COLLEGE OF CHARLESTON
HEAL 257 090  NUTRITION  EDUCATION
Fall 2010  3 credit hours

TIME: TR 5:30-6:45pm.

PLACE: Room 111, Silcox Physical Education and Health Center

INSTRUCTOR: Kristi Fogg MS, RD, LD, CNSC

OFFICE HOURS: by appointment

PHONE/FAX: (908) 907-2292 (direct) 843-953-6757 (FAX)

E-MAIL: foggkl@cofc.edu

PREREQUISITES: None


COURSE DESCRIPTION: A study of food groups and nutrients and their relationship to health, physical activity, aging, and consumer food programs.


COURSE TEXT: Wadsworth Publishing Company. Note: Fifth edition is acceptable

OPTIONAL Packet from SAS-E Ink

MATERIALS: 219 Calhoun Street (between Smith & Pitt Streets) Phone: 577-2774

REQUIRED Diet Analysis Plus (DAP) 9.0, 8.0 or 8.0.1 (8.0.1 is Windows Vista Compatible)

TECHNOLOGY: PC with Windows 2000, XP Home or XP Pro (SP2); 256 MB RAM, 350 MB of hard disk free space. Internet Explorer 6.0.X and Firefox 1.0 – 1.5. Macintosh OS X 10.3.3 or higher, 256 MB RAM of hard disk space free, Firefox 1.0 through 1.5, and Camino 1.0.1.

Note: You may use specified College of Charleston library classroom computers.

COURSE OBJECTIVES: Students will be able to
1. comprehend concepts related to health promotion and disease prevention by:
   a. describing the basic functions & food sources of the 6 nutrient groups.
   b. identifying the role of nutrition in disease development/prevention.
   c. identifying how nutritional requirements vary throughout the lifecycle.
   d. analyzing the concepts of appropriate weight loss, gain, and maintenance.
2. demonstrate the ability to practice health enhancing behaviors and reduce health risks by:
   a. demonstrating knowledge of nutritional planning via food planning systems
   b. correctly interpreting nutrition labels.
   c. completing a behavior change project during the semester.

REQUIREMENTS: 46% Outside assignments and projects
54% Examinations
DESCRIPTION OF PROJECTS:

1. **NUTRIENT ANALYSIS** (50 pts = 6.8 %) **DUE 2-1**

   A. FOOD LOGS
      Keep an accurate record of all foods eaten for **three** days (midnight to midnight). I would encourage you to make these consecutive days, but they do not have to be. It is more important that they are representative days. Try not to use a day that you feel sick. **At least one day should be a weekday and at least one day should be a weekend day.** Clearly label each day’s food entries (food, amount, and preparation method) on your rough draft. You need to enter all beverages, including water. Write down all supplements that you take (you will NOT enter these into the Diet Analysis Plus!).

   B. COMPUTER DIET ANALYSIS (Use Diet Analysis Plus 9.0,8.0 or 8.0.1)
      PRINT the following:  **[Submit in this order]**
     - **Average of all days:** *Go to Print Custom Reports*
       1. Intake vs. Goals report (hand write in your activity level!)
       2. Fat breakdown
       3. Macronutrient ranges
          (prints as “Energy Nutrient Intake and DRI Goal Ranges Compared)
       4. My pyramid
       5. Energy balance (not needed for the 2nd nutrient analysis)
     - **Individual day printouts**
       6. Day 1: Intake vs. goals
       7. Day 1: Source analysis for kilocalories
       8. Day 2: Intake vs. goals
       9. Day 2: Source analysis for kilocalories
      10. Day 3: Intake vs. goals
      11. Day 3: Source analysis for kilocalories
          (Additional days if you chose to do them)
      13. Rough draft Day 1 (use form specified)
      14. Rough draft Day 2
      15. Rough draft Day 3

2. **ACTIVITY ANALYSIS** (50 pts = 6.8 %) **DUE 2-1**
   Using the form provided, keep track of your activities for the three days you used for your first nutrient analysis. Be sure to enter the time you spent in each activity at the bottom of the rough draft form and make sure that your total adds up to 24 hours or 1,440 minutes!

   Using Diet Analysis Plus, enter your activities for each of the three days recorded (same days as for project #1) under the Track Activity heading.

   Go to “View Reports” and select “Activities Spreadsheet.” Use the “print” button on that page for each day to get your daily report.
Submit the following (in this order!)
- Activities Spreadsheet for Day 1  (Unaccounted should = zero)
- Activities Spreadsheet for Day 2
- Activities Spreadsheet for Day 3
- Rough drafts (all three days: 1, 2, 3 in order)

3. NUTRIENT ANALYSIS #1 EVAL  (20 pts = 2.7%)  Due 2-15
   * Submit the average of all days’ sheets from your first (graded) nutrient analysis.
   (I only want the average of all days’ information – 5 reports)
   Staple your typed evaluation, using the format below, on top of your average of all days’ materials.

   1. Basic information (4)
      A. Are these days representative of your typical diet? Explain.
         Did anything unusual occur: you went out of town or friends/family came to visit you? Were all of the foods you ate in the data base? Were these typical foods for you? (2)
      B. How many ounces of water did you average for the 3 days? (1)
         * This should be the average from your rough drafts
      C. Are you currently taking any type(s) of supplements?
         Specify. If none, write none. (1)

   2. Analysis of nutrient analysis (14)
      Using your average of all days’ analysis, do you believe you have a healthy diet? Explain why or why not. Address a wide variety of issues including specific nutrient information (high or low), percent calorie breakdown including alcohol, breakdown of fats and your food pyramid results as well as how well you met the five components of a healthy diet. (10)

      In addition, complete the Summary Data for Nutrient Analysis form. Make appropriate comments for all nutrients!

   3. Select behavior change topic (2)
      Choose one nutrient for your three week behavior change project. Discuss why you feel this would be the most beneficial for you. Include any family history issues (e.g. hypertension, CAD, diabetes, cancer) that played a role in your selection. If there are no family history issues, indicate that it is not applicable.

5. SECOND NUTRIENT ANALYSIS  (50 points = 6.8%)  Due 3-24
   Complete a second nutrient analysis for three days the week of March 14. See the first nutrient analysis information need to turn in. Use at least one weekday and one weekend day. You do NOT have to do a physical activity analysis for the assignment.
6. **PRESENTATION** (60 points = 8.1%)
   1. Select a partner by Feb. 3 to do this assignment.
   2. Prepare a creative 4-6 minute Power Point presentation on your approved vitamin or mineral. Use a **minimum of three** current sources (2006-present). This should be a research type article, not a commentary, from a credible source (e.g. NIH, USDA)

   *E-mail Kristi a copy of your Power Point at least 24 hours before your presentation.*

   *Also post your Power Point on WebCT via email. Select all class members and be sure to include Kristi when you post it.*

   3. Include (minimum requirements): functions, sources, and issues of excesses and deficiencies, who is most at risk. Try to add interesting new information or facts about your nutrient. Have a slide showing your multiple choice questions (see #4 below) and a slide showing your sources.

   4. **Multiple choice questions.** Include **two** multiple choice questions as a part of your Power Point presentation. Only include the question, do NOT provide the answer or the three distracters.
      
      i.e. This vitamin, when consumed during pregnancy, can help prevent neural tube defects like spina bifida.
      
      * Do not provide your a, b, c, d responses for classmates.

**To be submitted to Kristi at the time of your presentation:**
(Note: these should all be **hard copies**)

   1. A hard copy of your Power Point presentation (6 slides per page).
   2. A complete copy of your two multiple choice questions including the three distracters and the correct answer. Be sure to identify the correct answers.
      
      i.e  This vitamin, when consumed during pregnancy, can help prevent neural tube defects like spina bifida.
      
      a. niacin  b. **folate**  c. riboflavin  d. B6
   3. A hard copy of the **first page** of at least one of the internet article(s) used in preparing the presentation.

**Tentative dates** to give presentations:

   Vitamins:  3-22
   Minerals:  4-5
7. **FINAL PAPER** (40 points = 5.4%) Due 4-14

**Important information:**
1. Use the format provided below to complete your project.
   Type #1 a. (answer it); b. (answer it); etc
   **NOTE:** TEN POINTS WILL BE DEDUCTED IF YOUR PROJECT IS NOT SUBMITTED IN THIS FORMAT
2. **Submit your project in a two-pocket folder.** This project should be on one side. The components already submitted and graded (2 nutrient analyses – average of all days’ sheets **ONLY**: intake vs. goals, fat breakdown, macronutrient ranges, food pyramid) should be on the other.
3. Answer all questions in less than one page.

**Required Format:**
1. **Basic information** for your second nutrient analysis (5)
   a. Are the days for your second analysis representative of your typical diet? Explain. (3)
   b. How many ounces of water did you average each day? How did this compare to your first analysis average?
      *This information should come from rough drafts(1)
   c. Are you currently taking any type(s) of supplements? Specify. If none, write none. (1)
2. **Dietary Changes and diary** (20)
   a. Restate your behavior change topic.
   b. Make adjustments in your diet for **three weeks** (21 consecutive days) to meet your goal and discuss what changes you made. These changes may be gradual. It is recommended to keep a diary of what changes you made for your specific nutrient. (11)
   c. **Discuss** what barriers made it more difficult to meet your goal: economic, time, social, physical, etc. (3)
   d. **Discuss** what supports made it easier to meet your goal: social support, cooking for yourself, etc. (3)
   e. Do you think you will maintain these changes? Discuss why or why not. (3)
3. **Analysis of nutrient analyses** (15)
   a. Complete the **Comparison Chart for Final Analysis** chart.(5)
   b. Overall, do you believe your diet has changed for the better? Do you believe you have a healthy diet? Explain why or why not. Address a wide variety of issues including: significant nutrient intakes (high or low), percent calorie breakdown including alcohol, breakdown of fats, your food pyramid results as well as how well you met the five components of a healthy diet. (10)
EXAMINATIONS:  
Exam 1 (100 points = 13.9%)  Chap. 1-7, 10  
Exam 2 (100 points = 13.9%)  Chap. 12, 13, 14, 18, 19, 22  
Exam 3 (100 points = 13.9%)  Chap. 9, 11, 15, 16 20 24  
Exam 4 (100 points = 13.9%)  Chap. 23, 25, 28, 29, 32, food pyramid, nutrient %s, food labels, dietary guidelines, diet evaluation, components of a healthy diet, overview material from the semester  
Note: Exams will include assigned reading, class notes, speakers, and audio-visual supplements.  

QUIZZES:  
A total of 50 points in quizzes/activities will be given throughout the semester. These may be announced or unannounced, in class or on WebCT  

EVALUATION CRITERIA:  
Exam 1  100 points  
Exam 2  100 points  
Exam 3  100 points  
Exam 4  100 points  
Quizzes  50 points  
Nutrient Analysis 1  50 points  
Activity Analysis  50 points  
Nutrient Analysis 1 Eval.  20 points  
Nutrient Analysis 2  50 points  
Presentation  60 points  
Final Paper  40 points  
Total: 720 points  

**Bonus point options:** These are all totally voluntary, **5 points each**  
1. **Jump Rope for Heart:** Feb. 11 between 9 am and 2 pm. (Silcox Gym).  
   You must participate (jump/turn) for at least 30 minutes and collect at least fifteen dollars ($15) in contributions for the American Heart Association. Bring money to the event that day!  
   Cash (no coins) or checks made to American Heart Association.  
Continued
2. **Healthy Recipe:** Find or create a healthy recipe. The recipe should have at least **six** ingredients and should be more involved than a fruit salad.

   You must **sign up** with Kristi on or before 4-14 (only one person per recipe) and turn in the typed recipe no later than 4-19. Recipe should include: ingredients, preparation, the source and a description of why it is healthy.

   Submit a hard copy to Kristi no later than 4-19 and post the recipe to everyone in the class via WebCT email, including Kristi.

3. **Prepare recipe:** Make the dish approved in #2 above for the class on our “healthy eating” day, 4-21.

<table>
<thead>
<tr>
<th>COURSE CONTENT: (Tentative)</th>
<th>Date</th>
<th>Topic</th>
<th>Chapter</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1-11</td>
<td>Introduction; Key Concepts</td>
<td>1</td>
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<td></td>
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<td>Learning Activities: lecture, small group</td>
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<tr>
<td></td>
<td>1-13</td>
<td>The “Inside Story”</td>
<td>2</td>
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<td>Learning Activities: lecture, discussion</td>
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<td></td>
<td>1-18</td>
<td>Ways to Know About Nutrition <strong>Start food logs</strong></td>
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<td></td>
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<td>Learning Activities: lecture, discussion</td>
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<td></td>
<td>1-20</td>
<td>Using Diet Analysis Plus Food Labels (Bring a label with you!)</td>
<td>4</td>
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<td>Learning Activities: lecture, demonstration, individual work</td>
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<tr>
<td></td>
<td>1-25</td>
<td>Food Labels Brief restaurant nutrition findings</td>
<td>4</td>
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<td></td>
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<td>Learning Activities: lecture, discussion, individual work</td>
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<td></td>
<td>1-27</td>
<td>Healthy Diet, Weight Control Diet Evaluation</td>
<td>6,10</td>
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<td>Learning Activities: lecture, discussion</td>
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<td></td>
<td>2-1</td>
<td>Digestion <strong>Nutrient Analysis &amp; Activity Analysis due</strong></td>
<td>7</td>
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<td></td>
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<td>Learning Activities: lecture, discussion, group work</td>
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<td>2-3</td>
<td><strong>Exam 1</strong> Chap. 1-7, 10 <strong>Presentation nutrient selected</strong></td>
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<td>Learning Activities: lecture, discussion</td>
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<td>2-8</td>
<td>Carbohydrates</td>
<td>12</td>
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<td>Learning Activities: lecture, discussion</td>
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<td>2-10</td>
<td>Carbohydrates Diabetes/Alcohol</td>
<td>13,14</td>
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<td>Learning Activities: lecture, discussion</td>
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<td>2-15</td>
<td>Fats <strong>Nut. Anal. #1 eval. Due</strong></td>
<td>18</td>
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<td>Learning Activities: lecture, discussion</td>
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<tr>
<td>Date</td>
<td>Activity</td>
<td>Learning Activities</td>
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<td>2-17</td>
<td><strong>Fats</strong></td>
<td>lecture, discussion</td>
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<td>2-22</td>
<td><strong>Nutrition and Disease</strong></td>
<td>lecture, discussion</td>
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<td>2-24</td>
<td><strong>Exam 2</strong> Chap 12, 13, 14, 18, 19, 22</td>
<td>examination</td>
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<td>3-1</td>
<td><strong>Protein</strong></td>
<td>lecture, discussion</td>
<td></td>
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<td>3-3</td>
<td><strong>Protein/Vegetarianism</strong></td>
<td>lecture, discussion</td>
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<td>3-8/10</td>
<td><strong>NO CLASS-SPRING BREAK</strong></td>
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<td>3-14</td>
<td><strong>Last day to withdraw with a “W”</strong></td>
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<td>3-15</td>
<td><strong>Obesity</strong></td>
<td>discussion, video</td>
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<td>3-17</td>
<td><strong>Disordered Eating</strong></td>
<td>lecture, discussion</td>
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<tr>
<td>3-22</td>
<td><strong>Vitamins</strong></td>
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<td>3-24</td>
<td><strong>Dietary Supplements</strong></td>
<td>2nd nutrient analysis due</td>
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<td>3-29</td>
<td><strong>Exam 3</strong> Chap 9, 11, 15, 16, 20, 24</td>
<td>examination</td>
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<td>3-31</td>
<td><strong>Calcium; Minerals</strong></td>
<td>lecture, discussion</td>
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<td>4-5</td>
<td><strong>Minerals</strong></td>
<td>student presentations</td>
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<td>4-7</td>
<td><strong>Minerals, Water</strong></td>
<td>lecture, discussion, group work</td>
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<td>4-12</td>
<td><strong>Physical Performance; Water</strong></td>
<td>student presentations, discussion</td>
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<td>4-14</td>
<td><strong>Pregnancy</strong></td>
<td>lecture, discussion</td>
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<td>4-19</td>
<td><strong>Lifecycle Nutrition/Food Safety</strong></td>
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<td><strong>Final paper due</strong></td>
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<td><strong>Extra credit recipe last approval date</strong></td>
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Review/Discussions
Extra Credit typed recipe due by today

4-21 Healthy Cooking/Healthy Eating (food day)
Learning Activities: discussion, group activity

4-30 **Exam 4** Chap. 23, 25, 27, 28, 29, 32, food pyramid,
(Sat) 730-10 pm dietary guidelines, food labels, nutrient %s,
components of a healthy diet, diet evaluation,
overview of semester material

ATTENDANCE: Attendance is required. You may miss two classes without penalty. For each additional unexcused absence, your final point total will be reduced by four points. An excused absence includes illness/hospitalization, death of a family member or close friend, or issues dealt with through CARE documented through the Undergraduate Dean’s Office; absence due to a court appearance documented by a copy of the summons; and absence due to attendance at events as a representative of the College (athletic team gospel choir, WAVE, etc). All excused absences must be documented.

NOTE: If you come to class late, it is your responsibility to make sure it has been noted.

MAKE-UP EXAMS: Make-up exams are given at the discretion of the professor. Contact me prior to the exam if at all possible, or as soon as you return to school after an excused absence or during an absence, if possible. Missing the final exam will result in failure of the class. It is your responsibility to contact me if you miss any work.

ASSIGNMENTS/ LATE POLICY: *All assignments must be typed.
*Assignments are due when collected in class.
*There will be an automatic five point deduction if you have an unexcused absence on the due date and your assignment is not turned in by the time they are collected.
*There will be a penalty of three points for every school day the assignment is late.
*Points will be deducted for errors in spelling, grammar and punctuation.

ELECTRONIC DEVICES: **ALL** electronic devices should be turned off during class and should be kept out of sight; otherwise you will be asked to leave class. That includes, but is not limited to, cell phones and MP3 Players.

HONOR CODE: The College of Charleston has an honor code that expects students to govern their behavior. This honor code can be found in the current edition of the Student Handbook.
**FOOD LOG DAY**  
Name ____________________  
Date _______  Day of Week _______

Total number of **ounces of water** consumed today: ________ (if zero, write 0)

<table>
<thead>
<tr>
<th>FOOD EATEN</th>
<th>HOW PREPARED</th>
<th>HOW MUCH</th>
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<tbody>
<tr>
<td>e.g. chicken breast</td>
<td>Broiled</td>
<td>1 medium/6 ounces</td>
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<tr>
<td>orange juice</td>
<td>Fresh</td>
<td>1 cup = 8 fluid ounces</td>
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<tr>
<td>spaghetti</td>
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<td>¼ cup (2 oz dry, 56 grams)</td>
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<td>Cheerios</td>
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<td>1 cup (30 grams)</td>
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