

UNIVERSITY OF GUAM
College of Natural & Applied Sciences
CF 140 SCIENTIFIC PRINCIPLES OF FOOD PREPARATION
COURSE SYLLABUS — Fall 2015

CLASS MEETING TIMES

Monday & Wednesday, 2:00 p.m. to 4:50 p.m. – ALS Room 125B&C

INSTRUCTOR

Shelly Blas-Laguana, MS

Office: Cancer Research Center, House #7, Dean’s Circle

Office Hours: M/W - 9:00 – 11:00 am, 12:30 – 1:30 pm

Phone: (671) 735-2988

E-mail: shellyblas@ugam.uog.edu

Course website/link available at: <https://campus.uogdistance.com/>

CATALOG DESCRIPTION

This course covers the fundamental processes of food preparation as well as the relationship between scientific principles and cooking procedures. Includes three hours of lecture and three hours of lab weekly Prerequisite: MA085 and EN085.

RATIONALE FOR COURSE

This course introduces students to the basic theories and concepts of nutrition and food preparation. This course is designed for students pursuing a degree in consumer and family science or other health field. Lectures provide the theoretical background needed to conduct the laboratory exercises. Safe and appropriate use of food preparation and preservation equipment and appliances is included in the course.

CONCEPTUAL STRUCTURE OF COURSE

The course has been structured so that basic nutrition and food preparation concepts are learned through hands-on activities. A basic introduction and overview to all types of foods, including: fruits, vegetables, legumes, starches, meats, poultry, fish, dairy, salads, soups, cakes, cookies, breads, candies, and beverages, will be given throughout the semester.

COURSE FORMAT

Instructor relies heavily on laboratory exercises to reinforce information given during lecture and reading before class. The first 30-45 minutes of class will consist of lecture/introduction on topic for the class period. The remainder of the class will be devoted to the lab assignment. Lab exercises include experiments with food items and preparation of common foods. All laboratory exercises require documentation of outcomes, evaluation of outcomes, and discussion of principles.

CF 140 Student Learning Outcomes	Program Learning Outcomes (PLOs)	University Learning Outcomes (ILOs)	Method of Assessment
1. Identify the major nutrients that individuals need for the growth, maintenance, and repair of cells, and give examples of foods rich in those nutrients.	PLO-1,2,4	ILO-1,3,7	Questions on homework and tests, class discussion
2. Describe the difference between food-borne illness and food-borne intoxication, and list the major contributors to both.	PLO-1,2,3,4	ILO-1,3	Questions on homework and tests, class discussion
3. Identify and define the different heat sources for food preparation.	PLO-1,2,3	ILO-1,2,3	Questions on homework, tests, class discussion

4. Describe the basic pieces of food preparation equipment and the criteria for the selection of equipment; and demonstrate the basic food preparation concepts such as cutlery techniques, measuring, and mixing techniques, as well as seasoning.	PLO-1,2,3,4	ILO-1,3,5	Questions on homework and tests, class discussion, observation during lab
5. Explain the nutritional contribution of the following foods in the diet; and demonstrate ability to prepare at least one recipe for: fats & oils, vegetables, salads, fruits, sugar, starches, legumes, grains, quick breads, yeast breads, cakes, cookies, pastries, milk & cheese, eggs & foam, meats, poultry & seafood, beverages, soups.	PLO-1,3,4,5,7	ILO-1,2,3,5,6	Questions on homework and tests, class discussion, observation during lab
6. Recognize the importance of food safety, sanitation, food quality, and best practices when dining out.	PLO-1,2,3,4	ILO-1,4,5,6,7	Questions on homework and tests, class discussion, observation during lab

Agriculture and Life Sciences Program Learning Outcomes (PLOs)

Program Learning Outcome 1, Disciplinary Knowledge and Skills: Graduates will demonstrate integrated knowledge in their chosen fields of study and the related sciences.

Program Learning Outcome 2, Research Skills: Graduates possess critical thinking and analytical skills. Graduates are competent in basic procedures and safety protocols in conducting research. Graduates can use their knowledge and understanding of scientific concepts to explain and solve problems in their field.

Program Learning Outcome 3, Analytical Skills: Graduates can apply quantitative and/or qualitative analytical methods in agriculture and the life sciences.

Program Learning Outcome 4, Communication Skills: Graduates can gather and assess information and use it to create effective research and outreach communication media and oral presentations.

Program Learning Outcome 5, Ethics and Professionalism: Graduates understand the ethical principles underlying research, publication, and professional behavior. Graduates can demonstrate teamwork and networking skills, and understand the importance of providing correct credit for others' work.

Program Learning Outcome 6, Multicultural Competence: Graduates will develop cross-cultural respect and a foundation for life-long multicultural competence.

Program Learning Outcome 7, Life-Long Learning and Integration of Knowledge from the Sciences and the Arts: Graduates can empower themselves through life-long learning to enhance their knowledge base, and demonstrate an ability to integrate knowledge from the sciences and the arts.

UOG Expected Student Learning Outcomes December 2008

Some of the expected fundamental knowledge, skills, and values that the University of Guam Students will have demonstrated upon the completion of any degree are:

ILO1: Mastery of critical thinking and problem solving

ILO2: Mastery of quantitative analysis

ILO3: Effective oral and written communication

ILO4: Understanding and appreciation of culturally diverse people, ideas and values in a democratic context

ILO5: Responsible use of knowledge, natural resources, and technology

ILO6: An appreciation of the arts and sciences

ILO7: An interest in personal development and lifelong learning

REQUIRED TEXTBOOK

Brown, A. (2008) Understanding Food: Principles & Preparation, 4th edition. Belmont, CA: Thomson Wadsworth.

Lab Manual/Recipes — available for download from course website

Students also need an apron or lab coat, head covering (hair net), 1 potholder, and 1 kitchen towel.

COURSE POLICIES

- a) In the real world, you are expected to go to work, on time, every day. Therefore, you will be expected to attend every class, and be there on time. Every class that you miss will affect your “attendance/participation” grade. Arrival beyond 10 minutes after the start of the class is considered tardy. Therefore, consistent tardiness will affect your “attendance/participation” grade. Ten percent of your final grade will be based on these factors. Furthermore, attendance at class is necessary to do well in the course. **HOWEVER** — — — Based on the new CDC guidance, the Department of Public Health and Social Services recommends that people with influenza-like illness should stay home for 3-5 days or 24 hours after their fever is gone without the use of fever-reducing medicine, whichever is longer (fever is defined as having a temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or greater). If you feel ill with flu-like symptoms please stay home and contact me by phone or email. We will arrange to accommodate your absence by assigning work to be completed at home or at a later time. Please refer to the H1N1 alert notices posted across the campus.
- b) Professional and ethical conduct is expected at all times. Unethical conduct includes any form of cheating, including: plagiarism; copying someone else’s answers on tests, reports, or assignments; allowing someone else to copy your answers; not doing your own work; and doing someone else’s work for them. Because the University of Guam is an academic community with high professional standards, instruction is disrupted and undermined by dishonesty. Any evidence of cheating will result in an “F” for the class.
- c) Make-up exams will not be given. If you must miss an exam, make every effort to contact the instructor in advance (call, e-mail, or leave a message if the instructor is unavailable). The grade received on the comprehensive final exam will be substituted for (at most) one missing exam grade.
- d) Late assignments will be penalized 10% for each weekday late. It is the responsibility of the student to know when assignments are due and have them submitted to the instructor on time. Lab assignments are always due the following Monday at the start of class, unless otherwise noted by the instructor. Electronic submission of assignments will not be allowed unless prior arrangements have been made with the instructor.

UOG DISABILITIES POLICY

In accordance with the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, the University of Guam does not discriminate against students and applicants on the basis of disability in the administration of its educational and other programs. The University offers reasonable accommodations for a student or applicant who is otherwise qualified, if the accommodation is reasonable, effective and will not alter a fundamental aspect of the University’s program nor will otherwise impose an undue hardship on the University, and/or there are not equivalent alternatives. Students are expected to make timely requests for accommodations using procedure described at: www.uog.edu/eo/PolicyDisability.pdf. If appropriate, the University may choose to consult with such individuals, at or outside the University, to provide expertise needed to evaluate the request for accommodation. *Each student bears the responsibility for initiating and then documenting a disability-related request for accommodation in the manner requested in this Policy.*

SPECIAL NEEDS (EEO/ADA)

If you are a student with a special need who will require an accommodation(s) to participate in this course, please contact the instructor privately to discuss your specific needs. You will need to provide me with documentation concerning your needs for accommodation(s) from the EEO/ADA office. If you have not registered with the EEO/ADA office, you should do so immediately at 735-2244/2971/2243 (TTY) to coordinate your accommodation request.

TOBACCO-FREE/SMOKE-FREE CAMPUS

University of Guam is a tobacco-free campus. Thank you for not using tobacco products on campus, and for helping make UOG a healthy learning and living environment. <http://www.uog.edu/smoke-free-uog>

GRADING SYSTEM/EVALUATION METHODOLOGIES:

<i>Summary of Course Requirements</i>	<i>%</i>	<i>#Points</i>
1. 3 Exams (3 @ 50 points each)	29	150
2. Comprehensive Final Exam	15	75
3. Lab Assignments (18 @ 10 points each).....	35	180
4. Restaurant critiques (3 @ 10 points each).....	6	30
6. Class attendance, homework	11	55
7. Discretionary, participation	4	20
Total	100%	510

WITHDRAWAL DATES

The deadline for 'Voluntary Withdrawal' is October 07, 2015 you must withdraw at the UOG Records Office. If you want to withdraw after this date, you must file a 'Petition for Withdrawal' by December 11, 2015. Forms are available at the UOG Admissions and Records Office.

STUDENT WORKLOAD

You should expect that for every hour of class-time, you should spend approximately 1-2 hours, in advance, reading the assigned chapter. This will be very helpful in understanding lectures and lab exercises.

CONTACT INFORMATION FOR CLASSMATES

Write the names and contact info for two or three classmates you can contact if you miss a session or want to study together. I encourage you to form study groups!

CF 140 CALENDAR OF ASSIGNMENTS AND EXAMS

Date	Topic	Chapters in Text	Due
08/19	Introduction to Course, Syllabus		
08/24	Introduction to Nutrition & Eating, pretest	1-2	
08/26	Food Safety & Food Convenience	4	
08/31	Kitchen Basics	5	
09/02	Lab 1 Milk & Cheese	10-11	
09/07	No Class – Labor Day Holiday		
09/09	Lab 2 - Vegetables	13	
09/14	Lab 3 - Vegetables & Legumes	13	
09/16	Lab 4 - Salads	14	
09/21	Lab 5 - Fruits	14	
09/23	Lab 6 - Fats & Oils	22	
09/28	EXAM #1 (Intro to Fats & Oils)		
09/30	Lab 7 – Sugar/Candy	25	
10/05	Lab 8 – Starch/Flours	17	
10/07	Lab 9 - Pasta & Grains	16	
10/12	Lab 10 - Batters, Dough & Quick Breads	19	
10/14	Work on Restaurant Critique		
10/19	Lab 11 - Cakes & Cookies.....	23	
10/21	Lab 12 - Yeast Breads	20	Restaurant critique due
10/26	bread continued.....		
10/28	EXAM #2 (Sugar to Yeast Breads)		
11/02	No Class – All Soul’s Day		
11/04	Lab 13 – Beverages		
11/09	Lab 14 - Pastry.....	24	
11/11	No Class – Veteran’s Day		
11/16	Lab 15 - Eggs & Foams.....	12	
11/18	Lab 16 - Meat	7	
11/23	Lab 17 - Poultry & Seafood.....	8-9	
11/25	Lab 18 – Soups	15	
11/30	Lab make up day		
12/02	EXAM #3 (Beverages to Soups)		
12/07	TBA		
12/09	Comprehensive Final Exam		

This schedule is tentative, and subject to change. Any changes will be announced in class.

UNIVERSITY OF GUAM
College of Natural & Applied Sciences
CF 230 NUTRITION AND HEALTH
COURSE SYLLABUS

CLASS MEETING TIMES - Life Sciences Building, Room 127

CF230-01: Monday & Wednesday – 2:00 – 3:20 pm

CF230-02: Tuesday & Thursday – 12:30 – 1:50 pm

INSTRUCTOR

Michelle (Shelly) Blas Laguana, MS

Office: College of Life Sciences Bldg., Room 113

Office hours: M/W: 12:00 – 2:00 pm, T/TH: 11:00 am – 12:00 pm

Phone: 735-2029

E-mail: shellyblas@uguam.uog.edu

Course website/link available at Moodle: <http://campus.uogdistance.com/> Moodle Key: _____

CATALOG DESCRIPTION

This course introduces basic principles of nutrition, including nutrients, food sources for nutrients, and the essentials of a good diet. Applied nutrition and the study of nutrition problems in health are studied.

RATIONALE FOR THE COURSE

This course will provide students with a nutrition background that gives basic working knowledge of the role of nutrition in human health.

CONCEPTUAL STRUCTURE OF COURSE

The course has been structured so that basic nutrition concepts are thoroughly reviewed first, macronutrients and micronutrients. Then, nutrition through various stages of the lifecycle are discussed.

COURSE STUDENT LEARNING OUTCOMES

CF 230 Student Learning Outcomes (SLO)	Program Learning Outcomes (PLO)	Institutional Learning Outcomes (ILO)	
1. Identify the major nutrients that individuals need for the growth, maintenance, and repair of cells, and give examples of foods rich in those nutrients.	PLO-1,2,3	ILO-1,3	Questions on homework and tests
2. Calculate energy expenditure in kcalories per day for an individual given their height, weight and activity level.	PLO-1,2,3,4,7	ILO-1,2,3,5	Questions on homework, tests, discussion
3. Identify the four sources of food energy for the human body and explain how energy balance is maintained.	PLO-1,2,3,4,6,7	ILO-1,2,3,6,7	Questions on homework, tests, discussion
4. Describe an individual's nutritional needs at various stages of the life cycle.	PLO-1,2,3,4,6,7	ILO-1,2,3,6,7	Questions on homework, tests, discussion

5. Analyze a 3-day diet record via nutrition analysis software and evaluate the adequacy of the diet when compared to DRIs and Dietary Guidelines for Americans.	PLO-1,2,3,4,7	ILO-1,3,5,7	Individual Project
6. Identify credible sources of nutrition information via written materials, media, and the internet.	PLO-1,2,3,4,5,7	ILO-1,2,3,5	Questions on homework, tests, discussion
7. Explain the primary functions and list the major food sources for: carbohydrates, proteins, fats, water, water-soluble vitamins, fat-soluble vitamins, macro-minerals, and trace minerals.	PLO-1,2,3	ILO-1,3,7	Questions on homework, tests, discussion

Agriculture and Life Sciences Program Learning Outcomes

Program Learning Outcome 1, Disciplinary Knowledge and Skills: Graduates will demonstrate integrated knowledge in their chosen fields of study and the related sciences.

Program Learning Outcome 2, Research Skills: Graduates possess critical thinking and analytical skills. Graduates are competent in basic procedures and safety protocols in conducting research. Graduates can use their knowledge and understanding of scientific concepts to explain and solve problems in their field.

Program Learning Outcome 3, Analytical Skills: Graduates can apply quantitative and/or qualitative analytical methods in agriculture and the life sciences.

Program Learning Outcome 4, Communication Skills: Graduates can gather and assess information and use it to create effective research and outreach communication media and oral presentations.

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Program Learning Outcome 6, Multicultural Competence: Graduates will develop cross-cultural respect and a foundation for life-long multicultural competence.

Program Learning Outcome 7, Life-Long Learning and Integration of Knowledge from the Sciences and the Arts: Graduates can empower themselves through life-long learning to enhance their knowledge base, and demonstrate an ability to integrate knowledge from the sciences and the arts.

UOG INSTITUTIONAL LEARNING OUTCOMES

1. Mastery of critical thinking and problem solving
2. Mastery of quantitative analysis
3. Effective oral and written communication
4. Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
5. Responsible use of knowledge, natural resources, and technology
6. An appreciation of the arts and sciences
7. An interest in personal development and lifelong learning

COURSE FORMAT

Instructor relies heavily on lecture method to deliver information. However, the instructor will incorporate class discussions, group case studies, and other forms of active participation whenever possible.

REQUIRED TEXTBOOK

Whitney EN, Rolfes SR. (2012) Understanding Nutrition, 13th ed. (ISBN 13:978-1-133-58752)

COURSE POLICIES

You are responsible for your learning! In the real world, you are expected to go to work, on time, every day. Therefore, you will be expected to attend every class, and be there on time. Take full advantage of the resources available, including the textbook, lectures, activities, assignments, and office hours. I recommend that you attend

every lecture period, but I do not usually take attendance. Chronic absences, tardiness, or other evidence that you have not been doing your best to learn will indicate that you don't deserve discretionary points. (Discretionary points may make a difference in your grade if you are borderline. Things you can do to get them: show up to class, participate in class discussions and other classroom activities — look like you are trying to learn.) If something prevents you from attending class, or if I cannot give a class because of absence, typhoon, etc., you are still responsible to keep up with the reading/study. **HOWEVER** — — — Based on the new CDC guidance, the Department of Public Health and Social Services recommends that people with influenza-like illness should stay home for 3-5 days or 24 hours after their fever is gone without the use of fever-reducing medicine, whichever is longer (fever is defined as having a temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or greater). If you feel ill with flu-like symptoms please stay home and contact me by phone or email. We will arrange to accommodate your absence by assigning work to be completed at home or at a later time. Please refer to the H1N1 alert notices posted across the campus. Contact a classmate for copies of new handouts if necessary.

As a courtesy to the instructor and to your classmates, in order to cause the least disruption to your fellow learners:

- 1) Please avoid coming late to class or leaving early. If you absolutely must, come in quietly. If you need to use the restroom, if possible please wait until there is an activity.
- 2) Please don't talk to each other when the instructor is addressing the class. If you want to catch-up with your friends/classmates, save it for after class.
- 3) Please turn off all cell phones, MP3 players or other devices, with or without text messages and earphones. Contact instructor before class begins if you need to make special arrangements for an emergency situation.

ACADEMIC DISHONESTY

Professional and ethical conduct is expected at all times. Unethical conduct includes any form of cheating, including: plagiarism. The term "cheating" includes, but is not limited to: (1) use of any unauthorized assistance in taking quizzes, tests, or examinations, e.g., looking at other students' answers, using crib notes (including electronic), getting information from another person via ANY kind of communication; (2) dependence upon the aid of sources beyond those authorized by the instructor in writing papers/reports/case studies, solving problems, or carrying out other assignments; (3) the acquisition, without permission, of tests or other academic material belonging to a member of the University faculty or staff; or (4) not doing your own work on case studies and assignments, doing someone else's work for them, or allowing someone else to copy your work. "Plagiarism" includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgement. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials. Because the University of Guam is an academic community with high professional standards, instruction is disrupted and undermined by dishonesty. Any evidence of cheating will result in a "0" for that assignment/exam or possibly an "F" for the entire course — final decision to be determined by the course instructor.

During the course of the semester, 4 exams will be administered, however your final grade will only be based on your top 3 scores. Make-up exams will NOT be given, except under special circumstances (to be determined at discretion of instructor). If you miss a test for a valid reason, you **MUST** contact the instructor **AS SOON AS POSSIBLE**; and if possible, notify the instructor **IN ADVANCE** if you are unable to take the exam.

All assignments are due the day noted in the course syllabus or as stated in class -- unless 24-hour notice is given with a valid excuse (like giving birth or admitted to hospital). Otherwise, **late assignments will be penalized 10% for each class day late**. Late assignments will not be accepted after more than one week. It is the responsibility of the student to know when assignments are due and have them submitted to the instructor on time. Electronic submission of assignments **will not** be allowed unless prior arrangements have been made with the instructor.

UOG DISABILITIES POLICY

In accordance with the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, the University of Guam does not discriminate against students and applicants on the basis of disability in the administration of its educational and other programs. The University offers reasonable accommodations for a student or applicant who is otherwise qualified, if the accommodation is reasonable, effective and will not alter a fundamental aspect of the University's program nor will otherwise impose an undue hardship on the University, and/or there are not equivalent alternatives. Students are expected to make timely requests for accommodations using procedure described at: www.uog.edu/eo/PolicyDisability.pdf. If appropriate, the University may choose to consult with such individuals, at or outside the University, to provide expertise needed to evaluate the request for accommodation. *Each student bears the responsibility for initiating and then documenting a disability-related request for accommodation in the manner requested in this Policy.*

SPECIAL NEEDS (EEO/ADA)

If you are a student with a special need who will require an accommodation(s) to participate in this course, please contact the instructor privately to discuss your specific needs. You will need to provide me with documentation concerning your needs for accommodation(s) from the EEO/ADA office. If you have not registered with the EEO/ADA office, you should do so immediately at 735-2243/2244/2971 (TTY) to coordinate your accommodation request.

WITHDRAWAL DATES

The deadline for 'Voluntary Withdrawal' is March 09, 2016; you must withdraw at the UOG Records Office. If you want to withdraw after this date, you must file a 'Withdrawal By Petition' by May 20, 2016. Forms are available at the UOG Admissions and Records Office.

STUDENT WORKLOAD

You should plan to spend an average of 2 hours studying for every hour of lecture class time. Since this is a 3 credit hour course, that equates to 6 hours of studying per week. I suggest you structure those 6 hours per week as follows:

- 2 hours pre-reading the textbook before class — read the sections that are assigned. Make note of new terms and key words, and write out the definitions. You may not be asked to memorize the terms for an exam, but you will be expected to know what the terms mean and be able to work with them.
- 2 hours re-reading the textbook and revising your notes after class — focus on the specific learning objectives for that particular topic. These will act as your study guide for the exams.
- 2 hours doing assignments and testing yourself on the specific learning objectives. The specific objectives can easily be converted to test questions. You should write out practice answers to all these questions. This way you will a) be ready for whatever selection of them appears on the test; b) become aware of any points which may need clarification in class.

GRADING SYSTEM/EVALUATION METHODOLOGIES:

Summary of Course Requirements	points	%
1. Exams (3 worth 125 points each)	375	63%
2. Assignments (in class & homework)/Quizzes	155	26%
3. Diet Analysis Project	50	08%
4. Discretionary	20	03%
Total	600	100

CONTACT INFORMATION FOR CLASSMATES

Write the names and contact info for two or three classmates you can contact if you miss a session or want to study together. I encourage you to form study groups!

TOBACCO-FREE/SMOKE-FREE CAMPUS

University of Guam is a tobacco-free campus. Thank you for not using tobacco products on campus, and for helping make UOG a healthy learning and living environment. <http://www.uog.edu/smoke-free-uog>

CF230 – Monday // Wednesday

COURSE CALENDAR

Date	Topic	Chapter	Due
1/20	Course Introduction & Review Syllabus		
1/25	Overview of Nutrition, Planning a Healthy Diet	1,2	
1/27	Continue Chapter 1 & 2		
2/1	Carbohydrates	4	
2/3	Carbohydrates continued		
2/8	Lipids	5	
2/10	Lipids (continued)		
2/15	Protein	6	
2/17	Protein (Continued)		
2/22	Exam #1 (Intro to Protein)		
2/24	Energy Metabolism	7	
2/29	Energy Balance	8	
3/2	Weight Management	9	
3/7	HOLIDAY - Guam History		
3/9	Eating Disorders	9	
3/14	Water Soluble Vitamins	10	
3/16	Fat Soluble Vitamins	11	
03/21 & 23	HOLIDAY- SPRING BREAK		
3/28	Exam #2 (Metabolism to Vitamins)		
3/30	Minerals	12,13	
4/4	Water	12	
4/6	Fitness: Physical Activity, Nutrients, & Body Adaptation	14	
4/11	Life Cycle Nutrition: Pregnancy & Lactation	15	
4/13	Life Cycle Nutrition: Pregnancy & Lactation		
4/18	Life Cycle Nutrition: Infancy, Childhood, & Adolescents	16	Diet Record Due
4/20	Life Cycle Nutrition: Infancy, Childhood, & Adolescents		
4/25	Exam #3 (Minerals to Infancy)		
4/27	Life Cycle Nutrition: Adulthood & the Later Years	17	
5/2	Diet & Health	18	
5/4	Diet & Health		
5/9	Consumer Concerns about Food & Water	19	
	Hunger & the Global Environment	20	
5/11	TBA		
5/16	Exam #4 (Adulthood to Hunger) – 2:00 – 3:50 pm		

This schedule is tentative and subject to change. Any changes will be announced in class.

UNIVERSITY OF GUAM
College of Natural & Applied Sciences
CF 231 HUMAN NUTRITION FOR HEALTH PROFESSIONALS
COURSE SYLLABUS

CLASS MEETING TIMES – Life Science Building, Room 127

CF231-02: Monday & Wednesday – 4:00 – 5:20 pm

CF231-01: Tuesday & Thursday – 9:30 – 10:50 am

INSTRUCTOR

Michelle (Shelly) Blas Laguana, MS

Office: College of Life Sciences Bldg., Room 113

Office hours: M/W: 12:00 – 2:00 pm, T/TH: 11:00 am – 12:00 pm

Phone: 735-2029

E-mail: shellyblas@ugum.uog.edu

Course website/link available at Moodle: <http://campus.uogdistance.com/> Moodle Key: _____

CATALOG DESCRIPTION

This course examines the relationship between nutrition and disease. The action of nutrients in the body, methods of nutritional assessment and nutrient content of foods is discussed. Emphasis is placed on diets appropriate for individuals who already have disease.

RATIONALE FOR THE COURSE

This course will provide health professionals with a nutrition background that gives basic working knowledge of the role of nutrition in human health and disease. The focus of the course will be more clinical than the CF230 Nutrition and Health course.

COURSE STUDENT LEARNING OUTCOMES

CF 231 Student Learning Outcomes (SLO)	Program Learning Outcomes (PLO)	Institutional Learning Outcomes (ILO)	
1. Identify the major nutrients that individuals need for the growth, maintenance, and repair of cells, and give examples of foods rich in those nutrients.	PLO-1,2,3	ILO-1,3	Questions on homework and tests
2. Explain the primary functions and list the major food sources for: carbohydrates, proteins, fats, water, water-soluble vitamins, fat-soluble vitamins, macro-minerals, and trace minerals.	PLO-1,2,3	ILO-1,3,7	Questions on homework and tests
3. Describe the components to consider when planning long-term dietary interventions for various health/disease conditions.	PLO-1,2,3,6,7	ILO-1,2,3	Questions on homework, tests, class discussion
4. Explain the ways in which diet contributes to prevention and management of various disease states, including: heart disease, hypertension, diabetes, gout, cancer, obesity, kidney disease, and liver disease.	PLO-1,2,3,4,5,7	ILO-1,3,5	Questions on homework, tests

5. Analyze a 2-day diet record via nutrition analysis website and evaluate the adequacy of the diet when compared to the DRI's and Dietary Guidelines for Americans.	PLO-1,2,3,4,7	ILO-1,3,5,7	Individual Project
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Agriculture and Life Sciences Program Learning Outcomes

Program Learning Outcome 1, Disciplinary Knowledge and Skills: Graduates will demonstrate integrated knowledge in their chosen fields of study and the related sciences.

Program Learning Outcome 2, Research Skills: Graduates possess critical thinking and analytical skills. Graduates are competent in basic procedures and safety protocols in conducting research. Graduates can use their knowledge and understanding of scientific concepts to explain and solve problems in their field.

Program Learning Outcome 3, Analytical Skills: Graduates can apply quantitative and/or qualitative analytical methods in agriculture and the life sciences.

Program Learning Outcome 4, Communication Skills: Graduates can gather and assess information and use it to create effective research and outreach communication media and oral presentations.

Program Learning Outcome 5, Ethics and Professionalism: Graduates understand the ethical principles underlying research, publication, and professional behavior. Graduates can demonstrate teamwork and networking skills, and understand the importance of providing correct credit for others' work.

Program Learning Outcome 6, Multicultural Competence: Graduates will develop cross-cultural respect and a foundation for life-long multicultural competence.

Program Learning Outcome 7, Life-Long Learning and Integration of Knowledge from the Sciences and the Arts: Graduates can empower themselves through life-long learning to enhance their knowledge base, and demonstrate an ability to integrate knowledge from the sciences and the arts.

UOG INSTITUTIONAL LEARNING OUTCOMES

1. Mastery of critical thinking and problem solving
2. Mastery of quantitative analysis
3. Effective oral and written communication
4. Understanding and appreciation of culturally diverse people, ideas and values in a democratic context
5. Responsible use of knowledge, natural resources, and technology
6. An appreciation of the arts and sciences
7. An interest in personal development and lifelong learning

COURSE CONTENT

This course focuses on macronutrient metabolism and the role of nutrition in the prevention and management of disease. This course is designed for students pursuing a degree in nursing or other health related field. A review of basic human anatomy, physiology, and chemistry will be incorporated into the study of medical nutrition therapy and prevention strategies for major diseases affecting humans. Special emphasis will be placed on the diseases most common in the Pacific region.

CONCEPTUAL STRUCTURE OF COURSE

The course has been structured so that basic nutrition concepts are thoroughly reviewed first, macronutrients and micronutrients. Then, basic nutrition assessment and medical/nutrition care plans are discussed. Finally, specific diseases, and the strategies to prevent and treatment these conditions are discussed.

COURSE FORMAT

Instructor relies heavily on lecture method to deliver information. However, the instructor will incorporate class discussions, group case studies, in class assignments, quizzes, and other forms of active participation whenever possible.

REQUIRED TEXTBOOK

Rolfes, S.R. Pinna, K, Whitney, E.N., (2014) Understanding Normal and Clinical Nutrition. 10th Edition. (ISBN-13: 978-1285458762)

COURSE POLICIES

You are responsible for your learning! In the real world, you are expected to go to work, on time, every day. Therefore, you will be expected to attend every class, and be there on time. Take full advantage of the resources available, including the textbook, lectures, activities, assignments, and office hours. I recommend that you attend every lecture period, but I do not usually take attendance. Chronic absences, tardiness, or other evidence that you have not been doing your best to learn will indicate that you don't deserve discretionary points. (Discretionary points may make a difference in your grade if you are borderline. Things you can do to get them: show up to class, participate in class discussions and other classroom activities — look like you are trying to learn.) If something prevents you from attending class, or if I cannot give a class because of absence, typhoon, etc., you are still responsible to keep up with the reading/study. **HOWEVER** — — — Based on the new CDC guidance, the Department of Public Health and Social Services recommends that people with influenza-like illness should stay home for 3-5 days or 24 hours after their fever is gone without the use of fever-reducing medicine, whichever is longer (fever is defined as having a temperature of 100 degrees Fahrenheit or 37.8 degrees Celsius or greater). If you feel ill with flu-like symptoms please stay home and contact me by phone or email. We will arrange to accommodate your absence by assigning work to be completed at home or at a later time. Please refer to the H1N1 alert notices posted across the campus. Contact a classmate for copies of new handouts if necessary.

As a courtesy to the instructor and to your classmates, in order to cause the least disruption to your fellow learners:

- 1) Please avoid coming late to class or leaving early. If you absolutely must, come in quietly. If you need to use the restroom, if possible please wait until there is an activity.
- 2) Please don't talk to each other when the instructor is addressing the class. If you want to catch-up with your friends/classmates, save it for after class.
- 3) Please turn off all cell phones, MP3 players or other devices, with or without text messages and earphones. Contact instructor before class begins if you need to make special arrangements for an emergency situation.

ACADEMIC DISHONESTY

Professional and ethical conduct is expected at all times. Unethical conduct includes any form of cheating, including: plagiarism. The term "cheating" includes, but is not limited to: (1) use of any unauthorized assistance in taking quizzes, tests, or examinations, e.g., looking at other students' answers, using crib notes (including electronic), getting information from another person via ANY kind of communication; (2) dependence upon the aid of sources beyond those authorized by the instructor in writing papers/reports/case studies, solving problems, or carrying out other assignments; (3) the acquisition, without permission, of tests or other academic material belonging to a member of the University faculty or staff; or (4) not doing your own work on case studies and assignments, doing someone else's work for them, or allowing someone else to copy your work. "Plagiarism" includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full and clear acknowledgement. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials. Because the University of Guam is an academic community with high professional standards, instruction is disrupted and undermined by dishonesty. Any evidence of cheating will result in a "0" for that assignment/exam or possibly an "F" for the entire course — final decision to be determined by the course instructor.

During the course of the semester, 4 exams will be administered, however your final grade will only be based on your top 3 scores. Make-up exams will NOT be given, except under special circumstances (to be determined at discretion of instructor). If you miss a test for a valid reason, you **MUST** contact the instructor **AS SOON AS POSSIBLE**; and if possible, notify the instructor **IN ADVANCE** if you are unable to take the exam.

All assignments are due the day noted in the course syllabus or as stated in class -- unless 24-hour notice is given with a valid excuse (like giving birth or admitted to hospital). Otherwise, **late assignments will be penalized 10% for each class day late**. Late assignments will not be accepted after more than one week. It is the responsibility of the student to know when assignments are due and have them submitted to the instructor on time. Electronic submission of assignments **will not** be allowed unless prior arrangements have been made with the instructor.

UOG DISABILITIES POLICY

In accordance with the Americans with Disabilities Act (ADA) of 1990 and the Rehabilitation Act of 1973, the University of Guam does not discriminate against students and applicants on the basis of disability in the administration of its educational and other programs. The University offers reasonable accommodations for a student or applicant who is otherwise qualified, if the accommodation is reasonable, effective and will not alter a fundamental aspect of the University's program nor will otherwise impose an undue hardship on the University, and/or there are not equivalent alternatives. Students are expected to make timely requests for accommodations using procedure described at: www.uog.edu/eoo/PolicyDisability.pdf. If appropriate, the University may choose to consult with such individuals, at or outside the University, to provide expertise needed to evaluate the request for accommodation. *Each student bears the responsibility for initiating and then documenting a disability-related request for accommodation in the manner requested in this Policy.*

SPECIAL NEEDS (EEO/ADA)

If you are a student with a special need who will require an accommodation(s) to participate in this course, please contact the instructor privately to discuss your specific needs. You will need to provide me with documentation concerning your needs for accommodation(s) from the EEO/ADA office. If you have not registered with the EEO/ADA office, you should do so immediately at 735-2243/2244/2971 (TTY) to coordinate your accommodation request.

GRADING SYSTEM/EVALUATION METHODOLOGIES:

Summary of Course Requirements.....	points	%
1. 3 Exams (each exam worth 150 points)	450	69%
2. Assignments/Case Studies / Quizzes	180	28%
3. Discretionary	<u>20</u>	<u>3%</u>
Total	650	100%

WITHDRAWAL DATES

The deadline for 'Voluntary Withdrawal' is March 09, 2016; you must withdraw at the UOG Records Office. If you want to withdraw after this date, you must file a 'Withdrawal By Petition' by May 20, 2016. Forms are available at the UOG Admissions and Records Office.

STUDENT WORKLOAD

You should plan to spend an average of 2 hours studying for every hour of lecture class time. Since this is a 3 credit hour course, that equates to 6 hours of studying per week. I suggest you structure those 6 hours per week as follows:

- 2 hours pre-reading the textbook before class — read the sections that are assigned. Make note of new terms and key words, and write out the definitions. You may not be asked to memorize the terms for an exam, but you will be expected to know what the terms mean and be able to work with them.
- 2 hours re-reading the textbook and revising your notes after class — focus on the specific learning objectives for that particular topic. These will act as your study guide for the exams.
- 2 hours doing assignments and testing yourself on the specific learning objectives. The specific objectives can easily be converted to test questions. You should write out practice answers to all these questions. This way you will a) be ready for whatever selection of them appears on the test; b) become aware of any points which may need clarification in class.

CONTACT INFORMATION FOR CLASSMATES

Write the names and contact info for two or three classmates you can contact if you miss a session or want to study together. I encourage you to form study groups!

TOBACCO-FREE/SMOKE-FREE CAMPUS

University of Guam is a tobacco-free campus. Thank you for not using tobacco products on campus, and for helping make UOG a healthy learning and living environment. <http://www.uog.edu/smoke-free-uog>

COURSE CALENDAR

Date	Topic	Chapter	Due
01/20	Course Introduction & review syllabus		
01/25	Overview of Nutrition, Planning a Healthy Diet	1,2	
01/27	Continue Ch. 1 & 2		
02/01	Carbohydrates	4	
02/03	Carbohydrates continued		
02/08	Lipids.....	5	
02/10	Lipids continued		
02/15	Protein	6	
02/17	Protein Continued		
02/22	Exam #1 (Intro to Protein)		
02/24	Energy Metabolism	7	
02/29	Energy Balance	8	
03/02	Weight Management.....	9	
03/07	HOLIDAY – Guam History Day		
03/09	Eating Disorders	9	
03/14	Water Soluble Vitamins	10	
03/16	Fat Soluble Vitamins.....	11	
03/21	NO CLASS – SPRING BREAK		
03/22	NO CLASS – SPRING BREAK		
03/28	Exam #2 (Metabolism to Vitamins)		
03/30	Minerals	12,13	
04/04	Water	12	
04/06	Nutrition Care & Assessment	17	
04/11	Nutrition Intervention & Medications	18,19	
04/13	Enteral and Parenteral Nutrition.....	20,21	
04/18	Nutrition and GI Disorders.....	23,24	
04/20	Exam #3 (Minerals to GI Disorders)		Diet Record Due!
04/25	Nutrition and Stress.....	22	
04/27	Disorders of the Livers.....	25	
05/02	Diabetes & Hypoglycemia	26	
05/04	Disorders of Vessels, Heart, and Lungs & Kidneys	27,28	
05/09	Nutrition & Cancer.....	29	
05/11	TBA		
05/16	Exam #4 (Stress to Cancer) {4:00 – 5:50 pm}		

This schedule is tentative, and subject to change. Any changes will be announced in class.