

Nutrition, NUTR225

LBCC

Spring 2022

CRN 43009 meets live via Zoom Mondays 10:00-11:15am

CRN 43327 meets live via Zoom Mondays 12:00-1:15pm

*please note both sections are combined into one Moodle shell

INSTRUCTOR INFORMATION

Natasha Bushnell Nuno

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Office Hours: email questions or request a Zoom meeting

Required Materials

Zoom live class link: <https://linnbenton.zoom.us/j/327107856>

Panopto Media Channel link for all recorded sessions accessible in Moodle.

Direct Digital Access to all materials found through links in Moodle.

Click "Pearson e-text" in Moodle to access the book *Nutrition and You* Fifth Edition by Joan Blake.

Click "Mastering Assignments and Tests" to access MasteringNutrition assignments, midterms, and the final.

Click "Mastering Study Area" to access study materials associated with each chapter.

Course Introduction

In this course you will have the opportunity to learn how the food and fuel you put into your body affects how you function. This knowledge can benefit you and be applied today and for years to come! You will learn basic facts and concepts regarding the building blocks of food and then learn to think critically about them in real-life applications.

Course Outcomes

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

- 1) Recognize sources of calories and nutrients from various foods.
- 2) Demonstrate awareness of appropriate sources for nutrition information.
- 3) Recall the unique characteristics and food sources of the six classes of nutrients.
- 4) Demonstrate an understanding of how food is digested, absorbed and metabolized in the body.
- 5) Apply basic dietary assessment principles to real life situations.

Grading Policy

There will basically be an assignment due every Sunday on Mastering Nutrition that covers the weeks material. Self-assessment projects will be turned in via email. Late work will only be accepted with approval and will not receive full credit. A total of three participation points can be earned each week by attending live Zoom classes on Mondays (or watching the recording after in extenuating circumstances), and by viewing and answering the quiz questions on Wednesday and Friday's pre-recorded class sessions on the Panopto link.

Midterm exams.....	100	A = 90 – 100%
Self-Assessment project (parts A & B).....	40	B = 80 – 89%
Assignments.....	50	C = 70 – 79%
Participation	25	D = 60 – 69%
Cumulative final exam.....	100	F = 59% or below

The above distribution of points is an approximate and as with the course schedule may be subject to minor adjustment.

Moodle

Moodle will be used in this class as a means for communication regarding class announcements. Assignments will be posted on Moodle and Mastering Nutrition assignments will also be accessed through Moodle. Zoom and Panopto links can also be found on the Moodle page. It is the responsibility of the student to update their email address on Moodle and make sure they have access.

Student Expectations

Students are expected to attend scheduled live Zoom sessions and be ready to participate and learn! (contact me prior to live sessions if you have to miss for any reason). Students are also expected to view 2 recorded sessions during the week and answer embedded quiz questions. I want you to get the most out of the information available in this class! I feel it important to maintain a personal connection, particularly during this time. You will be muted when entering a Zoom class, but by pushing and holding the spacebar, you will be able to speak and make comments.

Respect

As an instructor I value viewpoints and input into class discussions from each individual student. In the virtual classroom I expect all students to act respectfully to one another. Any kind of disrespectful behavior or comments will not be tolerated. LBCC is an **equal opportunity** educator and employer.

Center for Accessibility Resources (CFAR)

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in the class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations but are not yet registered with CFAR, please visit the [CFAR Website](#) for steps on how to apply for services or call 541-917-4789.

Weekly Schedule	
<p>Week 1</p> <p>March 28,30, April 1</p>	<p>Mastering Nutrition assignment #1 due Sunday (access through “Mastering Assignments and Tests”)</p> <p>Student Introductions</p> <p>TOPICS: Introductions, Essential nutrients, Basics of Nutrition, Evaluating Nutrition Research</p> <p>READING: Ch1 What is Nutrition? Ch 2 Tools for Healthy Living</p>
<p>Week 2</p> <p>April 4, 6, 8</p>	<p>Food Label video recording due Wednesday April 6th!</p> <p>Mastering Nutrition assignments chapter 2 AND chapter 3 due Sunday</p> <p>TOPICS: DRI’s, portions, food labels, Introducing the basic anatomy (structure) & physiology (function) of digestive system</p> <p>READING: Ch 2 Tools for Healthy Living & Ch 3 The Basics of Digestion</p>
<p>Week 3</p> <p>April 11-15</p>	<p>Mastering Nutrition Assignment chapter 4 due Sunday</p> <p>TOPICS: Finish digestion then introduce the key characteristics, forms & functions of carbohydrates</p> <p>READING: Ch 4 Carbohydrates</p>
<p>Week 4</p> <p>April 18-22</p>	<p>Tues - Wed. 4/19-4/20: MIDTERM 1</p> <p>Mastering Nutrition assignment chapter 5 due Sunday</p> <p>TOPICS: Introducing the key characteristics, forms & functions of lipids</p> <p>READING: Ch 5 Fats, Oils & Other Lipids</p>
<p>Week 5</p> <p>April 25-29</p>	<p>Mastering Nutrition Assignment chapter 6 due Sunday</p> <p>TOPICS: Introducing the key characteristics, forms & functions of proteins</p> <p>READING: Ch 6 Proteins & Amino Acids</p>
<p>Week 6</p> <p>May 2-6</p>	<p>Nutrition Self-Assessment Project PART A – DUE Monday May 2nd</p> <p>Mastering Nutrition Assignment chapter 7 due Sunday</p> <p>TOPICS: Introducing the key characteristics, forms & functions of vitamins</p> <p>READING: Ch 7 Vitamins</p>

<p>Week 7 May 9-13</p>	<p><u>WEDNESDAY 5/11: MIDTERM 2</u></p> <p>TOPICS: Introducing the key characteristics, forms & functions of Minerals & Water</p> <p>READING: Ch 8 Minerals & Water</p>
<p>Week 8 May 16-20</p>	<p><u>Mastering Nutrition Assignment chapter 8 due Sunday</u></p> <p>TOPICS: Introducing the key characteristics, forms & functions of Minerals & Water</p> <p>READING: Ch 8 Minerals & Water</p>
<p>Week 9 May 23-27</p>	<p><u>Mastering Nutrition Assignments chapter 9 due Sunday</u></p> <p>TOPICS: Introducing the basics of Alcohol & its impacts on the human body. Weight management and energy balance intro.</p> <p>READING: Ch 9 Alcohol & Ch 10 weight management</p>
<p>Week 10 (No class May 30) June 1-3</p>	<p><u>Nutrition Self-Assessment Project PART B – DUE Friday June 3rd</u> <u>Mastering Nutrition Assignment chapter 10 due Sunday</u></p>
<p>Finals</p>	<p><u>FINAL EXAM - Monday 6/6 - Tuesday 6/7 online available all day.</u></p> <p>Online final through Mastering Nutrition. 1 hr. 35 min. time cap.</p>