



**NORTHWEST FLORIDA
STATE COLLEGE**

HUN 2201 - Nutrition

**Distance Learning Online
D2L FORMAT**

**Professor:
Dr. Marilee C. Caldwell
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Faculty Web Page: <http://faculty.nwfsc.edu/web/science/caldwell>

HUN 2201 - Nutrition 3 credits

- Professor: Dr. Marilee Caldwell
- Office Hours: By appointment only
- Email: caldwell@nwfsc.edu
- Final Exam: Online exam D2L Mindtap as scheduled
- Class Days: N/A - Online class only
- Class Times: N/A - Online class only
- Electronic Resources: The course is in D2L format; quizzes & exams require online access

Course Description

Nutrition is a course that will introduce you to the essentials of human nutrition. Topics will include the classifications, sources and functions of nutrients, digestion, absorption and metabolism of foods in the human body. Although basic scientific principles of nutrition will be the primary focus of the course, practical applications for nutrition will be emphasized including diet planning and personal dietary analysis. This course is a non-laboratory, three credit course.

Course Prerequisite

No Prerequisites for this course. It is required in application to nursing program.

Course Materials

Access Code for Understanding Nutrition, by Whitney & Rolfes - Cengage Publishing. This access code is for Mindtap for Nutrition and includes the e-book (textbook for the class); all study content; online quizzes, online Midterm Exam and Final Exam; the Diet & Wellness software for completing your required Nutrition Analysis Project.

Student Learning Outcomes

- SS-1. Recognize the scientific method and research concepts used in Nutrition.
- SS-2. Identify physiological functions and interactions of nutrients in the human body
- SS-3. Identify ways to conceptualize nutrition concepts within diverse dietary patterns to meet nutrient needs.
- SS-4. Use appropriate social, psychological and scientific methods to analyze nutritional issues.
- SS-5. Demonstrate understanding of dietary and nutritional principles by completing a comprehensive dietary analysis.

Grading Procedures

Online Chapter 14 Quizzes 25%
Online Midterm Exam 100 questions 25%
Online Final Exam 100 questions 25%
Nutrition Analysis Project 25%

90-100 A
80-89 B
70-79 C
60-69 D
59-Below F

Incomplete Grades

At the discretion of the professor, an incomplete grade (“I”) may be awarded when the student is unable to finish the required work because of unforeseen extenuating circumstances such as illness or TDY assignment. To receive an “I” grade, the student must have successfully completed a significant portion of the required coursework and be able to finish the remaining work. An “I” grade will automatically convert to a grade of “F” if the student does not complete the remainder of the coursework by the established deadline the following semester.

Make-up Work

At the discretion of the professor, a late assignment may be accepted with reduction of points. Online access to exams are scheduled over a period of days and it is the student's responsibility to complete the exam in a timely manner. If because of unforeseen extenuating circumstances, a student cannot complete the exam, the professor must be contacted as soon as possible to discuss makeup options.

Class Attendance

In the D2L format, a student who stops working regularly online and completing online assignments in a timely manner or are not able to pass the course due to not completing assignment expectations stated in the syllabus may receive a failing grade of “FA.” An “FA” grade is a failing grade in GPA calculations and may impact the receipt of federal aid in subsequent courses. Students traveling for college approved activities will not be penalized academically but will be responsible for missed work.

Required Assignments

1. Attendance Verification Assignment

REQUIRED THE FIRST WEEK OF CLASS:

You will need to [email](mailto:caldwell@nwfsc.edu) me at caldwell@nwfsc.edu subject line: “attendance verification” the answers to the following questions so that I can verify that you have reviewed the material for the class and this will also be used as attendance verification for the registrar's office:

1. What is the date that your online MIDTERM EXAM opens and closes
2. When is the Nutrition Analysis Project Due?
3. What is the date that your online FINAL EXAM opens and closes.

2. Study Ch.1-14 & Complete Online Quizzes (25% of grade)

The quizzes are located at the end of each chapter. The chapter study material is located in Cengage Mindtap Nutrition under "Course Materials", "Content" on the D2L navigation bar. **You may take the quizzes any number of times to improve your score.** The grades will automatically be sent to my file when you complete the quizzes and **I accept the highest grade.** The quizzes need to be taken 3 or 4 times per chapter in order for you to have seen the many of the questions that will be accessed for the midterm and final exams. **The quizzes will be due by Sunday night 11:59P of the week the Chapter is assigned. (See schedule/study sequence below)**

Chapters 1-7 quizzes must be completed by the midterm exam.

Chapters 8-14 must be completed by the final exam.

3. Midterm Examination (25% of Final Grade)

The midterm exam consisting of 100 multiple choice questions from **Chapters 1-7.** **The exam will be available for you to access online Wednesday on date your professor will provide.** The exam must be **completed by the following Sunday night by 11:59PM.** You will have 110 minutes to complete the online test. Once you begin the test you must complete that attempt; you will not be allowed to begin it a second time. **Once you open the test it counts as an attempt even though you may not answer one question.** You may take the exam two times and I will record the highest grade. You will get different questions on each exam. If you are satisfied with the grade on your first attempt, you only have to take the exam once.

4. Dietary Analysis Project (25% of Final Grade)

The assignment & requirements are attached to this back of this syllabus

This project is a typed report based on personal dietary data obtained from the Diet and Wellness Plus program. The program is found under "Cengage Mindtap Nutrition" on the right side of the page at the icons; it is the Apple with a + in the middle.

You will turn in your Nutrition Analysis (both the written report based on the assignment attached. and the required data reports from the Diet and Wellness Plus program) in the "Drop Box" located under "Assessments" on the Navigation Bar of your D2L homepage.

Grades and comments will post on the assessment Drop Box.

5. Final Exam (25% of Final Grade)

The midterm exam consisting of 100 multiple choice questions from **Chapters 8-14.** **The exam will be available for you to access online Wednesday on the date your professor will provide.** The exam must be **completed by the following SUNDAY night at 11:59PM.** You will have **110 minutes** to complete the online exam. Once you begin the test you must complete it at that time, you will not be allowed to begin it a second time. You may take the exam two times and I will accept the highest grade. You will have different questions on each exam. If you are satisfied with the grade on the first attempt, you do not have to take it again.

- **STUDY SEQUENCE/ DUE DATES**

Complete all quiz attempts by Sunday night of each week. You can take the quizzes multiple times to improve your grade.

Week 1 **Quiz Due** for Chapters 1

Week 2 **Quiz Due** for Chapter 2

Week 3 **Quiz Due** for Chapter 3

Week 4 **Quiz Due** for Chapter 4

Week 5 **Quiz Due** for Chapter 5

Week 6 **Quiz Due** for Chapter 6

Week 7 **Quiz Due** for Chapter 7

Week 8 **Midterm Exam**

Week 9 **Quiz Due** for Chapter 8

Week 10 **Quiz Due** for Chapter 9

Week 11 **Quiz Due** for Chapter 10

Week 12 **Quiz Due** for Chapter 11

Week 13 **Quiz Due** for Chapter 12

Nutrition Analysis Project

Week 14 **Quiz Due** for Chapter 13

Week 15 **Quiz Due** for Chapter 14

Week 16 **Final Exam**

Minimum Technical Skills and Specialized Technology Utilized

This course is totally online. All instructional content and interaction takes place over the World Wide Web (www). Baseline word processing skills and sending/receiving email with attachments are required. Saving documents from Nutrition Analysis Project Data Sheet in PDF format is required.

Email

Email is the official communication medium of the College. Please check your email regularly for any class and College notifications. I attempt to respond to emails within 24 -48 business hours.

Minimum Technical Skills and Specialized Technology Utilized This course is totally online. All instructional content and interaction takes place over the Internet. In addition to baseline word processing skills and sending/receiving email with attachments, students will be expected to search the internet and upload/download files. In addition, students may need one or more of the following plug-ins:

- [Adobe Acrobat Reader](#)
- [PowerPoint Viewer](#)
- [Windows Media Player](#)
- [QuickTime Player](#)
- [Adobe Flash Player](#)

Desire 2 Learn

Like all NWF State College classes, this class uses Desire 2 Learn (D2L), a platform for online learning. You can access this class's D2L site at [Desire 2 Learn](#), or through RaiderNet. You will find the class syllabus and other resources.

Emergency College Closure

In the event of unusual or extraordinary circumstances, the schedule, requirements, and procedures in this course are subject to change. If the college closes for inclement weather or other emergency, any exams, presentations, or assignments previously scheduled during the closure period will automatically be rescheduled for the first regular class meeting held once the college re-opens. If changes to graded activities are required, students will not be penalized as a result of the adjustments, but will be responsible for meeting revised deadlines and course requirements.

Student Rights, Responsibilities, and Academic Integrity

Students are responsible for adherence to all college policies and procedures, including those related to academic freedom, cheating, classroom conduct, computer/network/e-mail use and other items included in the *Northwest Florida State College Catalog and Student Handbook*. Students should be familiar with the rights and responsibilities detailed in the current *Northwest Florida State College Catalog and Student Handbook*. Plagiarism, cheating, or any other form of academic dishonesty is a serious breach of student responsibilities and may trigger consequences which range from a failing grade to formal disciplinary action.

RESOURCES

[NWFS Online Campus](#) - This site will provide technical assistance with your online class. You get to your D2L classroom here. Login instructions are provided, reset your password, help and tutorials, "How do I ...?", D2L Resources, and student support.

Once you login, the navigation bar will direct you to the different areas of your Nutrition classroom. Your study materials are under "Course Materials" - "Content" - "Mindtap"; The quizzes, Midterm and Final exams are located at the end of each chapter you study. Under "Course Materials" you will also find your syllabus, and Nutrition Project Assignment. Under "Assessments" on the navigation bar, you will find the dropbox you will use to turn in your Nutrition Analysis Project.

Login: Username - [Raidernet](#) has the username for your account in the "My Details" area. Below your name, address, and phone number you will see an "Institutional Email" section. Your D2L username is the part of the email address prior to the @nwfs.edu. Please do not use the @nwfs.edu when filling in your username for D2L.

Password - If you have forgotten your password or cannot find the password, just click the "Forgot Password" link below the login button to the left. You will be asked identifying information and then be

given the ability to create your password. Once complete, use this new password when logging into D2L, NWFSC email, and college computers.

If the **Forgot Password** process displays a failure message, please contact the IT Helpdesk at 850-729-5396.

If you have any questions or problems using features in D2L, please either submit a [Learning Technologies Help Request](#) or call 850-729-6464. Feel free to use the [Learning Technologies](#) website for assistance with tutorials, exam schedules, and more.

[The Academic Success Center \(ASC\)](#) is located in the Activities Center on the Niceville Campus. The ASC provides free learning support services such as tutoring, ESOL, and writing assistance for all NWFSC students. Individual and group tutoring is available in a wide range of subjects on a walk-in-basis and by appointment. For more information, call the Academic Success Center at (850) 729-5389 or visit our website at [Free Tutoring](#).

[Smarthinking](#) is an online, real-time tutoring offered free to students, who may access this service via RaiderNet.

[Open Computer Labs](#)

There are numerous open computer labs throughout the Northwest Florida State College campuses. Students may access our website for lab locations and hours: [Computer lab location and hours](#)

[Library, Online Reference Materials, and Resources](#)

The library is a comprehensive, learning resource center providing information in print, digital, and multimedia formats to support the educational objectives of the College. In addition to in-house materials, online services and resources can be accessed through the LRC website. Library hours are posted each semester at the building entrance and on the LRC website at [Learning Resource Center](#)

[Assistance for Military and Veterans](#)

Northwest Florida State College supports our military and veterans students. You may contact NWFSC Eglin AFB Education Services Building at 850-200-4180 or NWFSC Hurlburt Center Educational Services Building at 850-200-4190 or visit our website: [Support Our Military](#)

[Students with Disabilities](#)

Northwest Florida State College supports an inclusive learning environment for all students. If you have disabilities for which accommodations may be appropriate to assist you in this class, please contact the Office of Disability Support Services on the Niceville Campus, or call 850-729-6079 (TDD 1-800-955-8771 or Voice 1-800-955-8770).

[Attached is the Requirement for the Nutrition Analysis Project...](#)

NUTRITION PROJECT – PERSONAL DIETARY ANALYSIS

This Analysis is your evaluation of the reports generated from the Diet and Wellness Plus program, Attach the reports listed below, saved in a PDF format and your written analysis (use Word Document) and submit on the due date to the DropBox located under "Assessments" on the Navigation Bar of D2L Nutrition.

RECORD YOUR DIET FOR 3 DAYS - Try to eat normally and not try to be "good"! I do not grade WHAT you ate...just how you evaluate your diet. You may choose to select a work/school days and a weekend or off day to see if the diet differs. The days do not need to be consecutive. Include all food/drinks including water and alcohol. Please don't add in your vitamin supplements since they will throw off your numbers significantly. I want you to see the nutrients that your diet provides.

ENTER THE DIET AND WELLNESS PROGRAM - the program is located on the icon bar to the right of "Cengage Mindtap Nutrition" with the "Apple +". Open the program and enter your personal Profile. You will see a small person icon at the top right (next to "reports"); drop down and select "Create New Profile". Next you will enter your foods/drinks in "Track Diet".

GENERATE YOUR DIETARY ANALYSIS REPORTS - This is the data you will use to complete the written analysis listed below. I want you to evaluate each day separately, so DO NOT use the 3 day Average option. When you request report for each day, you will enter the beginning date and the ending date the same. Scan down the reports and find advanced "**Combination Report**". You will generate the following reports (checked)

- Energy Balance
- Fat Breakdown
- Intake vs Goals
- Macronutrient Ranges
- My Plate
- DRI Report
- Daily Food Log
- Intake Spreadsheet

Save in PDF file so that you can submit the file with your written report to the Drop Box on the due date. You may want to print out the reports so that you will have easy access to them as you do an analysis of each day in the written report listed below.

[BEGIN YOUR WRITTEN ANALYSIS HERE:](#)

1. **DIETARY PATTERNS** (10 points)

Using the data sheets, look at the DRI for each nutrient based on meeting your personal nutrient needs (This will be automatically calculated in the "Intake vs Goals" Report. Compare your actual intake with what you should have obtained. **Discuss** implications of your nutrient adequacy

(Remember that 2/3 of the required DRI is adequate for most individuals.) You need to discuss the nutrients that were very high and very low and any trends you see over the 3 days

2. THE MY PLATE (5 POINTS) Look at Day 1, Day 2 and Day 3 foods in MY PLATE (this will be automatically done using the program)

- a. Write a specific evaluation of how your MY PLATE looks.
- b. Provide suggestions that would have better met the recommendations.
- c. What patterns do you see that may have negative effects on the nutritional adequacy of your diet?
- d. Is this pattern fairly representational of your regular diet? Why or why not?

3. EVALUATION OF CALORIES (5 POINTS)

- a. Does the caloric intake meet your needs? Consider if your recent weight is comfortable for you or if you would like to gain or lose weight.
- b. What adjustments could you recommend if a change is needed?

4. CARBOHYDRATE EVALUATION (15 POINTS)

- a. How many grams of carbohydrates did you consume daily?

How many kilocalories do they represent?

What percentage of your total calories were obtained from carbohydrates?

Compare this percentage of calories with the Recommended Percentage of Carbohydrates for a good diet plan.

- b. Divide and **chart all your carbohydrate foods into 3 Categories** and calculate how many **grams** of carbohydrates were consumed in each of the categories. (List foods/grams in each) You will obtain this information from your **intake spreadsheet printout** under the carbohydrate column. (This will be a chart you will construct). You may use a graphing program to chart the information if you like.

Category 1: Complex Carbohydrate foods (Breads, pasta, grains, etc)

Category 2: Nutritious Simple Carbohydrates (milk sugars and fruit sugars)

Category 3: Concentrated Sugar foods (candy, cakes, donuts, soft drinks, etc)

Discuss what you observed in the patterns of the charting

- c. What percentage of your total calories was derived from concentrated sugar foods? Use

“Category 3” above to total grams of sugar foods. Convert grams to calories by multiplying grams by 4 (4 kcal/gram for carbohydrates). Make a ratio of the average calories of sugar per day with your total average calories per day to obtain % of sugar calories. (Average Sugar Calories divided by the Average Day Calories X 100 = % of daily calories that were sugar) Nutritionists recommend 10% or less sugar calories per day. **Discuss.**

d. Based on this diet, estimate how many pounds of sugar you may consume in one year. (Total your grams of sugar for the 3 days and obtain an average grams for 1 day;

There are 365 days in a year and 1 pound of sugar =454 grams; (Average daily sugar grams times 365 days divided by 454 = pounds of sugar per year consumed) Compare to the average sugar consumption of the average American per year.

Do you feel this is a normal sugar consumption pattern for you? Why or why not?

- e. How much fiber did you consume? How does this compare to the recommendation of 25 grams per day? What foods provided fiber in your diet? If low, what foods could you add to your diet to increase the fiber content?

5. EVALUATION OF FATS/LIPIDS: (15 POINTS)

- a. How many grams of fat did you consume daily?

How many kilocalories do these represent?

What percentage of your total calories per day were fat calories?

How does yours compare to the recommended percentage of fat per day for American?

- b. How much polyunsaturated fat did you consume? How does this compare to the recommendation of 20% of calories? How much saturated (animal) fats did you consume? How does this compare to the recommendation of 10% of calories?

- c. How much cholesterol did you consume daily? How does this compare to the recommendation of not more than 300 mg daily? Which food contributed the highest levels of cholesterol in your diet?

- d. **Chart the foods** each day that provided high amounts of **SATURATED FATS VS UNSATURATED FATS**. (This will be a chart that you will construct) List the grams of saturated and unsaturated fats provided by each and total. **Discuss and summarize** the nutritional implications of these food choices.

6. EVALUATION OF PROTEIN (15 POINTS)

- a. How many grams of protein did you consume daily?

How many kilocalories do these represent?

What percentage of your total calories daily was protein?

How does this compare to the recommendation for Americans?

- b. Calculate your personal protein needs (see text) and compare your actual protein intake with your need?

.8 X kg body weight. To determine wt in kg: divide your weight in pounds by 2.2

- c. **Chart** a comparison of dietary protein sources from **ANIMAL vs PLANT**. (This will be a chart you will construct) List the foods, grams, and totals of protein provided in each category. If you take a protein supplement, you may discuss that in this section. It has been suggested that 2/3 of our protein sources should be from plant and 1/3 from animals. How did yours compare? What effect does your protein sources contribute to your total fat intake for the day? Should your pattern be adjusted? How?

7. EVALUATION OF VITAMINS: (15 POINTS)

- a. In general, answer these questions for **each of the vitamins in your analysis**.

What percentage of the RDA did you have? Which foods contributed the most of the vitamin in your diet?

- b. Water Soluble Vitamins:

1. Suggest alternative food sources and amounts for Riboflavin for people who do not like to drink milk?
2. Suggest alternative food sources and amounts for Vitamin C for people who do not like citrus fruit?

- c. Fat Soluble Vitamins:

1. Was most of your Vitamin A derived from animal or plant sources?

What foods contributed the most Vitamin A in your diet?

2. Evaluate your Vitamins D, E, & K adequacy by **discussing the implications** of the following questions:

- a. Do you drink fortified milk in adequate amounts to obtain Vitamin D?

Do you eat fortified breakfast cereals to obtain Vitamin D?

Are you in the sun frequently so that adequate amounts are converted from Ergosterol in the skin?

- b. Did you eat vegetable oils to obtain adequate amounts of Vitamin E (1 tsp. Per day is adequate)

- c. Vitamin K: Available in green leafy vegetables, did your diet include

Green leafy vegetables in adequate amounts to obtain Vitamin K?

Antibiotics destroy the microflora production of Vitamin K in the small intestines. Have you been on antibiotics?

Discuss

8. **EVALUATION OF MINERALS:** (10 POINTS)

- a. **Calcium:** Did you meet your RDA levels?
What foods contributed the most calcium in your diet?
- b. **Sodium:** Estimate your sodium intake daily. Approximately how much salt do you add to your foods (1 tsp. = 2 grams of sodium). How does your diet compare to the recommendation of 1 to 3.3 grams of sodium per day? What foods contributed the most sodium to your diet?
- c. **Iron:** What percentage of your RDA did you consume? Which foods provided the most iron in your diet? Since heme-iron (blood source/meats) are much more usable in the human body when compared to iron in plant sources, which type of iron did you consume? Give implications for nutritional adequacy.

9. **SUMMARY** (10 POINTS)

- a. In general, what did you learn about your eating patterns and nutritional adequacy by completing this analysis?
- b. What surprises did you find?
- c. If you were a professional nutritional counselor, what SPECIFIC advice would you give yourself regarding changes in your diet that would provide better nutritional status for you? You need to list at list 10 specific recommendations to better meet your nutritional adequacy.