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

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 religious dietary laws
2. characterize nutrient sources
3. characterize nutrient functions
4. explain nutrient differences
5. explain digestive system
6. describe digestion absorption and metabolism processes
7. explain American dietary guidelines
8. investigate USDA dietary guidelines and principles
9. implement dietary guidelines
10. interpret food labels
11. analyze food labels
12. categorize dietary references
13. critique food label health claims
14. evaluate food nutrition labels
15. analyze food label ingredients
16. enhance nutritional content
17. evaluate recipes and menus
18. promote nutritional programs
19. create individualized menus
20. calculate energy needs
21. define keywords and terminology
22. develop nutrition communication strategies
23. describe high fiber diet benefits
24. determine food allergy substitutions
25. apply menu planning knowledge
26. modify recipes
27. expound contemporary nutritional issues
28. identify food allergies
29. identify food preparation techniques
30. identify nutritional planning trends
31. incorporate food exchange groups
32. prioritize food groups
33. use food preparation principles
34. develop individualized personal wellness plans
35. evaluate food preparation techniques
36. outline nutrition marketing steps
37. incorporate alternative food substitutions
38. specify athletes nutritional needs
39. plan vegetarian menus
40. use vegetarian menu planning guidelines
41. create life cycle nutritional plans
42. understand vegetarian eating styles
43. assess disease prevention
44. develop weight maintenance plans
45. incorporate weight management and exercise food plans
46. categorize age changing nutritional needs

**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 performance objective and exams will be translated to points and the points to grades. There are 775 points possible and grades will be earned as follows: A = 697 to 775, B = 620 to 774, C = 542 to 773 D = 465 to 772

(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
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 withdrawal 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
  o 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, WLHV 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

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. On the homepage, click on “emergency TextAlert at TCL” and fill out the form or go to 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.