Welcome to …
Family and Consumer Studies 21: Nutrition
(Section# 1858) Saturdays 9:00am -3:30 pm
F7 Room 113

Instructor: Ivet Bazikyan, M.S.
Email: ivetbazikyan@yahoo.com
*When emailing please put class number under subject. EX: NUTRITION 21
Office Hours: Saturday after class F-7 Room 320

Course Description
This course reviews scientific concepts of nutrition relating to the functioning of nutrients in the basic life processes. It includes an overview of digestion and metabolism of nutrients. Foods are discussed as a source of nutrients, and the evidence is reviewed as to the effects of nutrients on health. The emphasis of the course is on current interest and on worldwide problems of food nutrition. The students are required to record their own diet, calculate the nutrient composition, evaluate the nutrient content of the diet, and compare the content to their needs.

Course Objectives
- Students will understand the role of food in promoting a healthy lifestyle and the promotion of pleasurable eating.
- Students will know the six classifications of nutrients, their major food sources, and the steps in digestion and absorption.
- Students will have a basic knowledge of fluid and electrolyte requirements.
- Students will have basic knowledge of the relationship between a select sample nutrient/nutrient and nutrient/drug interactions.
- Students will be introduced to biotechnology and environmental issues related to food.
- Students will have knowledge of the influence of age, growth and normal development on nutrition requirements.
- Students will have knowledge of food and nutrition laws, regulations, and policies such as: food labels, enrichment and fortification.
- Students will calculate and interpret nutrient composition of foods through a personal diet evaluation.
Course Learning Outcomes
Students will evaluate the relationship between their diet and the nutritional information learned in class to analyze changes that should be made in students’ diets to meet their recommended Dietary Reference Intakes.

Text & Other Required Materials
- **Diet Analysis Program.** The book includes the access code that students need to use to access the program online.
- You can access the Diet Analysis Program for free in the computer lab on the second floor in the E building. We will visit the lab as a class.
- I will be using the 13th edition of the textbook. If you have an older edition (11th or 12th edition) and want to use it, you will be responsible for the material that is not covered in the older edition.
- 2 Scantrons for the tests 882E.
- Stapler, pen, pencil.

GRADING

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Total Points</th>
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</thead>
<tbody>
<tr>
<td>Class Participation</td>
<td>10 points each week</td>
<td>80 points</td>
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<tr>
<td>Chapter Reading Logs</td>
<td>5 points each</td>
<td>60 points</td>
</tr>
<tr>
<td>In class group questions</td>
<td>12 chapters X 10 points</td>
<td>120 points</td>
</tr>
<tr>
<td>Individual worksheets</td>
<td>4 X 10 points each</td>
<td>40 points</td>
</tr>
<tr>
<td>Midterm &amp; Final</td>
<td>50 points each</td>
<td>100 points</td>
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<tr>
<td>Diet Analysis Project</td>
<td>100 points</td>
<td>100 points</td>
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Grading Scale
500-450 = A  
449-400 = B  
399-350 = C  
349-300 = D  
299 or less = F

Special Needs
If any students have identified special needs and would benefit from modifications or additional support, please come and see me after class to introduce yourself and discuss accommodations necessary for your success.

Attendance/Participation
1. If you choose to drop this class, it is your responsibility to officially drop the course. Unofficial drops can result in a grade of F on your permanent grade record.
2. Students who stop attending class may be dropped or excluded, resulting in a non-grade for the course.
3. Last day to drop the class with out a W and a refund is.
4. LACCD has a 3-attempt rule for most courses. If students fail a course 3 times and/or get a W, they will not be allowed to take the course after the 3rd attempt. This is a district wide rule. It applies to all of the 9 campuses w/in the district.

- Students will get 10 points per class for participation. Points will be deducted when students are absent, late or leave early. If you are absent you can't participate and if you can't participate then you will not be getting any participation points.
- Please email me if you are going to be absent, are sick, or have any other issues that will affect your attendance and participation in the class.
- Students who arrive late to class or leave early need to let me know immediately so that I can give you your participation points. I will not be able to remember a week later when you came to class/ left early.
- It is expected that each student will keep up with the assigned readings before coming to class to make the most of lecture time and to ask questions.
- Lectures will be presented in power point and will be available for students to download.
  2. Find directory link and click on it.
  3. Find the letter B and click on it.
  4. Scroll down the list of last names. Find my last name (Bazikyan) and click on it.
  5. Look for the box in the left hand and find Nutrition 21 and click on it.
  6. You can access the power points and assignments for the class at any time 😊

In class & Homework Assignments
- Are due on the dates specified on the course outline. The course outline can change so make sure you are up to date.
- If you are going to be absent on the due date of an assignment you may leave the assignment to be turned in by a classmate or turn it in my mailbox in building G1 mailroom.
- Emailed or Faxed papers will not be accepted. Only hard copies will be accepted.
- All assignments and tests that are tuned in for grades must have the following:
  1. First and last name printed clearly on the front of the paper/ Scantron.
  2. Personal number (will be given by the instructor) next to your name.
  3. Be stapled if they are more than one page. I will deduct 2 points from unstapled papers that are turned in. Organization is very important 😊

A. Worksheets (Carb, Lipid, Protein, BMI)
1. Can be hand written.
2. Must be neat and legible. If I am not able to read your writing, you will have to redo the assignment.
3. You will need to turn in a spreadsheet with the assignment. Missing spreadsheet will result in a deduction of 2 points.
4. Multiple sheets of paper will need to be stapled. I will deduct 2 points from unstapled papers that are turned in. Organization is very important 😊

B. In class chapter questions
1. Will be done as classwork in your groups.
2. Will need to have all the names and personal numbers of your group members on the front that were in class that day.
3. Will need to be legible or I will not be able to read it and grade it.
4. Multiple sheets of paper will need to be stapled. I will deduct 2 points from unstapled papers that are turned in. Organization is very important 😊

C. Diet Analysis Project
1. Will need to be typed.
2. Answers will need to be typed in blue, green or red ink.
3. Reports will need to be stapled separately. Answers will need to be stapled separately.
4. Bind the entire report with a big clip. You do not need to put the report in a folder.
5. I will go over it in more detail later on in the semester.

D. Reading Logs
1. Will be completed at home.
2. Will need to have 10 entries for full credit of 5 points.
3. Will need to be legible if hand written. You can also type them.
4. Both columns need to be aligned.
5. You can download the log from my webpage or make your own from a piece of paper.
6. Late logs will not be accepted. If you are going to be absent make sure to leave a copy in my box before the due date in G1 building mailroom.
7. Multiple sheets of paper will need to be stapled. I will deduct 2 points from unstapled papers that are turned in. Organization is very important 😊

Save all of your assignments until your final grade.

Late Assignments
• Late reading logs will not be accepted.
• Late worksheets will result in the deduction of 2 points.
• Late Diet Analysis Project will not be accepted.

Exams/Review Guides
• All exams will cover assigned readings and lectures.
• There will be opportunities to review for the test before the test is administered.
• There will be a review guide for each test.
• You may use 1 3x5 index card for notes. It must be handwritten and you can use both sides of the index card. Students will not be able to use any other size card for the tests.
• Please speak to me if you need to make up a test

**Academic Dishonesty**
• Academic dishonesty will not be tolerated and will result in an automatic “F” for that particular assignment or test. No make up tests will be given. See the schedule of classes “Standards of Student Conduct and Disciplinary Conduct”

Classroom conduct and Electronics norms are set by the students.

**Classroom Conduct**
1. Wait your turn to speak when another person is speaking.
2. Listen while others are talking.
3. Respect other people’s opinions and comments.
4. Food in the classroom is allowed as long as you clean up after yourself and keep foods with excessive odor outside of the classroom.
5. Come to class prepared, on time, ready to learn, and open-minded.
6. Students who choose to not follow the classroom conduct will loose daily participation points.

**Electronics**
1. Put cell phones on either silent or vibrate mode during class time.
2. Please step out of class if you need to take a phone call.
3. You can have your cell phones out on your desks as long as there is no excessive texting, web browsing, using social media or using your cell phone in a manner that is disruptive to you and others during class time.
4. Please keep earphones off during class time.
5. You may use your lab tops and/or tablets during class for class related purposes only (looking at power points, nutrition ebook, looking for nutrition related information on the internet, access to Diet Analysis Program, downloading assignments from my webpage).
6. Students who choose to not follow the norms will loose daily participation points.

The most important measure of your progress is your own growth and development throughout this class. I am always available to meet with you and discuss your progress. Please do not hesitate to email me for an appointment or stay after class to ask questions, discuss concerns, or simply to review what we're discussing in class. The most important part of this course is your own growth and understanding – we will all be participating in the learning process together!

I hope that you enjoy the class as much as I enjoy teaching it. I want all of you to take what you have learned about and use it to help you and others live healthier and happier lives. What we eat has a tremendous effect on how we feel and how we function. Learning about nutrition and altering what we eat is the one aspect of life that we have 100% control of.
<table>
<thead>
<tr>
<th>Date</th>
<th>Topics Covered</th>
<th>Assignments Due</th>
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<tbody>
<tr>
<td>4/18/15</td>
<td>Role</td>
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<td></td>
<td>Introductions</td>
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<td></td>
<td>Go over syllabus/Timeline</td>
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<td>Set up class norms</td>
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<td></td>
<td>Sample reading log</td>
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<td></td>
<td>Ch.1: Food Choices and Human Health</td>
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<td>Computer Lab (print DRI profile)</td>
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<td>Sampl</td>
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<td>4/25/15</td>
<td>Ch.2: Nutrition Tools</td>
<td>Ch.2 &amp; Ch.4 reading logs</td>
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<td>Ch.4: Carbohydrates</td>
<td>DRI profile print out</td>
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<td></td>
<td>Go over Carbohydrate worksheet</td>
<td>(5 points extra credit)</td>
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<td>Ch.2 &amp; Ch.4 reading logs</td>
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<td>Ch.2 &amp; Ch.4 reading logs</td>
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<td>5/2/15</td>
<td>Ch. 5: Lipids</td>
<td>Ch.5 &amp;Ch.6 reading logs</td>
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<td>Ch. 6: Protein</td>
<td>Carbohydrate worksheet</td>
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<td>Go over Lipid and Protein worksheet</td>
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<td>Ch.5 &amp; Ch.6 reading logs</td>
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<tr>
<td>5/9/15</td>
<td>Ch.7 Vitamins</td>
<td>Ch.7 &amp; Ch.8 reading logs</td>
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<td>Ch. 8 Water &amp; Minerals</td>
<td>Vitamin and Mineral</td>
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<td></td>
<td>Go over Lipid and Protein worksheet</td>
<td>Posters/Power Point Presentations</td>
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<td>Ch.7 &amp; Ch.8 reading logs</td>
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<tr>
<td></td>
<td>Ch.7 &amp; Ch.8 reading logs</td>
<td>Vitamin and Mineral</td>
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<td>5/23/15</td>
<td>Ch.9: Energy Balance &amp; Healthy Body Weight</td>
<td>Ch.9 reading log</td>
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<td>Go over BMI worksheet</td>
<td>Lipid and Protein worksheet</td>
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<td></td>
<td>Ch.9: Energy Balance &amp; Healthy Body Weight</td>
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<tr>
<td>5/30/15</td>
<td>Ch.10: Nutrients and Physical Activity Ch.11: Diet and Health</td>
<td>Ch.10 &amp; Ch.11 reading logs</td>
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<td></td>
<td>Go over Diet Analysis Project</td>
<td>BMI worksheet</td>
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<td>Watch “Food Matters”</td>
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<td>Ch.12: Food Safety/Food Technology</td>
<td>Ch. 12 &amp; Ch.13 reading logs</td>
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<td>Midterm Ch.1-7</td>
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*Please note that this schedule is subject to change*
<table>
<thead>
<tr>
<th>Date</th>
<th>Section Description</th>
<th>Additional Information</th>
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</thead>
<tbody>
<tr>
<td>6/6/15</td>
<td>Ch.14: Child Teen &amp; Older Adult</td>
<td>Ch.14 reading log</td>
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<td><strong>Final Ch.8-14</strong></td>
<td>Diet Analysis Project</td>
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We will have a 1-hour lunch break during every class meeting.