



# Syllabus

## Welcome to BYU Online!

This course is a highly structured learning experience that meets the university's general education requirements and will mirror the intensity of the on-campus course. This course differs from on-campus courses and other online courses in the following ways:

- **Course Content**—Aside from your textbook, all of the course content is contained online. You will also submit all your assignments and complete all your course quizzes online.
- **Course Completion**—There are certain due dates for assignments, speedbacks, and midterms. You may work as quickly as you would like with the only restriction being you cannot finish the course before **Oct. 12th**. You must also complete the course by the end of the semester.
- **Orientation Meeting**—A video tutorial about the course and how to get started will be sent to you the first day of classes. This orientation will help get you started. Please contact your TA if you have any questions.
- **Course TA**—This course has a specific TA that you can contact with questions about the course or course content. The TA will also assist you in creating a course completion schedule and meet with you for the course checkpoints.
- **Checkpoints**—Throughout the course you will be required to meet with the course TA three times. This meeting will take place in Adobe Connect. These checkpoints will allow you to discuss your progress in the course and help you follow your course completion plan. You must complete the three checkpoints by the following dates:
  - Checkpoint 1: September 25th
  - Checkpoint 2: October 23rd
  - Checkpoint 3: November 13th

We will be asking you to help assess the success and effectiveness of this course, the faculty member, the course delivery and the course support. Your participation in this assessment effort will be critical to future opportunities for online learning at BYU. Please be prepared to provide meaningful feedback about your experience.

## Course TA Information

Your TA for this course is **Joy Philips**. Please contact your TA if you have any questions, run into difficulties with the course, and to schedule checkpoints.

Remember, her name is **Joy Philips**  
[ta\\_ndfs100@byu.edu](mailto:ta_ndfs100@byu.edu) ([mailto:ta\\_ndfs100@byu.edu](mailto:ta_ndfs100@byu.edu))  
office: 801-422-3988

[Click here to watch video.](#)

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Remember, your TA is your first line of contact, and will be able to help you with any issues that come up. She is looking forward to getting to know you!

## Some Perspective about This Course

To think critically about nutrition—one of the goals of this course—you will first need to learn basic facts and concepts. I expect you will mature in thinking about nutrition, from black/white or right/wrong, to being able to

identify and weigh relevant factors to recognize and recommend applications in real-life situations.

Examinations sample your abilities to remember facts and to apply them. Examinations are important and provide one indication of your progress or the lack thereof. Do your best, but remember that grades only measure your academic performance relative to this course. They do not assess your overall potential as a person, nor do they assess your overall intelligence or worth. What really matters is what becomes “written in the heart”—a healthy perspective about food and eating and body weight. I hope you will personally apply what you learn in this course!

## **Course Structure**

This course has 15 lessons that correspond to the 15 chapters in the textbook.

As you proceed through this course, you will first read the lesson and reading assignment, as well as watch a few short films, do the Self Check questions (not part of your grade), and then complete the Speedback assignments (part of your grade).

There are also 4 assignments, 3 midcourse exams, and a final exam which are part of your grade and must be completed by the deadlines indicated.

Please note: The majority of the course content is locked until you complete the corresponding learning checkpoint. Once the checkpoint is complete, you will have access to the content.

## **Course Outcomes**

By the end of the course you should be able to:

- Apply the scientific method to identify and interpret credible nutrition information.
- Identify, interpret, and apply nutrition information.
- Identify functions of nutrients and their major food sources.

## **Required Materials**

- A computer and the Internet to access this course and the Library Portal (which is accessible within the course)

- Sizer, F. S., and Whitney, E. 2012. Nutrition Concepts and Controversies. 13th Edition; Thomson/Wadsworth.
- Webcam and Microphone
- Articles by Ellyn Satter (for Assignment #4 and Lesson 14)
  - Ellyn Satter Articles Part 1  
(../Media/PDF/L14EllynSatterPt1.pdf)
  - Ellyn Satter Articles Part 2  
(../Media/PDF/L14EllynSatterPt2.pdf)
- Dietary Guidelines for Americans, 2010  
(<http://www.health.gov/dietaryguidelines/2010.asp>)

## Resources

### Library Portal

Students have online access to BYU's Harold B. Lee Library through the Library Services Portal in the Welcome section of the course. Throughout the course, there will be online articles as assigned readings which can be accessed through this portal.

To access a particular article, open the Library Portal, and scroll down to "Find Articles by Journal." Type in the journal name of your article. Select the journal. Full texts online will be available for the assigned articles. Select one of the options and continue from there. Specific suggestions accompany the article information in the lessons. (Help is available online on the Library Portal website.)

### Additional Help

For additional help as you complete your lessons and Assignments 1–4 please contact the course TA:

**Note:** If you don't know what any food is that is mentioned in NDFS 100, it is your responsibility to find out. The exams assume a certain basic knowledge of foods commonly eaten in the US and Canada.

## Essential Information

Check this section in each lesson for information that will help you in this course. The following equivalents will be used throughout your course.

### Know These Equivalents and Be Able to Use Them!

1 cup (c) = 8 *fluid ounces* (fl oz). This applies only to liquids.

For *dry* foods, the volume per ounce depends on the *density* of the food.

Eg. 1 oz Grape Nuts cereal or granola =  $\frac{1}{4}$  c

1 oz flaky or puffy cereal  $\approx \frac{3}{4}$  - 1 c

4 c = 1 quart (qt)

3 teaspoons (tsp or t) = 1 tablespoon (Tbsp or T)

4 tablespoons =  $\frac{1}{4}$  c

1 ounce (oz) = 28.35 grams (g), or about 28 g

16 oz = 1 pound (lb)

2.2 lb = 1 kilogram (kg)

454 g = 1 lb

1 g = 1000 milligrams (mg) = 1,000,000 micrograms ( $\mu$ g or mcg)

## Assessment and Grading

### Self Check Questions

Each lesson includes a set of Self Check questions. There is also a small section of Self Check questions near the end of each chapter in the textbook. Both the Self Check questions in your course and in the textbook will help you review the lesson material and highlight areas where you could benefit from further study or review. These questions are for your benefit only; the answers do not need to be submitted for grading. Remember, any one of these questions could appear on one of the examinations.

**Hint:** To help you prepare for the examinations, save and/or print out the questions and your answers so you can use them to study. Make sure you know the correct answers for any questions you missed!

### Exam Review Activities

Before each exam you will be required to complete the corresponding "Exam Review Activity." These activities cover most of the concepts you will need to know for the exam. They do not count towards your final grade and you can take them as many times as you would like. However, you must complete the Exam Review Activity before advancing in the course.

## Speedback Assignments

Each of the 15 lessons includes a Speedback assignment covering questions from the textbook chapter. The Speedback assignments consist of multiple choice and matching questions, which will be graded. You will receive feedback for each Speedback question that you miss, which will serve as a tool in helping you understand why you missed a particular question.

For each question in the Speedback assignments, I have tried to be straightforward and precise. I have not purposely included any trick questions. It is very important that you read the question very carefully before you begin to answer it.

Speedbacks will correspond with each midterm. These speedbacks are due by midnight the deadline of the midterm with which they correspond. View the calendar if you have questions of due dates.

**Note:** You may use your textbook to complete the Speedback assignments. However, first answer the Speedback questions as best you can without using your textbook. Before submitting your answers to the Speedback assignment, refer to your textbook to increase your understanding and correct any answers.

**Hint:** Before submitting your Speedback for each lesson, save and/or print out the questions and your answers so you can use them as part of studying for your exams. Make sure you know the correct answers for any questions you missed!

## Instructor-graded Assignments

You will complete four instructor-graded assignments for the course. You will see specific directions for each assignment in the syllabus and worksheets. Below are deadlines for when to turn in the assignments. It will be to your advantage to wait to get feedback on each assignment before you submit the next one.

Turn in Assignment	Due Date . . .
Assignment #1	September 11
Assignment #2	September 25
Assignment #3	November 6

For each of these assignments, you will need to download and complete an assignment worksheet which you will turn in for grading. Each Assignment must be in only one file. Specific information for each assignment is here in the syllabus and detailed instructions are in each assignment worksheet.

### **Late Policy**

Assignments are accepted up until 11:59 pm on the due date, uploaded to Brainhoney. Assignments can always be submitted before the due date. Late Assignments will be accepted with a 10% penalty in the first 7 days after an assignment is due. Assignments 8-14 days late will receive a 20% penalty. Assignments will not be accepted more than 14 days late. To be fair to all students, the late penalty applies to ALL unfortunate unpredictable circumstances such as hard drives that crash, assignments that are accidentally forgotten, having to work late, etc.

### **Course Evaluation (Student Ratings)**

At the end of the course you are asked to complete a course evaluation.

You can access the student ratings website here:

<http://studentratings.byu.edu/> (<http://studentratings.byu.edu/>). After the semester has ended, the course TA will access the student ratings website and give you credit for completing the survey. If you have any questions, please contact your TA.

### **Assignment #1: Evaluating Nutrition Information Using the Scientific Method**

The purposes of this assignment is, find and interpret scientific nutrition from credible sources

**Note:** This assignment is due **September 11 by 11:59 p.m.**

### **Assignment #2: Computer Dietary Analysis**

The purposes of this assignment are to:

1. Evaluate your own food intake and identify 2 goals for improving your food habits.
2. Help you see approximately how many calories you need and ingest each day.
3. Increase your awareness of how your eating habits influence food

and nutrient intake.

**Note:** This assignment is due **September 25 by 11:59 p.m.**

**Assignment #3: A) Prepare an Entrée or B) Plan a 1-day Menu**

For this assignment, you may choose one of two options: 1) Prepare an Entrée (and serve it and eat it with at least one other person), or 2) Plan and Follow a Menu for One Day. You may only complete one of the two assignments for a grade; there will be no extra credit given for completing both. (Although you could certainly do the other one for fun!)

Note: This assignment is due **November 6 by 11:59 p.m..**

**Assignment #3A: Prepare an Entrée**

The purposes of this assignment are to:

1. Help inexperienced cooks know how to prepare one simple survival-skill entrée or encourage more experienced cooks to increase their food preparation repertoire by an additional recipe. The entrée must meet specific criteria.
2. Increase students' vision about the importance of cooking skills.
3. Increase students' confidence in their cooking skills.

As part of Assignment #3A Worksheet, you will submit your recipe.

**Assignment #3B: Plan and Follow a 1-day Menu**

The purposes of this assignment are to help you:

1. Integrate information from throughout the course.
2. Plan a one-day menu for yourself that applies principles of healthy eating and corrects problems identified in your Diet Analysis assignment.
3. Implement your plan and identify what was easy/hard about it.

As part of Assignment #3B Worksheet, you will submit your planned one-day menu and the Dietary Guidelines Comparison.

**Assignment #4: Paper on "Feeding Children"**

**Hint:** I recommend starting this assignment early. See lesson 14 for instructions.

The purposes of this assignment are to:

1. Teach you the principles of the Division of Responsibility and its application to real life settings.



2. Help you recognize the importance and limitations of parents' influence on children's eating.
3. Introduce you to a highly-respected nutritionist whose advice may help you someday.
4. Provide an opportunity to practice or improve your skills in written communication.

**Note:** This assignment is due **December 1 by 11:59 p.m.**

## Submitting Your Assignments

For each assignment, open the worksheet, complete the assignment fully, and then submit the assignment worksheet. In the comment box of the submission window, type your name and student ID. You may also type in any comments or questions you have for your instructor.

When you submit Assignments #1, #2, #3 and #4, please send each as a RTF file. Follow the assignment instructions on how to save and submit your assignment. By submitting the assignments you are acknowledging that they are entirely your own work.

**Note:** you must complete all course assignments before the start of Reading Days. You also must turn in all your assignments before you request the final exam from your TA.

## Examinations

There will be three midcourse examination, plus a final examination. All exams will be closed book and closed notes. All exams will be administered online at the Morris Center.

The examinations consist of multiple choice and matching questions. These questions have been designed to test both your recall of factual knowledge and your ability to apply some higher-order, critical thinking. There will be mathematical computations; therefore, you will be allowed to use a non-programmable calculator.

The Self Check and Speedback assignments are designed to help you prepare for the examinations. Before you submit your Speedback assignments, make sure you save a copy of the questions and your answers (be sure to find the correct answers for any questions you missed). As you study for each exam, review your Self Check and Speedback assignments. The number of Speedback questions in each

lesson will be reflected in the exams; i.e, if a lesson has many Speedback questions, there will be proportionally more questions on the exams from that lesson than there will be from a lesson with fewer questions.

## Exam Schedule

You must complete your exams by the following dates:

Midcourse Exam One—October 2nd

Midcourse Exam Two—October 30th

Midcourse Exam Three— November 20th

Final Exam—December 18th

### Taking the Exam:

You will be taking the exam online at the Morris Center (MORC). To schedule go to <http://istestingdeparment.youcanbook.me/>. **You must schedule at least 48 hours before you plan on taking the exam.** After signing up for a time slot, you will receive a reminder email. you will come to the Morris Center at your assigned time. Bring a valid photo ID, calculator, and scratch paper if you need it. Enter the east doors of the Morris Center and let the employees at the reception desk know you are there to take an online exam. Find more detailed information in the folder "Preparing for the Midcourse Exam".

**Note:** If you have any issues with signing up or with the testing center please call the testing center at 801-422-9432.

## Grading Criteria

"If ye are prepared ye shall not fear." D&C 38:30
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Your grade will be based upon your performance on Speedback assignments, examinations, and the 4 assignments. Assignment grading is based on completeness and accuracy. It goes without saying that every Speedback, assignment, and exam you submit should be entirely your own work.

## Course Assessment

<b>Assessment</b>	<b>% of Grade</b>
Lesson 1 Speedback	1
Assignment #1	3
Lesson 2 Speedback	1
Assignment #2	13
Lesson 3 Speedback	1
Lesson 4 Speedback	1
Midcourse Exam One	12
Lesson 5 Speedback	1
Lesson 6 Speedback	1
Lesson 7 Speedback	1
Midcourse Exam Two	12
Lesson 8 Speedback	1
Assignment #3A or #3B	5
Lesson 9 Speedback	1
Lesson 10 Speedback	1
Midcourse Exam Three	12
Lesson 11 Speedback	1
Lesson 12 Speedback	1
Lesson 13 Speedback	1
Lesson 14 Speedback	1
Assignment #4	9
Lesson 15 Speedback	1
Final Exam	14
Course Evaluation	5
Total	100

**Extra Credit and/or Substitutions**

It is the policy of the NDFS Department that there will be no extra credit given in NDFS 100 and no substitutions for homework assignments or examinations.

## **Grading Scale**

The course is worth a total of 100%, which will be distributed according to the grading scale below.

<b>A</b>	93–100
<b>A–</b>	90–92
<b>B+</b>	87–89
<b>B</b>	83–86
<b>B–</b>	80–82
<b>C+</b>	77–79
<b>C</b>	73–76
<b>C–</b>	70–72
<b>D+</b>	67–69
<b>D</b>	63–66
<b>D–</b>	60–62
<b>E</b>	0–59