



NUTRITION
COURSE SYLLABUS

Date 11/29/11

C - L - CR
2 - 3 - 3.0

COURSE NUMBER: HOS 103

PREREQUISITE(S): RDG 100, ENG 100

CO-REQUISITE(S): None

COURSE DESCRIPTIONS

A study of general nutritional needs of the life cycle, including carbohydrates, proteins, fats, vitamins, and minerals. Practical applications for the food service professionals are emphasized.

TEXTBOOK(S):

Brown. Nutrition Now with Interactive Learning Guide including course mate Web Access code. 6th Edition. Wadsworth Cengage.
ISBN: 1111873216

REFERENCE(S): None

OTHER REQUIRED MATERIALS, TOOLS, AND EQUIPMENT:

None

METHOD OF INSTRUCTION:

This course will be taught by lecture and class discussion. Student participation is encouraged.

GRADING SYSTEM:

90 - 100 = A
80 - 89 = B
70 - 79 = C
60 - 69 = D
Below 60 = F

The standard mathematical procedure of rounding will be applied to arrive at a whole number percentage in final grade calculation.

**GRADE
CALCULATION
METHOD:**

Assignments – in class and homework	=	20%
Unit Tests	=	40%
Menu Project	=	20%
Mid-term and Final Exams	=	<u>20%</u>
	=	100%

**ATTENDANCE
POLICY:**

The student is responsible for punctual and regular attendance in all classes, laboratories, clinical, practica, internships, field trips, and other required class activities. The College does not grant excused absences; therefore, students are urged to reserve their absences for emergencies. When illness or other emergencies occur, the student is responsible for notifying instructors and completing missed work if approved for late submission by instructors.

The student is tardy if not in class at the time the class is scheduled to begin and is admitted to class at the discretion of the instructor.

Instructors maintain attendance records. However, it is the student's responsibility to withdraw from a course. A student enrolling in and attending at least one course session remains enrolled until the student initiates a withdrawal.

Withdrawal Policy: During the first 75% of the course, a student may initiate withdrawal and receive a grade of W. A student cannot initiate a withdrawal during the last 25% of the course. Extenuating circumstances require documentation and approval by the appropriate department head and academic dean.

Absences for Religious Holidays: Students who are absent from class in order to observe religious holidays are responsible for the content of any activities missed and for the completion of assignments occurring during the period of absence. Students who anticipate their observance of religious holidays will cause them to be absent from class and do not wish such absences to penalize their status in class should adhere to the following guidelines:

1. Observance of religious holidays resulting in three or fewer consecutive absences: Discuss the situation with the instructor and provide written notice at least

one week prior to the absence(s). Develop (in writing) and instructor-approved plan which outlines the make up of activities and assignments.

2. Observances of religious holidays resulting in four or more consecutive absences: Discuss the situation with the instructor and provide the instructor with written notice within the first 10 days of the academic term. Develop an instructor-approved plan with outlines the make up of activities and assignments.

**CLASSROOM
CONDUCT:**

ACADEMIC DISHONESTY: Students are expected to uphold the integrity of the College's standard of conduct, specifically in regards to academic honesty. All forms of academic dishonesty including, but not limited to, cheating on assignments/tests, plagiarism, collusion, and falsification of information will call for disciplinary action. Disciplinary action imposed may include one or more of the following: written reprimand, loss of credit for assignment/test, termination from course, and probation, suspension, or expulsion from the College. For further explanation of this and other conduct codes, please refer to the Student Handbook.

CELLULAR PHONES AND PAGERS/BEEPERS: Cellular phones, pagers and beepers are not permitted to be turned on or used within the classroom. Use of these devices during classroom time will be considered a violation of the student code as it relates to “disruptive behavior.”

**CLASS/LAB
PROCEDURES:**

The textbook is a learning resource. It is the responsibility of the student to read all chapters and submit assignments as scheduled. Additional outside materials will be integrated with instructor’s notes, websites/links, and textbook companion website.

The Learning Center, located in the rooms E-2 & E-5 of the East Building, provides computers for your use. Check the website <http://www.sccsc.edu/resources/tutoring/tlc> or call 592-4968 for current semester operating hours.

ACCOMMODATIONS: Students who need special accommodations in this class because of a documented disability should notify Student Disability Services by calling (864) 592-4818, toll-free 1-800-922-3679; via email through the SCC web site at www.sccsc.edu/resources/disabilities; or by visiting the office located in the East Building Room 30-B on the SCC Central campus. Contacting Student Disability Services early in the semester gives the College an opportunity to provide necessary support services and appropriate accommodations.

Inclement Weather Schedule:

- Check SCC Web Site: www.sccsc.edu
- Tune to **Channel-7** Local T.V. Station (CBS)
- Tune to an FM/AM Local radio station

Program Director

Chef Dawn Larrieu
592-4836
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Program Department Chair

Mrs. Karen Ravan
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**COURSE OUTCOMES
& OBJECTIVES:**

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

1. Identify current USDA My Pyramid principles and food groups
2. List the nutrient contributions of each food group
3. Discuss the nine areas where dietary guidelines make recommendations
4. Evaluate recipes and menus using dietary guideline recommendations, food guides and food labels
5. Develop menus using dietary guideline recommendations, food guides and food labels
6. Describe the process of human digestion
7. Determine energy needs based upon basal metabolic rate and exercise expenditure
8. Discuss characteristics, functions and best sources of each of the major nutrients

9. List the primary characteristics, functions and sources of vitamins, water and minerals
10. Discuss cooking techniques and storage principles and portion sizes of maximum retention of nutrients and effective weight management
11. Discuss weight management and exercise and nutrition over the life cycle
12. Discuss exchange groups

13. Identify common food allergies and determine appropriate substitutions. (i.e. Gluten, sugar, lactose free)
14. Apply emerging technologies (computerization) for nutrient analysis (i.e. Internet, recipe analysis software)
15. Discuss marketing of healthy menu options