



SYLLABUS

FDNT 240 Nutrition Lab

202221

FDNT 240 Nutrition Lab

School of Distance Education

Self-Paced Courses

This course follows a self-paced online format. You have 180 days from your selected start date to complete the course. The last day to withdraw with a full refund is 15 days after your start date.

Instructor Contact

Please refer to course in Learning Hub for the teacher contact information.

Communication with the Instructor

It is important to remember that while the Internet is available 24 hours a day, your instructor is not. You can expect that your instructor will respond to e-mail message to you within *2 business days* during the week and may not be available to respond on weekends.

Other Assistance

Username and password assistance	helpdesk@andrews.edu	(269) 471-6016
Enrollment and withdrawal questions	sderegister@andrews.edu	(269) 471-6323
Technical assistance with online courses	dlit@andrews.edu	(269) 471-3960
Exam requests and online proctoring	sdeexams@andrews.edu	(269) 471-6566
Distance Student Services - any other questions	sdestudents@andrews.edu	(269) 471-6566

Part 1: Course Information

Course Description

Andrews University

Discovering principles of nutrition science through experimentation. For students needing life science general education credit.

Course Prerequisites

- Students will be able to compare nutrition labels
- Students will be able to evaluate dietary supplements
- Students will be able to devise a healthy diet
- Students will be able to discover the effect of changing minor food components upon the quality of the product
- Students will be able to analyze the credibility of mass media information on health research

Required Text/Material

None

Optional Text/Material

None

Credit Hour and Commitment

This course is a 1 semester credit; therefore, it is expected that you will spend 45 hours total on this course. This course has 12 labs, some labs have a number of assignments, and a final reflection video. Each lab represents a week of a typical semester lab. It is recommended that you budget 2-4 hours a week for completing each lab. There are suggested schedule (s) to accomplish this work and are included in this syllabus.

Part 2: Course Methods and Delivery

Methods of Instruction

Methods of instruction include assigned readings found online, videos, lab activities and reflection blogs.

Technical Requirements

- Computer: PC (Win 10 or newer) or MAC (10.14 or better)
- A webcam with microphone, and speakers (or plug in headset)
- Internet: 2.4 Mbps or faster DSL, cable or Wi-Fi connection
- Browser: Current version of Chrome or Firefox
- Software: Office 2013 or newer ([Office 365 available here](#))

LearningHub Access

This course is delivered online through LearningHub at <http://learninghub.andrews.edu>

Your username and password are your Andrews username and password. You need to activate your username and password to access LearningHub.

Please do this online here: <https://vault.andrews.edu/vault/pages/activation/information.jsp> if you haven't already. If you need assistance, call or email us: (296) 471-6016 or helpdesk@andrews.edu.

If you need technical assistance at any time during the course, or to report a problem with LearningHub, please email dlit@andrews.edu or call (269) 471-3960.

Part 3: Course Requirements

Important Note: Activity and assignment details will be explained in detail within each lab. There will be a cost to you for supplies that are needed to be purchased to complete the lab. These supplies can be obtained from your local grocery store. If you have any questions, please contact your instructor.

Your Schedule

In Learning Hub, you will access online lessons, course materials, and resources. This course is self-paced. You must complete the course within 180 days. This is the Consortium policy. You may have a stricter deadline imposed by graduation, financial aid, or other restrictions.

Start by creating a schedule for completion of the course.

- Determine your deadline. Do you need a transcript sent to your home institution?
- Working from your deadline, count backwards. Allow 2 weeks after you take submit your final reflection video. Allow another 2 weeks for the transcript to be processed and sent.
- Now use the suggested schedules to create a schedule for yourself that ensures completion 4 weeks before your deadline.

Submit your course plan to your instructor within Learning Hub AND discipline yourself to make regular progress.

Assessment Descriptions

Please note the following: There are 2 important factors for being successful in this communication course:

A. That you completed each lab report entirely by following the instructions. Please do not deviate from the instructions until you get the instructors approval.

B. That you are tech savvy enough and have equipment to videotape/record your activities and final reflection

Rubrics

Final Reflections Video

As you reflect over the 12 labs that you have done give me a 5-10 minute video recording of your response to the following:

Since you have seen all of the nutrition information in our food labeling, and you have viewed the health material on the web regarding supplements and different diets, why do you think that the average American eats so much unhealthy food? From critiquing your own diet, what changes are you determined to make to enjoy a better health?

Rubric

	Poor	Below Average	Average	Above average	Outstanding
Assessment	2 pt	4 pts	6 pts	8 pts	10 pts
Content quality of the talk. How insightful and meaningful is the content of the student reflection					
	1 pt	2 pts	3 pts	4 pts	5 pts
Relevance. Is the material the student presents connected with what they did in the actual lab experiences					
	1 pt	2 pts	3 pts	4 pts	5 pts
Significance. What is the value of the personal dietary change(s) proposed by the student					
	1 pt	2 pts	3 pts	4 pts	5 pts
A/V quality Is the recording audible and understandable, and the image clear					
	1 pt	2 pts	3 pts	4 pts	5 pts
Length of video. Poor = less than 2 mins Below average is over 2 but under 5 mins, or over 12 mins Average = 5 to 7 mins Above average = over 7 but < 9 mins Outstanding = 9 to 12 mins					
Total (30 pts possible)					

Exams

No exams

Suggested schedule for completion in 8 weeks

Module	Lessons	Readings	Assignments
Intro	These items will need to be completed before you will have access to the rest of the course	Orientation Course Overview Introductions Academic Integrity	Student Introductions Academic Integrity Quiz Academic Integrity Statement
1	Lab 1: Food Labels and Supermarket Savvy	Read Lab 1 Content in LearningHub (LH)	Lab 1A: Understanding Food Labels Lab 1B: Analysis of a Favorite Food Package Lab 1C: Supermarket Scavenger Hunt Lab 1 Discussion
	Lab 2: Factors Affecting Gluten Development	Read Lab 2 Content in LH	Lab 2A: Bread Making Lab 2B: Bread Production Evaluation
2	Lab 3: Food Additives	Read Lab 3 Content in LH	Lab 3A: Additives Assignment #1 Lab 3B: Additives Assignment #2 Lab 3C: Pesticides Lab 3 Discussion
3	Lab 4: Evaluation of Supplements	Read Lab 4 Content in LH	Lab 4A: Dietary Supplements Assignment #1 Lab 4B: Dietary Supplements Assignment #2 Lab 4C: Dietary Supplements Assignment #3 Lab 4 Discussion
	Lab 5: Sweetening and Binding Agents on Properties of Cookies	Read Lab 5 Content in LH	Lab 5: Oatmeal Cookie Experiment
4	Lab 6: Eating Disorders, Body Image, and the Media	Read Lab 6 Content in LH	Lab 6A: A Picture of Health Worksheet Lab 6B: Acceptance Body Image Worksheet Lab 6C: Dying to be Thin Worksheet Lab 6D: Body Image and the Media Worksheet Lab 6E: Impact of the Media Advertisement Assessment Lab 6 Discussion
5	Lab 7: Designing a Healthy Diet	Read Lab 7 Content in LH	Lab 7: Designing a Healthy Body Worksheet Lab 7 Discussion
	Lab 8: The Action of Leavening Agents	Read Lab 8 Content in LH	Lab 8: Impact of Sugar Intake on Children Worksheet
6	Lab 9: Plant Pigments	Read Lab 9 Content in LH	Lab 9A: Effect of Acid and Alkali on Plant Pigments Lab 9B: Enzymatic Browning/Oxidation
	Lab 10: Analysis of Plant –based Beverages	Read Lab 10 Content in LH	Lab 10A: Beverage Comparison Lab 10B: Using Non-Dairy Beverages in Cooking
7	Lab 11: Critiquing Nutrition Articles	Read Lab 11 Content in LH	Lab 11A: Analysis of Using the Internet for Nutrition/Health Information Lab 11B: Analysis of Popular Diets Worksheet Lab 11C: Analysis of Popular Supplements Worksheet Lab 11 Discussion
	Lab 12: Solubility of Calcium Supplements	Read Lab 12 Content in LH	Lab 12: Calcium Worksheet Lab 12 Discussion
8	Final Reflection		Final Reflection Video

Suggested schedule for completion in 16 weeks

Module	Lessons	Readings	Assignments
Intro	These items will need to be completed before you will have access to the rest of the course	Orientation Course Overview Introductions Academic Integrity	Student Introductions Academic Integrity Quiz Academic Integrity Statement
1	Lab 1: Food Labels and Supermarket Savvy	Read Lab 1 Content in LearningHub (LH)	Lab 1A: Understanding Food Labels Lab 1B: Analysis of a Favorite Food Package Lab 1C: Supermarket Scavenger Hunt Lab 1 Discussion
2	Lab 2: Factors Affecting Gluten Development	Read Lab 2 Content in LH	Lab 2A: Bread Making Lab 2B: Bread Production Evaluation
3	Lab 3: Food Additives	Read Lab 3 Content in LH	Lab 3A: Additives Assignment #1 Lab 3B: Additives Assignment #2 Lab 3C: Pesticides Lab 3 Discussion
4 & 5	Lab 4: Evaluation of Supplements	Read Lab 4 Content in LH	Lab 4A: Dietary Supplements Assignment #1 Lab 4B: Dietary Supplements Assignment #2 Lab 4C: Dietary Supplements Assignment #3 Lab 4 Discussion
6	Lab 5: Sweetening and Binding Agents on Properties of Cookies	Read Lab 5 Content in LH	Lab 5: Oatmeal Cookie Experiment
7 & 8	Lab 6: Eating Disorders, Body Image, and the Media	Read Lab 6 Content in LH	Lab 6A: A Picture of Health Worksheet Lab 6B: Acceptance Body Image Worksheet Lab 6C: Dying to be Thin Worksheet Lab 6D: Body Image and the Media Worksheet Lab 6E: Impact of the Media Advertisement Assessment Lab 6 Discussion
9	Lab 7: Designing a Healthy Diet	Read Lab 7 Content in LH	Lab 7: Designing a Healthy Body Worksheet Lab 7 Discussion
10	Lab 8: The Action of Leavening Agents	Read Lab 8 Content in LH	Lab 8: Impact of Sugar Intake on Children Worksheet
11	Lab 9: Plant Pigments	Read Lab 9 Content in LH	Lab 9A: Effect of Acid and Alkali on Plant Pigments Lab 9B: Enzymatic Browning/Oxidation
12	Lab 10: Analysis of Plant –based Beverages	Read Lab 10 Content in LH	Lab 10A: Beverage Comparison Lab 10B: Using Non-Dairy Beverages in Cooking
13 & 14	Lab 11: Critiquing Nutrition Articles	Read Lab 11 Content in LH	Lab 11A: Analysis of Using the Internet for Nutrition/Health Information Lab 11B: Analysis of Popular Diets Worksheet Lab 11C: Analysis of Popular Supplements Worksheet Lab 11 Discussion
15	Lab 12: Solubility of Calcium Supplements	Read Lab 12 Content in LH	Lab 12: Calcium Worksheet Lab 12 Discussion
16	Final Reflection		Final Reflection Video

Completing Assignments

All assignments for this course will be submitted electronically through LearningHub unless otherwise instructed. Assignments and exams must be completed **within 180 days** of course registration date. This timeframe is subject to change depending on deadlines set by your home institution.

Part 4: Grading Policy

Graded Course Activities

Percent %	Description
45	Labs
45	Blogs
10	Final Video
100	Total Percent Possible

Viewing Grades in Learning Hub

- Click into the course.
- Click on the **Grades** link in the Settings Box to the left of the main course page.

Letter Grade Assignment

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	88-89%
B	83-87%
B-	80-82%
C+	78-79%
C	73-77%
C-	70-72%
D	60-69%
F	0-59%

Part 5: Course Policies

Withdrawal and Incomplete Policies

The current withdrawal policy can be found online at <https://www.andrews.edu/distance/students/gradplus/withdrawal.html>. The incomplete policy is found online at <http://www.andrews.edu/web/moodle/public/incompletes.html>.

Maintain Professional Conduct Both in the Classroom and Online

The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.

Academic Accommodations

Students who require accommodations may request an academic adjustment as follows:

1. Read the Andrews University Disability Accommodation information at <https://www.andrews.edu/services/sscenter/disability/>

2. Download and fill in the disability form at <http://www.andrews.edu/services/sscenter/disability/accommodationsregform.pdf> . Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to success@andrews.edu or fax it to (269) 471-8407.
3. Email sdestudents@andrews.edu to inform the School of Distance Education that a disability has been reported to Student Success.

Commitment to Integrity

As a student in this course, and at the university, you are expected to maintain high degrees of professionalism, commitment to active learning, participation in this course, and integrity in your behavior in and out of this online classroom.

Commit to Excellence

You deserve a standing ovation based on your decision to enroll in, and effectively complete this course. Along with your pledge of “commitment to Integrity” you are expected to adhere to a “commitment to excellence.” Andrews University has established high academic standards that will truly enhance your writing and communication skills across the disciplines and in diverse milieu with many discourse communities in the workplace.

Honesty

Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student’s academic standing. Lessons may be discussed with other students, tutors may help to guide a student’s work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student’s own work.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.