

MIDSTATE COLLEGE
411 W. NORTHMOOR RD. PEORIA, IL 61614
(309) 692-4092 (800) 251-4299
Winter 2016

Course: FSN 265 Food Science and Nutrition Laboratory
Credit: 2 Quarter Hours **Method of Delivery:** eLearning

Course Description: This course is designed for students to develop laboratory techniques in the area of food science and nutrition. Students will also develop skills to collect anthropometric measurements on themselves and/or classmates and evaluate the results. This lab course will include food experiments, water sampling, food research, diet planning, etc. Course fees may apply.

Prerequisite: Concurrent enrollment in lecture course FSN 260 is required.

Materials needed for this course:

Hardware/Software and Equipment: Access to a reliable internet connection with ability to use Microsoft Office and various other internet tools and applications. If you do not have a reliable computer, internet connection, access to Microsoft Word or various other internet and program applications it is your responsibility as the student to plan ahead and secure access to these applications. It is essential to have reliable accessibility to these applications in order to be successful in this course. Midstate College and your local library offers free and reliable accessibility to this technology.

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

1. Delineate potential health consequences of obesity.
2. Identify diseases that are diet related.
3. Identify sources of reliable nutrition information and labeling.
4. Identify the importance of maintaining a healthy BMI
5. Recognize the risks associated with food dye consumption
6. Calculate BMR, RMR, and BMI
7. Calculate appropriate personal caloric consumption
8. Recognize and understand what "clean eating"
9. Create a healthy daily meal plan

Midstate Grading scale:

90 - 100	A
80 - 89	B
70 - 79	C
60 - 69	D
0 - 59	F

Midstate Plagiarism Policy:

Plagiarism is using another person's words, either by paraphrase or direct quotation, without giving credit to the author(s). Plagiarism can also consist of cutting and pasting material from electronic sources by submitting all or a portion of work for assignment credit. This includes papers, computer programs, music, sculptures, paintings, photographs, etc. authored by another person without explicitly citing the original source(s). These actions violate the trust and honesty expected in academic work. Plagiarism is strictly against the academic policy of Midstate College. Its seriousness requires a measured, forceful response which includes consequences for inappropriate and/or no citation.

In courses containing writing assignments, the College promotes the use of an electronic resource which compares the student's writing against previously submitted papers, journals, periodicals, books, and web pages. Students and instructors can use this service to reduce the incidence of plagiarism. This electronic resource has been found to conform to legal requirements for fair use and student confidentiality. It is able to provide a report to the student indicating the parts of the assignment that match.

Student Success:

The Office of Student Success is available to students seeking tutoring for individual classes or who need assistance with writing assignments. Information is also available on test taking techniques, how to take

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notes, developing good study skills, etc. Contact Student Success in Room 217 (in person); (309) 692-4092, extension 2170 (phone); studentsuccess@midstate.edu (email).

Instructor: Danyelle L. Barlow, MS, BSW
Emergency Phone: (309) 370-9172
Midstate email: dlbarlow@midstate.edu

Room: Online
Office Hours: TBA

Requirements for Completing the Course:

1. The eLearning course materials will be available for you, the student to access by noon each Monday. Students will have until 7:59 AM the following Monday morning to complete the week's material.
2. All work is to be **submitted on time**. ***I do not accept late assignments.*** Please plan ahead for unusual circumstances. Oftentimes, sickness or technological problems occur. Plan to start assignments early in the week to be much better prepared to avoid these issues. Please plan accordingly to complete all assignments on a reliable computer that contains all needed programs and a strong internet connection. This will reduce frustration substantially and increase enjoyment and success in the course.
3. Students are required to complete a minimum of two discussion posts each week. Discussion posts should be a minimum of 3-4 sentences and pertain quality information that is meaningful to the topic. Please refer to the Student eLearning Guide for more information.
4. Attendance/Online participation is required. Attendance is taken each week, by review of submitted completion of student's weekly assignments. Excessive absence will hurt your performance and your ability to pass this class.
5. As stated in the Midstate Catalog and Student Handbook, Academic Integrity is important. Cheating on examinations, written papers, or discussion posts will result in failure of the course and referral to the dean. Papers and discussion posts must be in the student's own words. Academic dishonesty will not be tolerated and will be referred to the dean.
6. Weekly discussion questions will be graded. **The initial discussion post is due by Wednesday of each week at Midnight.** This post must be a full paragraph in length and provide substantial information that is relevant to the topic and thought provoking. This post is worth 10 points. **Students will need to respond to a minimum of 2 their fellow student's posts by Sunday of the same week at Midnight.** The reply must be a minimum of two sentences in length and is worth 10 points, also.
7. Please remember to obtain professional integrity and standards throughout the course. Use of profanity, disrespectful, rude, or inappropriate behaviors will not be tolerated. In addition, discussions posts must remain respectful even if the post is not agreed with. If this standard is not maintained the student will be asked to leave the class. The student will not be allowed to return to the class until a meeting between instructor, dean, and student is completed.

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8. Please review the syllabus each week for the specific assignment. If modifications are made to the assignments, a note will be added to the Weekly Overview.

9. Students must log into the course and their Midstate eLearning Joule email/account daily to ensure they receive all course communications. Students must post and reply to fellow students in the various course forums. Attendance is turned in weekly. Students must complete their weekly assignment in order to be marked present.

Policies and Procedures: Policies and Procedures: The current Midstate Academic Catalog can be found at www.midstate.edu and the current Student Handbook can be found at www.midstate.edu in the lower left hand corner of the web page.

Disability Statement:

Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Disability Support Services Office at (309) 692-4092 as soon as possible to better ensure that such accommodations are implemented in a timely fashion.

Code of Conduct:

Midstate College has established a student code of conduct. Generally, College disciplinary action shall be taken for conduct that adversely affects the college community's pursuit of its educational objectives. Academic Misconduct generally refers to behavior also known as academic fraud in which an individual cheats, plagiarizes, or otherwise falsely represents someone else's work as his or her own. Forms of Academic misconduct include, but are by no means limited to:

- Cheating
- Plagiarism
- Falsification and Fabrication
- Abuse of Academic Materials
- Complicity in Academic Dishonesty
- Falsification of Records and Official Documents
- Personal Misrepresentation and Proxy
- Bribes, Favors, Threats

Examination Information:

Examinations will consist of timed testing procedures delivered in various methods regarding the current topic. This could include, but is not limited to testing questions delivered as Multiple Choice, T/F, Matching, Fill in the Blank, etc. In addition, students will participate in various weekly discussion forums, Lab Assignments, and complete other homework as assigned.

Methods of evaluating student performance:

Grading will be based on the successful completion of all of the stated course requirements and in combination with a careful review of your development in your work with the following percentages:

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1. Testing Procedures 60%
2. Homework 40%

Methods of Assessment:

Lecture, discussion, audio-visual, printed matter, online discussion and assignments, and guest speakers

The instructors will use the following methods of assessment:

1. Compositions
2. Test Grades

Instructors may also use one or more of the following methods:

1. Tests
2. Quizzes

Grade Distribution:

Grading will be based on the successful completion of all of the above course requirements and in combination with a careful review of your development in your work with the following percentages:

Testing Procedures 60%

Homework 40%

Instructor's Grading Scale:

Grade Distribution

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

**The Grade Distribution is subject to change throughout the course with the instructor's discretion.*

Personal Health Project-Due Week 4- Worth 100 points

Choose one of the following topics to research below:

#1 Personal Health Paper

Using the Midstate writing format taught in Eng 116 and Eng 117, you are required to write a one page paper, double spaced outlining your Personal Health statistics. We will use health measurements such as BMI, Longevity Scores, and Body Shape Composition to summarize your findings. All submissions are confidential and will not be shared or discussed. Please do not forget to have a separate Bibliography page citing a minimum of two sources in MLA or APA

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format. Please utilize the Student Success Center on campus if you need any support with your writing submissions. Don't forget to list and site any sources you use in MLA/APA format.

#2 What's in your cabinets?

Using the Midstate writing format taught in Eng 116 and Eng 117, you are required to write a one to two page paper, double spaced outlining 10 foods that you have in your home. Please write the name, brand, and all nutritional statistics from the food label or research the nutritional content if you were listing natural foods like fruit and vegetables. Next, using your textbook as a resource compare if this meets your nutritional and dietary daily needs. Lastly, develop 3 strategies, replacements, or changes that you could incorporate to achieve a healthier grocery list. Please do not forget to have a separate Bibliography page citing a minimum of two sources in MLA or APA format. Please utilize the Student Success Center on campus if you need any support with your writing submissions. Don't forget to list and site any sources you use in MLA/APA format.

Food Dyes- Due Week 7- Worth 100 points

Research food dye risks and read the petition against Kraft Macaroni and Cheese to eliminate food dyes in their product. Next while using the Midstate writing format taught in Eng 116 and Eng 117 write a two page paper, double-spaced, regarding your findings. Please make sure to include a separate Bibliography page siting your sources in MLA/APA format.

Food Documentary Research Paper-Due Week 9/10-Worth 100 points

Please choose and view one of the following food documentaries:

Food Matters	Dirt! The Movie
Food Inc.	Fresh
Fresh	Killer at Large
Forks Over Knives	Fast Food Nation

While using the Midstate writing format taught in Eng 116 and Eng 117 write a two page paper, double-spaced, summarizing your findings and sharing your opinion on the food documentary you viewed. Please make sure to include a separate Bibliography page siting your sources in MLA/APA format.

*Remember to plan ahead to rent one of these movies from your local library or view it on Hulu.

Final Project/Nutrition Topic of Interest-Due Week 12-Worth 100 points

Choose a Nutrition Topic that particularly interests you. Research and develop a 10 slide power point that summarizes your topic, why you chose it, and examines its significance. Please include graphics and a separate Bibliography page that includes a minimum of two sources cited in MLA/APA format.

Course Units:

Week 1- Health consequences of obesity

Topic: Obesity Risks

Objectives:

1. Identify classifications of Obesity
2. Name diseases associated with Obesity

Assignments:

1. Review Power Point 1

Weekly Summary & Discussion:

1. Complete Discussion Forum 1 (**Remember initial discussion posts are always due Wednesday of each week and replies are due Sunday-Late submissions will not be accepted**)
2. Complete Discussion Forum 1.1

Week 2- Exercise and Heart Rate Importance

Topic: Importance of Exercise Related to Disease Prevention

Objectives:

1. Explain Target Heart Rate
2. Name Exercise Techniques

Assignments:

1. Review Week 2 Summary

Weekly Summary & Discussion:

1. Complete Discussion Forum 2
2. Complete Worksheet 2

Week 3- BMI- What is this and why is it important?

Topic: Identify target BMI

Objectives:

1. Configure personal BMI
2. Recognize the health significance

Assignments:

1. Review Week 3 Power Point

Weekly Summary & Discussion

1. Complete Discussion Forum 3
2. Complete Body Composition Testing Research Paper

Week 4- Longevity Score and Body Shape

Topic: Body Shape health risks, Relative longevity score

Objectives:

1. Configure Personal Longevity Score

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2. Identify Personal Body Shape and Risks Associated with each

Assignment:

1. Review Week 4 Power Point

Weekly Summary & Discussion:

1. Complete Discussion Forum 4
2. Complete “Personal Health” or “What’s in your cabinets?” Paper (This is explained more in your syllabus)

Week 5- Nutrition Label Dissection

Topic: Accurately Read Food labels

Objective:

1. Dissect and accurately read a food label
2. Note the ingredients that pose a risk

Assignment:

1. Read Week 5 Summary

Weekly Summary & Discussion:

1. Complete Discussion Forum 5
2. Complete Nutrition Label Worksheet

Week 6- Vitamins, Minerals, and Healthy Meal Planning

Topic: Nutritional Meal Planning

Objective:

1. Using MyPlate.gov develop a healthy meal plan
2. Identify important vitamins and minerals in foods

Assignment:

1. Review the MyPlate.gov website
2. Read Power Point 6

Weekly Summary & Discussion

1. Complete Discussion Forum 6
2. Create a 7 day healthy meal plan

Week 7- Food Dye Risks

Topic: Discover the risks that Food Dyes have on the human body

Objective:

1. Learn how to identify food dyes in a food label
2. Name the diseases associated with food dye consumption

Assignment:

1. Read and study the Kraft Food Dye Petition

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2. Read the Food Dye Journal Entry

Weekly Summary & Discussion

1. Complete a two page research paper on Food Dyes (discussed further in your syllabus)
2. Complete Discussion Forum 7

Week 8- Disorders and Food Dye Association

Topic: Further examine the effects that Food Dyes have on the human body

Objective:

1. Name disorders associated with Food Dyes
2. Learn ways to avoid consuming Food Dyes

Assignment:

1. Review the Food Dye Power Point

Weekly Summary & Discussion

1. Complete Discussion Forum 8

Week 9/10- Examining Food Documentaries

Topic: Food Source Consumption & Availability

Objective:

1. Discover where our food sources derive
2. Learn how pesticides effect our food sources and disease

Assignment:

1. View your chosen Food Documentary (see list on syllabus)

Weekly Summary & Discussion

1. Complete Discussion Forum 9
2. Complete Food Documentary Research Paper

Week 11- Clean Eating

Topic: Healthy, Natural Eating

Objective:

1. Discover what it means to eat clean
2. Identify a clean eating diet

Assignment:

1. Read Clean Eating Summary

Weekly Summary & Discussion:

1. Develop a clean eating grocery list
2. Complete Discussion Forum 11

Week 12- Final Project

Topic: Nutrition Topic of Your Choice

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Objective:

1. Research a Nutrition topic of interest

Assignment:

1. Review previous Nutrition Topics Discussed

Weekly Summary & Discussion:

1. Submit a Power Point on the Nutrition Topic of Interest (Explained more on syllabus)
2. Complete the Discussion Forum 12

****Course Units, Weekly Reading/Topics are subject to change upon instructor notification.***

****Syllabus is subject to change upon instructor notification***

****Please note: Unless otherwise stated, I will check my email at a minimum of once daily.***

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