

Contemporary Nutrition (N10) Winter 2025, 4 Units, Online

02Z Monday 9:30-11:20

04Z Monday 11:30-1:20

Welcome to N10

In this class, you will gain a basic understanding of nutrition, discover the science behind healthy eating recommendations, discuss current controversies around food & obtain practical information you can apply. Class includes lectures, discussions, activities, videos, quizzes, readings and individual computerized diet analysis project. (Prerequisites: English Writing 100B and Reading 91 or 100 or English as a Second Language 24 or 72 and Mathematics 200 are advised.)

Instructor: Georgia Acker, MPH, RDN

Email: ackergeorgia@deanza.edu

- Email & Canvas Inbox are the quickest ways to reach me.
- In the **subject of message**, include **N10 & your class time**. This will help me respond more quickly to you.
- I check messages Monday-Friday 8 am-5:30 pm. I will respond within 24 hours. I do not reply to messages on weekends.

Online Office Hours

- Zoom Office Hours: Monday 5:30-6:30 pm and Thursday 8:00-9:00 am. To join, click <https://fhda-edu.zoom.us/my/georgiaacker>

Course Description: The physiological, psychological & practical aspects of obtaining a healthy diet. Relationship of nutrients to health & wellbeing. Evaluation of current nutritional issues & controversies

Student Learning Outcomes (SLO): 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 dietary supplement, food or diet for accuracy and health enhancing potential.

Free Course Textbook

Nutrition Science and Everyday Application by Alice Callahan PhD, Heather Leonard MEd RDN, Tamberly Powel MS RDN Click link and then choose read book.

<https://openoregon.pressbooks.pub/nutritionscience2e/>

Attendance

- Class will meet every Monday on Zoom at your scheduled time. The Zoom classes are designed to simulate more of a classroom situation in terms of content and interaction. It is highly recommended you attend.
- If you miss a Zoom class, you will find the material in Canvas. All lectures are recorded

and slides are available on Canvas.

- If you miss the FIRST day of class, you will be dropped unless I receive prior notice from you.
- Please note: If you do not complete any assignments during the first 12 days after school starts, you will be dropped.

Assignments, Quizzes & Diet Analysis Project

- You will have an assignment (quiz, discussion or activity) due on Canvas before Saturday 11:59 pm.
- **Quizzes** are 18 questions (2 points each) worth 36 points. Quizzes are timed (40 minutes) & open note.
 - Your lowest quiz score will be dropped.
 - No late submission for quizzes.
- **Activities & Discussions** give you the opportunity to explore material.
 - Accepted 1 day after due date with reduced points.
- **Diet Analysis** is a learning opportunity to analyze which nutrients you consume.
 - Accepted up to 1 week after the due date & marked down 10% off.
- If life events interrupt your work in this class, I understand. Please contact me as soon as possible. I will need documentation of your situation so adjustments can be made.

Grading Scale

Percentage	Grade
100%-94.5%	A
<94.5%-89.5%	A-
<89.5%-86.5%	B+
<86.5%-83.5%	B
<83.5%-79.5%	B-
<79.5%-74.5%	C+
<74.5%-69.5%	C
<69.5%-66.5%	D+
<66.5%-63.5%	D
<63.5%-59.5%	D-
<59.5%	F

Meet & Greet (Orientation)	10 points
Quizzes:* (4 x 36 points each)	144 points
Discussions: (2 @ 30 points)	60 points
Diet Analysis Project	60 points
Activity 1: The Digestive System	35 points
Activity 2: Food Exploration	25 points
Total Possible Points	334 Points

*There are 5 quizzes but your lowest score is dropped from your grade

Grading Feedback

- Quizzes: You will receive your score and correct answers the day after quiz is due. Correct answers will be viewable until Tuesday 11:59 pm.
- Discussions: After each discussion I provide a Wrap-up through Announcements. I will provide individual feedback to you for some but not all posts & replies.
- Diet Analysis: Your grade will be available ~10 days after due date

Accommodations

- If you are eligible for accommodations by Disability Support Services (DSS), please confirm your accommodations are authorized for this quarter.
- If you need accommodations, please go to <https://www.deanza.edu/dsps/> for information on eligibility and how to receive support.

De Anza's Student Success Center: Available for Zoom tutoring and workshops.

- Go to the [SSC homepage](#) or [Online Tutoring](#)

De Anza CONNECT

- This program connects you to programs or services that are helpful for your success! You can request assistance at [De Anza CONNECT](#).

Academic Integrity

- De Anza is committed to providing fair & equitable academic standards to students in an atmosphere that fosters integrity on the part of student, staff & faculty.
- Your responsibility is to perform to the best of your potential in all academic endeavors.
- Instances of academic misconduct will result in disciplinary action, which can include receiving a 0 on the assignment.
- https://www.deanza.edu/policies/academic_integrity.html

Week	Date	Topics	Textbook Chapters	Due Dates
1	1/6	ZOOM CLASS Course Introduction – Welcome! RECORDED Essential Nutrients for Health Water & Fluids Quiz 1: Syllabus/Canvas Information, Essential Nutrients, Water & Fluids	Unit 1: Designing a Healthy Diet	Quiz 1 Due SATURDAY 1/11 (36 points)
2	1/13	ZOOM CLASS Scientific Research, Part 1 In-Class Activity RECORDED Scientific Research, Part 2 Meet & Greet Discussion VIDEO: WATCH & DISCUSS Semi-Starvation Study	Unit 2: Nutrition Science and Information Literacy	Meet & Greet Due TUESDAY 1/14 (10 points) Discussion Due SATURDAY 1/18 (30 points)
3	1/20	Happy Martin Luther King Jr. Day! NO CLASS Activity 1: The Digestive System	Unit 3: Digestion & Metabolism	Activity 1: Digestive System Due SATURDAY 1/25 (35 points)
4	1/27	ZOOM CLASS Fat & Heart Disease, Part 1 RECORDED Fat & Heart Disease, Part 2 VIDEO: WATCH Heart Disease in America Quiz 2: Scientific Research, Fat & Heart Disease	Unit 5: Lipids	Quiz 2 Due SATURDAY 2/1 (36 points)

Week	Date	Topics	Textbook Chapters	Due Dates
5	2/3	ZOOM CLASS Diet Analysis Review RECORDED Protein	Unit 6: Protein	Nothing Due!
6	2/10	ZOOM CLASS Carbohydrates, Part 1 RECORDED Carbohydrates, Part 2: Keto Diet Quiz 3: Protein, Carbohydrates	Unit 4: Carbohydrates	Quiz 3 Due SATURDAY 2/15 (36 points)
7	2/17	Happy President's Day! NO CLASS WORK TIME: Activity 2: Eating Exploration		Activity 2: Eating Exploration Due 2/22 (25 points)
8	2/24	ZOOM CLASS Bioengineered (GMO) Foods <u>VIDEO</u> : WATCH & DISCUSS Harvest of Fear Bioengineering Food Discussion		Discussion Due SATURDAY 3/1 (30 points)
9	3/3	ZOOM CLASS Conventional & Organic Farming VIDEO: My Father's Garden RECORDED Non-Diet Eating for Health, Part 1	Unit 7: Body Weight & Health	Diet Analysis Due SATURDAY 3/8 (60 points)

Week	Date	Topics	Textbook Chapters	Due Dates
10	3/10	<p>ZOOM CLASS Non-Diet Eating for Health, Part 2</p> <p>VIDEO: WATCH Billie Eilish “Not My Responsibility”</p> <p>TED TALK: WATCH Trust your Hunger & Make Peace with Food</p> <p>Quiz 4: Non-Diet Eating, Conventional vs. Organic Farming</p>	Unit 7: Body Weight & Health	Quiz 4 Due SATURDAY 3/15 (36 points)
11	3/17	<p>ZOOM CLASS Phytochemicals In-Class Activity</p> <p>RECORDED Food & Supplement Labels Organic & Fair-Trade Food Certifications</p>	<p>Unit 8: Vitamins & Minerals as Antioxidants</p> <p>Unit 1: Designing a Healthy Diet</p>	Nothing Due!
12	3/24	<p>FINALS WEEK!</p> <p>Due Monday 3/24:</p> <ul style="list-style-type: none"> • Quiz 5: Phytochemicals, Food & Supplement Labels, Certifications • Extra Credit (optional) <p>NO FINAL EXAM</p>		<p>Quiz 5 Due MONDAY 3/24 (36 points)</p> <p>Extra Credit (+5 points)</p>

