

Quarter: Winter 2012 (4 units)

Location: S71; M & W 10:30-12:15

Instructor: Gigi Acker, MPH, RD

Office Hours: Wednesday 9:30-10:30 am

Office Hours Location: S71

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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.

Prerequisites: English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Mathematics 200 are advised. It is expected that you can do simple math problems, including those that use percentages and ratios.

Course Materials:

- Nutrition Concepts & Controversies by Frances Sizer & Ellie Whitney, 11th or 12th ed.
- One pack of 3 inch by 5 inch index cards, any color, with or without lines
- Bring note cards to class every day
- Access to the Internet

Student Learning Objectives: Students will be able to:

1. Evaluate a meal plan or a diet for meeting the criteria of a “healthy diet”
2. Evaluate nutrition claims about a food, diet or dietary supplement for accuracy and health enhancing potential.

Attendance:

- Not all of the course material is in the text, so attending class is very important for you to do well. Please do your best to come to every class, on time.
- **Should you miss class, it is your responsibility to find out what you missed from a classmate.**
- It is YOUR responsibility to withdraw from the course if you wish to drop. Failure to do so may result in your receiving an “F” grade.

Exams:

- Each exam will cover only topics from the lectures preceding each exam. The final exam is not comprehensive.
- There are **no make-up exams** except for unavoidable circumstances that have documentation.
- You will need an 882-E or 2052 scantron sheet and number two pencil (with eraser) for each exam.
- **No exams will be handed out after the first exam has been completed and returned.**
- Once the exam begins, you will not be allowed to go to the bathroom & return to finish it.
- Exam questions are taken from the lectures, videos, discussions & in-class worksheets.

- Cheating will not be tolerated and will result in an “F” in this class. *NO EXCEPTIONS*

Assignments:

- Assignments must be turned in before the end of the class that the assignment is due. An assignment turned in after the close of the class that it is due is considered late.
- The Diet Analysis assignment will be accepted up to 2 classes after the due date. Late assignments will be marked down 10% for each class it is late.

Record Your Grade Here

Exam 1	75 points
Exam 2	75 points
Final Exam	75 points
Diet Analysis Assignment	60 points
Label Reading Assignment	25 points
Class participation	75 points
TOTAL	385 points

Grading Scale:

- A = 90-100% of total course points
- B = 80-89%
- C = 70-79%
- D = 60-69%
- F = < 60%