CUL 103
NUTRITION

Course Description
This course is a study of general nutritional needs of the life cycle, including carbohydrates, proteins, fats, vitamins, and minerals. Practical applications of the food service professional are emphasized. 3 Cr (3 lect/pres, 0 lab, 0 other)

Course Focus
The focus of this course is to instruct students in nutrimental needs throughout the life cycle. The course includes practical application for food service professionals.

Text and References
Blackboard Mindlinks for Printed Access to MindTap.
ISBN 978-128-5594-255

Course Goals
The following list of course goals will be addressed in the course. These goals are directly related to the performance objectives. (*designates a CRUCIAL goal)

1. articulate food choices and impacts on the body
2. define nutrient
3. characterize characteristics of a healthy diet
4. explain misleading nutrition information
5. describe how and why foods are grouped
6. evaluate a food label
7. outline basic steps of diet planning
8. state specific nutritional advantages of nutrient-dense diet
9. describe levels of organization in the body
10. summarize the interactions between body systems and nutrition
11. name common digestive problems
12. compare and contrast the major types of carbohydrates
13. evaluate the scope of the U.S diabetes problem
14. identify components of a lifestyle plan
15. specify the roles of lipids in the body
16. compare the roles of omega-3 and omega-6 fatty acid
17. demonstrate and understanding of amino acids
19. identify protein-rich foods
20. list fat-soluble and water-soluble vitamins
21. define roles of vitamins A, D, E, K, C and B
22. suggest foods that ensure adequate vitamin intake
23. delineate the health risks associated with body fat
24. identify factors that contribute to increased and decreased appetite
25. understand theories of obesity development
26. construct a weight-loss plan
27. demonstrate an understanding of daily energy needs
28. outline physical activity benefits to the body
29. explain the importance of glucose, fatty acids and amino acids with regard to exercise
30. identify nutritional planning trends
31. understand the hazards associated with inadequate fluid replacement
32. describe relationships between immunity and nutrition
33. plan a nourishing and adequate diet
34. specify risk factors for chronic disease
35. demonstrate understanding of foodborne microorganisms
36. specify potential advantages of organic foods
37. evaluate ways food processing techniques affect nutrients in food
38. explain why nutritionally adequate diets is important during pregnancy
39. discuss relationships between childhood obesity and disease
40. evaluate the nutritional needs of young children
41. design a healthy meal for a specific age group
42. describe the severity of poverty and starvation in the world
43. explain how food supply and environmental conditions are related
44. describe USDA food patterns
45. Outline the basic steps of diet planning with USDA food patterns
46. list the four major topic area of the Dietary Guidelines for Americans

**Student Contributions**
Each student will spend at least 6 hours per week preparing for class. Attendance is critical in this class. Students are expected to complete all quizzes, exams, and homework assignments according to the published schedule. For TCL attendance policy, please refer to the student handbook.

**Course Evaluation**
Your weekly assignments, quizzes, projects and exams will be translated to points and the points to grades.

- 90-100 = A
- 80-89 = B
- 70-79 = C
- 60-69 = D
- 0-68 = F

*Tentative Assignments*
(13) Weekly Assignments @25 points each = 325 points
(2) Exams @150 points each = 300 points
(1) Project @150 points = 150 points

*The instructor reserves the right to deviate from this point structure as needed.*
Course Schedule
This online course material will be posted weekly. It is the student’s responsibility to check Blackboard for new assignments, exams and projects. Please pay attention to assignment deadlines. Late work will not be accepted. Please see Blackboard for the schedule of coursework and assignment deadlines.

Approved by: ________________________________
Ken Flick, Division Dean for Business/Industrial Division

Developed/Revised: 1/06/2014
**ADA STATEMENT**

The Technical College of the Lowcountry provides access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the counselor for students with disabilities at (843) 525-8228 during the first ten business days of the academic term.

**ACADEMIC MISCONDUCT**

There is no tolerance at TCL for academic dishonesty and misconduct. The College expects all students to conduct themselves with dignity and to maintain high standards of responsible citizenship.

It is the student’s responsibility to address any questions regarding what might constitute academic misconduct to the course instructor for further clarification.

The College adheres to the Student Code for the South Carolina Technical College System. Copies of the Student Code and Grievance Procedure are provided in the *TCL Student Handbook*, the Division Office, and the Learning Resources Center.

**ATTENDANCE**

The College’s statement of policy indicates that students must attend ninety percent of total class hours or they will be in violation of the attendance policy.

- Students not physically attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
- Students taking an online/internet class must sign in and communicate with the instructor within the first ten calendar days from the start of the semester to indicate attendance in the class. Students not attending class during the first ten calendar days from the start of the semester must be dropped from the class for NOT ATTENDING.
- Reinstatement requires the signature of the division dean.

In the event it becomes necessary for a student to withdraw from the course OR if a student stops attending class, it is the student’s responsibility to initiate and complete the necessary paperwork. Withdrawing from class may have consequences associated with financial aid and time to completion.

When a student exceeds the allowed absences, the student is in violation of the attendance policy. The instructor MUST withdraw the student with a grade of “W”, “WP”, or “WF” depending on the date the student exceeded the allowed absences and the student’s progress up to the last date of attendance or under extenuating circumstances and at the discretion of the faculty member teaching the class, allow the student to continue in the class and make-up the work. This exception must be documented at the time the allowed absences are exceeded.

Absences are counted from the first day of class. There are no "excused" absences. All absences are counted, regardless of the reason for the absence.

- A student must take the final exam or be excused from the final exam in order to earn a non-withdrawal grade.

A copy of TCL’s **STATEMENT OF POLICY NUMBER: 3-1-307 CLASS ATTENDANCE (WITHDRAWAL)** is on file in the Division Office and in the Learning Resources Center.

**HAZARDOUS WEATHER**

In case weather conditions are so severe that operation of the College may clearly pose a hardship on students and staff traveling to the College, notification of closing will be made through the following radio and television stations: WYKZ 98.7, WGCO 98.3, WGZO 103.1, WFXH 106.1, WWVV 106.9, WLOW 107.9, WGZR 104.9, WFXH 1130 AM, WLVL 101.1, WSOK 1230 AM, WAEV 97.3, WTOC TV, WTGS TV, WJWJ TV, and WSAV TV. Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. [www.tcl.edu/textalert.asp](http://www.tcl.edu/textalert.asp)
**Emergency Text Message Alert**

Students, faculty and staff are highly encouraged to opt in to the Emergency Text Message Alert System. Participants receive immediate notification of emergency events and weather cancelations via text messaging on their cell phones. Participants can also opt in to receive non-emergency news and announcements. Go to [www.tcl.edu](http://www.tcl.edu). On the homepage, click on “emergency TextAlert at TCL” and fill out the form or go to [www.tcl.edu/textalert.asp](http://www.tcl.edu/textalert.asp)

**BROADCAST LEARNING FORMAT:** This class is being taught in a broadcast learning format. Images and word of class participants may be transmitted live or on a delayed basis to other locations. Classes may be rebroadcast due to extenuating circumstance.