2 Overview. • Read Chapters 2, 3, 4 • Review Week 2 Lecture/Supplemental Material. • Submit completed <i>ChooseMyPlate SuperTracker</i> Assignment
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 3: Digestion, Absorption & Metabolism (Chapters 5 & 6)

Topics	<ul style="list-style-type: none"> • Nutrient sources and function • Basic metabolism and energy balance
Objectives	<ul style="list-style-type: none"> • Describe the nutritional standards of the ADA for adults • List source and function for all the nutrients • Recognize the sources and benefits of increasing dietary fiber • Explain the relationship between ingestion of lipids and cardiovascular disease
Assignment	<ul style="list-style-type: none"> • Review Week 3 Overview. • Read Chapters 5 & 6 • Review Week 3 Lecture/Supplemental Material. • TEST 1 (Covers Chapters 1 - 4) <ul style="list-style-type: none"> ○ This is a timed test you will have 2 hours to complete. You cannot open, close and return later
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 4: Vitamins & Minerals (Chapters 7 & 8)

Topics	<ul style="list-style-type: none">• Nutrient sources and function
Objectives	<ul style="list-style-type: none">• Identify the sources and function of potassium, sodium, fluoride, and iron• List sources and functions of vitamin A, D, E, K, B1, B2, B3, B6, B12 & Folic Acid• Explain the relationship between ingestion of lipids and cardiovascular disease
Assignment	<ul style="list-style-type: none">• Review Week 4 Overview.• Read Chapters 7 & 8• Review Week 4 Lecture/Supplemental Material.• Submit Week 4 Worksheet• Begin working on Hydration Assignment
Weekly Summary and Discussion	<ul style="list-style-type: none">• Post to Discussion Question• Provide response(s) to classmates post for Discussion Question.• Compose a post to the summary topic.

Week 5: Water Balance (Chapter 9)

Topics	<ul style="list-style-type: none">• Nutrient sources and function• Basic metabolism and energy balance• Fluid/electrolytes balance
Objectives	<ul style="list-style-type: none">• Identify the sources and function of potassium, sodium, fluoride, and iron
Assignment	<ul style="list-style-type: none">• Review Week 5 Overview.• Read Chapter 9• Review Week 5 Lecture/Supplemental Material.• Submit completed Hydration Assignment• E-mail instructor top 2 cultural group choices
Weekly Summary and Discussion	<ul style="list-style-type: none">• Post to Discussion Question• Provide response(s) to classmates post for Discussion Question.• Compose a post to the summary topic.

Week 6: Midterm Week

Topics	<ul style="list-style-type: none"> • Components of a healthy diet • Nutrient sources and function • Basic metabolism and energy balance • Fluid/electrolytes balance
Objectives	<ul style="list-style-type: none"> • Describe the nutritional standards of the ADA for adults • List source and function for all the nutrients • Recognize the sources and benefits of increasing dietary fiber • Identify the sources and function of potassium, sodium, fluoride, and iron • List sources and functions of vitamin A, D, E, K, B1, B2, B3, B6, B12 & Folic Acid • Explain the relationship between ingestion of lipids and cardiovascular disease
Assignment	<ul style="list-style-type: none"> • Review Week 6 Overview. • No Lecture. • TEST 2 (Covers Chapters 5 - 9) <ul style="list-style-type: none"> ○ This is a timed test you will have 2 hours to complete. You cannot open, close and return later • Begin work on Stage of Life Articles. • Begin work on Cultural Food Patterns Assignment
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question. • Compose a post to the summary topic.

Week 7: Nutrition throughout the Life Cycle (Chapter 10, 11, & 12)

Topics	<ul style="list-style-type: none"> • Dietary needs across a lifetime
Objectives	<ul style="list-style-type: none"> • Identify the needs of special populations including pregnant and lactating women, infants and children, adolescents, and elderly persons
Assignment	<ul style="list-style-type: none"> • Review Week 7 Overview. • Read Chapters 10, 11, & 12 • Review Week 7 Lecture/Supplemental Material. • Submit completed Stage of Life Articles • Continue work on Cultural Food Patterns Assignment
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 8: Food Habits and Cultural Patterns (Chapter 14)

Topics	<ul style="list-style-type: none"> • Cultural patterns of eating
Objectives	<ul style="list-style-type: none"> • Identify some common cultural and religious food issues
Assignment	<ul style="list-style-type: none"> • Review Week 8 Overview. • Read Chapter 14 • Review Week 8 Lecture/Supplemental Material. • Submit completed Cultural Food Patterns Assignment
Weekly Summary and Discussion	<ul style="list-style-type: none"> • No Discussion Posting This Week • Compose a post to the summary topic.

Week 9: Weight Management & Nutrition and Physical Fitness(Chapter 15 & 16)

Topics	<ul style="list-style-type: none"> • Weight management • Exercise and physical fitness
Objectives	<ul style="list-style-type: none"> • Be able to read a food label • Weight management • Exercise and physical fitness
Assignment	<ul style="list-style-type: none"> • Review Week 9 Overview. • Read Chapter 13 (pages 233-235), 15 & 16 • Review Week 9 Lecture/Supplemental Material. • Watch Portion Size Me & Portion Size Me Too Videos • Review classmates Cultural Food Patterns PowerPoints • Submit completed Week 9 Worksheet • Begin work on Nutritional Disease & Therapeutic Diets Paper
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 10: Coronary Heart Disease & Hypertension, and Diabetes Mellitus (Chapter 19 & 20)

Topics	<ul style="list-style-type: none"> • Nutritional Disease and Therapeutic Diets • Weight management • Exercise and physical fitness
Objectives	<ul style="list-style-type: none"> • Be able to read a food label • Weight management • Exercise and physical fitness • Identify the diets use with heart disease, diabetes, hypertension, renal failure, and cancer patients
Assignment	<ul style="list-style-type: none"> • Review Week 10 Overview. • Read Chapters 19 & 20 • Review Week 10 Lecture/Supplemental Material. • TEST 3 (Covers Chapters 10 - 12, 13(pages 233 – 235), 14 - 16.) <ul style="list-style-type: none"> ○ This is a timed test. Once test is opened you will have 2 hours to complete. You cannot open, close and return later. • Continue work on Nutritional Disease & Therapeutic Diets Paper
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 11: Kidney Disease and Nutrition Support in Cancer (Chapter 21 & 23)

Topics	<ul style="list-style-type: none"> • Nutritional Disease and Therapeutic Diets
Objectives	<ul style="list-style-type: none"> • Identify the diets used with heart disease, diabetes, hypertension, renal failure, and cancer patients
Assignment	<ul style="list-style-type: none"> • Review Week 11 Overview. • Read Chapters 21 & 23 (pg 454-467) • Review Week 11 Lecture/Supplemental Material. • Submit completed Nutritional Disease & Therapeutic Diets Paper
Weekly Summary and Discussion	<ul style="list-style-type: none"> • Post to Discussion Question • Provide response(s) to classmates post for Discussion Question. • Compose a post to the summary topic.

Week 12: Finals Week (Chapters 1-12, 14-16, 19-21, 23)

Topics	<ul style="list-style-type: none">• Nutritional Disease and Therapeutic Diets
Objectives	<ul style="list-style-type: none">• Identify the diets used with heart disease, diabetes, hypertension, renal failure, and cancer patients
Assignment	<ul style="list-style-type: none">• Review Week 12 Overview.• No Lecture• TEST 4 (Covers 19, 20, 21, 23)<ul style="list-style-type: none">○ This is a timed test. Once test is opened you will have 2 hours to complete. You cannot open, close and return later.
Weekly Summary and Discussion	<ul style="list-style-type: none">• Post to Discussion Question• Compose and post a summary to the summary topic.

This is a standardized syllabus for AH 260. All modifications will be made by the Allied Health program director to maintain consistency.