

Nutrition (FDNS 1305)



Credit: 3 semester credit hours (3 hours lecture)

Prerequisite/Co-requisite: Complete the Online Orientation and answer yes to 7+ questions on the Online Learner Self-Assessment:
<http://www.lit.edu/depts/DistanceEd/OnlineOrientation/OOStep2.aspx>

Course Description

This course is a study of nutrients including functions, food sources, digestion, absorption and metabolism with application to normal and preventative nutrition needs; includes nutrient intake analysis, energy expenditure evaluation, and diet planning. *This course is time-bound, structured, and completed totally online.*

Required Textbook and Materials

1. *Nutrition for Foodservice and Culinary Professionals*, 7th Ed., Karen Drummond, Lisa Brefere. Wiley & Co. Publishers, ISBN # 978-0-470-05242-6
2. Study Guide to Accompany Nutrition for the Foodservice and Culinary professionals 7th, ISBN# 978-0-470-28547-3

Course Objectives

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

1. Recall and classify nutrient categories, their functions, digestion, absorption and metabolism. (SCANS: C5.5, C6.5, C7.5, C11.4, C19.3, F2.5, F5.5, F11.5)
2. Recall individual vitamin/mineral deficiencies and toxicities. (SCANS: C5.5, C6.5, C7.4, F2.5, F7.5, F8.4, F11.4)
3. Plan a personalized diet according to the principles of the Exchange List System. (SCAN: C5.5, C6.5, C10.5, C11.4, F6.4, F11.4, F12.5)
4. Cite nutrition-related disease prevention recommendations and nutrient categories; conduct personalized computerized nutrient analysis and calculate personalized energy needs. (SCAN: C5.4, C7.4, C11.4)

SCANS Skills and Competencies

Beginning in the late 1980's, the U.S. Department of Labor Secretary's Commission on Achieving Necessary Skills (SCANS) conducted extensive research and interviews with business owners, union leaders, supervisors, and laborers in a wide variety of work settings to determine what knowledge workers needed in order to perform well on a job. In 1991 the Commission announced its findings in *What Work Requires in Schools*. In its research, the Commission determined that "workplace know-how" consists of two elements: foundation skills and workplace competencies.

Course Outline

- I. Chapter 1: Introduction to Nutrition.
 - A. Factors Influencing Food Selection
 - B. Basic Nutrition Concepts
- II. Chapter 2: Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus.
 - A. Dietary Guidelines for Americans
 - B. My Pyramid
- III. Chapter 3: Carbohydrates.
 - A. Monosaccharide
 - B. Disaccharides
 - C. Added sugar
 - D. Health Issues
- IV. Chapter 4: Lipids: Fats and Oils.
 - A. Triglycerides in Foods
 - B. Trans Fats
 - C. Essential Fatty Acids
 - D. Rancidity
- V. Chapter 5: Structure of Protein.
 - A. Functions of Proteins
 - B. Denaturing of Protein
- VI. Chapter 6: Vitamins.
 - A. Vitamin A
 - B. Vitamin D
 - C. Vitamin E
 - D. Vitamin K
- VII. Chapter 7: Water and Minerals.
 - A. Vitamin C
 - B. Thiamin, Riboflavin, and Niacin
- VIII. Chapter 8: Foundations of Healthy Cooking.
 - A. Herbs and Spices
 - B. Juices
- IX. Chapter 9: Healthy Menus and Recipes.
 - A. Recipe Modification
 - B. Breakfast
- X. Chapter 10: Marketing to Health-Conscious Guests.
 - A. Developing and Implementing Healthy Menu Options
 - B. Responding to Special Guest Request
- XI. Chapter 11: Nutrition and Health.
 - A. Nutrition and Cardiovascular Disease
 - B. Nutrition and Cancer
- XII. Chapter 12: [Weight Management](#) and Exercise.
 - A. Theories of Obesity
 - B. Treatment of Obesity
- XIII. Chapter 13: Nutrition over the Life Cycle.
 - A. Pregnancy
 - B. Infancy
 - C. Childhood
 - D. Adolescent

Grade Scale

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

Course Evaluation

Final grades will be calculated according to the following criteria:

Exams	20%
Final Exam	10%
Homework Assignment	50%
Project	20%

Course Requirements

1. Take quizzes
2. Daily assignments
3. Take tests
4. Read nutrition charts

Course Policies

1. Assignments are due on the date specified. Ten (10) points per day will be deducted for late assignments.
2. Tests. Students that miss a test are not allowed to make up the test. Students that miss a test will receive a grade of '0'.
3. Students are responsible for initiating and completing the drop process. If you stop coming to class and fail to drop the course, you will earn an 'F' in the course.

Technical Requirements

The latest technical requirements, including hardware, compatible browsers, operating systems, software, Java, etc. can be found online at:

<http://kb.blackboard.com/pages/viewpage.action?pageId=71860304>

A functional broadband internet connection, such as DSL, cable, or WiFi is necessary to maximize the use of the online technology and resources.

Disabilities Statement

The Americans with Disabilities Act of 1992 and Section 504 of the Rehabilitation Act of 1973 are federal anti-discrimination statutes that provide comprehensive civil rights for persons with disabilities. Among other things, these statutes require that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodations for their disabilities. If you believe you have a disability requiring an accommodation, please contact the Special Populations Coordinator at (409) 880-1737 or visit the office in Student Services, Cecil Beeson Building.

Course Schedule

Week	Topic	Reference
1	Chapter 1: Introduction to Nutrition.	Required Textbook
2	Chapter 2: Using Dietary Recommendations, Food Guides, and Food Labels to Plan Menus.	
3	Test #1 Chapter 3: Carbohydrates	
4	Chapter 4: Lipids: Fats and Oils.	
5	Chapter 5: Structure of Protein.	
6	Continued	
7	Test #2 Chapter 6: Vitamins.	
8	Chapter 7: Water and Minerals.	

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Course Syllabus

Week	Topic	Reference
9	Test #3 Chapter 8: Foundations of Healthy Cooking.	
10	Chapter 9: Healthy Menus and Recipes.	
11	Test #4 Chapter 10: Marketing to Health-Conscious Guests.	
12	Chapter 11: Nutrition and Health. Project due.	
13	Chapter 12: Weight Management and Exercise.	
14	Test #5 Chapter 13: Nutrition over the Life Cycle.	
15	Final Exam	