



ALHS 1060 Diet and Nutrition for Allied Health Sciences
COURSE SYLLABUS
Online
Summer Semester 2020

COURSE INFORMATION

Credit Hours/Minutes: 2/1500

Campus/Class Location: Georgia Virtual Technical Connection (GVTC)/Blackboard

Class Meets: Via Internet for 9 weeks

Course Reference Number: (CRN): 60213

Preferred Method of Contact: EMAIL

INSTRUCTOR CONTACT INFORMATION

Instructor Name: Tiffany Thompson RN, BSN

Email Address: [Tiffany Thompson \(tthompson@southeasterntech.edu\)](mailto:tthompson@southeasterntech.edu)

Campus/Office Location: Swainsboro Campus, Building 8, Office 8164;

Office Hours: Monday through Thursday, 2:30 pm to 4:30 pm

Phone: 912-538-3252 Swainsboro Campus & Vidalia Campus 912-538-3293

Fax Number: 478-289-2249

Tutoring Hours (if applicable): Email instructor for appointment

SOUTHEASTERN TECHNICAL COLLEGE (STC) CATALOG AND HANDBOOK

Students are responsible for all policies and procedures and all other information included in Southeastern Technical College's [Catalog and Handbook \(http://www.southeasterntech.edu/student-affairs/catalog-handbook.php\)](http://www.southeasterntech.edu/student-affairs/catalog-handbook.php).

REQUIRED TEXT

Williams' Basic Nutrition and Diet Therapy, 15th edition, author Staci Nix

REQUIRED SUPPLIES & SOFTWARE

Pencils, Paper, reliable computer and reliable internet access (Firefox is recommended- DO NOT use Internet Explorer).

Note: Although students can use their smart phones and tablets to access their online course(s), exams, discussions, assignments, and other graded activities should be performed on a personal computer. Neither Blackboard nor Georgia Virtual Technical Connection (GVTC) provide technical support for issues relating to the use of a smart phone or tablet so students are advised to not rely on these devices to take an online course.

[Students should not share login credentials with others and should change passwords periodically to maintain security.](#)

COURSE DESCRIPTION

A study of the nutritional needs of the individual. Topics include: nutrients, standard and modified diets, nutrition throughout the lifespan, and client education.

MAJOR COURSE COMPETENCIES

1. Nutrients
2. Nutrition Throughout the Lifespan
3. Client Education
4. Standard and Modified Diets

PREREQUISITE(S)

Program Admission

COURSE OUTLINE

Nutrients

1. Describe the food guide pyramid and the daily amounts needed.
2. Identify the source and functions of foods and nutrients in maintaining good health.
3. Identify food fallacies.
4. Describe the clinical signs of good nutritional status.
5. Identify the energy producing nutrients including their fuel value.
6. Calculate the energy needs of an individual based on age, sex, activity level, and health status.
7. Discuss the results of over or under consumption of kilocalories.
8. Identify the functions, sources, RDA, and classifications of carbohydrates.
9. Discuss the function of fiber including food sources.
10. Identify the functions, sources, RDA, and classifications of fats.
11. Explain the difference between saturated and unsaturated fatty acids including food sources.
12. Identify the functions, sources, RDA, and classifications of proteins.
13. Compare the effects on health of inadequate or excessive protein intake.
14. Discuss the general functions and classifications of vitamins.
15. Identify the functions, sources, RDA, and deficiency states of fat and water soluble vitamins.
16. Identify the function, sources, RDA, and deficiency states of both major and trace minerals.
17. Discuss the function, requirements, movement, and distribution of water in the body.
18. Describe mechanical and chemical digestion.
19. Describe the pathway of nutrients and the digestive processes that occur in the mouth, stomach, small intestine, and large intestine.
20. Develop a menu that includes variety and is nutritionally balanced.
21. Describe the appropriate methods for handling, storing, processing, and preparing food to conserve nutrients.
22. Promote food habits and cultural diversity by altering a standard diet to accommodate the individual.

Nutrition throughout the Lifespan

1. Identify the nutritional needs for the infant, child, pregnant, lactating, and aged individual.

Client Education

1. Demonstrate client education as it relates to nutrition and diet therapy.

Standard and Modified Diets

1. Define the principles of diet therapy.
2. Explain the objectives of diet therapy.

3. Identify general and special diets.
4. Serve the correct diet, appropriately, to the client.

GENERAL EDUCATION CORE COMPETENCIES

Southeastern Technical College has identified the following general education core competencies that graduates will attain:

1. The ability to utilize standard written English.
2. The ability to solve practical mathematical problems.
3. The ability to read, analyze, and interpret information.

STUDENT REQUIREMENTS (ONLINE)

Students are expected to complete all homework assignments, chapter exams, discussion boards and participate in blackboard collaborate as required by the instructor. Online students are responsible for checking e-mails and BLACKBOARD announcements **daily**. This is an online course, therefore it is the student's responsibility to ensure that they have computer/Wifi access to complete their assignments. Students are expected to prove weekly academic engagement by meeting assignment deadlines each week and spending a minimum of 30 hours during the semester doing the required homework, quizzes, and tests. College email is accessed at <https://portal.office.com>, under Quick links on our webpage, or in the menu of our Blackboard course.

A final **chapter exam average of 70 or higher** is required to take the final exam (grades will not be rounded up, example 69.9 will not be rounded to 70). If the student has below a 70 average, the student will receive a grade of ZERO for the final exam. NO grades are dropped.

CHAPTER QUIZZES

They should be taken prior to the exam to better prepare students for the exam. Self-Tests (Quizzes) count for 15% of the course grade.

SAMPLE MENU/FOOD DIARY

Detailed Instructions are located at the end of your syllabus. Please read instructions carefully. Both documents are to be saved as a word document and submitted to the drop box by the due date listed on the lesson plan. This assignment counts for 5% of the course grade.

DISCUSSION BOARDS

Students will complete 5 discussion board (DB) assignments that count 5% of the final course grade. **Students are required to post a minimum of three (3) comments/threads for each discussion board.** The 3 comments will be 1) the original posting by the student, 2 & 3) 2 replies to other students in the discussion board. The original posting or initial thread is required on an earlier day than the 2 replies to other students. The initial thread will answer all questions and you will be required to cite the textbook and reference the pages in which you obtained the information.

Again, the 2 replies to other student's postings **CANNOT** be done on the same day. If all 3 postings are done on the same day, the student will only receive credit for the original posting. Replies should be a minimum of 3 sentences long avoiding one-liners such as "I agree" since they are not accepted. Please watch all spelling and grammar. This is considered a writing assignment. Comments need to be constructive and non-argumentative. Postings will be graded based on quantity and quality in your postings. Again, please discuss all components of the question and provide the page number from your book where you obtained the information. Discussion boards should be like having a conversation with another student in class but in a written format so not all components will require a reference from the book. Please answer all questions in the discussion board for full

credit.

Points are awarded by the following point system: initial quality post (all questions answered) with appropriate reference from the book and 2 quality replies on another day than the initial post= 100; initial quality post with appropriate reference from book = total of 50 points and each quality reply on another day than the initial post= total of 25 points for each reply; initial quality post with appropriate reference from book and no replies= total of 50 points; postings less than that will result in a grade of zero-0. **Failure to include a page number from your textbook with your initial post will result in an automatic zero for the entire discussion board.**

Discussion Board 1 Due by Monday, June 8th at 11:59pm
Discussion Board 2 Due by Monday, June 22nd at 11:59pm
Discussion Board 3 Due by Monday, July 6th at 11:59pm
Discussion Board 4 Due by Monday July 13th at 11:59pm
Discussion Board 5 Due by Monday July 27th at 11:59pm

ONLINE ATTENDANCE

It is the student's responsibility to be academically engaged each week doing course related activities. The completion dates of these activities will be used to determine a student's last date of attendance in the event a student withdraws, stops attending, or receives an "F" (Failing 0-59) in a course.

Students will not be withdrawn by an instructor for attendance; however, all instructors will keep records of graded assignments and student participation in course activities. Students will be expected to complete all work required by the instructor as described in the individual course syllabus.

Students will have at least one week to complete exams/tests and assignments. All exams/tests and assignments are due by **11:59pm** on **Mondays** of each week. The proctored test and final exam will have different due dates and time. **STUDENTS ARE STRONGLY ENCOURAGED TO WORK AHEAD TO ENSURE DUE DATES ARE NOT MISSED SINCE THERE ARE NO MAKE-UPS IN THIS COURSE.**

STUDENTS WITH DISABILITIES

Students with disabilities who believe that they may need accommodations in this class based on the impact of a disability are encouraged to contact the appropriate campus coordinator to request services.

Swainsboro Campus: [Macy Gay \(mgay@southeasterntech.edu\)](mailto:mgay@southeasterntech.edu), 478-289-2274, Building 1, Room 1210

Vidalia Campus: [Helen Thomas \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126, Building A, Room 165

SPECIFIC ABSENCES

Provisions for Instructional Time missed because of documented absences due to jury duty, military duty, court duty, or required job training will be made at the discretion of the instructor.

PREGNANCY

Southeastern Technical College does not discriminate on the basis of pregnancy. However, we can offer accommodations to students who are pregnant that need special consideration to successfully complete the course. If you think you will need accommodations due to pregnancy, please make appropriate arrangements with the appropriate campus coordinator.

Swainsboro Campus: [Macy Gay \(mgay@southeasterntech.edu\)](mailto:mgay@southeasterntech.edu) 478-289-2274, Building 1, Room 1210

Vidalia Campus: [Helen Thomas \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126, Building A, room 165

It is strongly encouraged that requests for consideration be made **PRIOR** to delivery and early enough in the pregnancy to ensure that all the required documentation is secured before the absence occurs. Requests

made after delivery **MAY NOT** be accommodated. The coordinator will contact your instructor to discuss accommodations when all required documentation has been received. The instructor will then discuss a plan with you to make up missed assignments.

WITHDRAWAL PROCEDURE

Students wishing to officially withdraw from a course(s) or all courses after the drop/add period and prior to the 65% point of the term in which student is enrolled (date will be posted on the school calendar) must speak with a Career Counselor in Student Affairs and complete a Student Withdrawal Form. A grade of “W” (Withdrawn) is assigned for the course(s) when the student completes the withdrawal form.

Important – Student-initiated withdrawals are not allowed after the 65% point. After the 65% point of the term in which student is enrolled, the student has earned the right to a letter grade and will receive a grade for the course. Please note: Abandoning a course(s) instead of following official withdrawal procedures may result in a grade of “F” (Failing 0-59) being assigned.

Informing your instructor that you will not return to his/her course, does not satisfy the approved withdrawal procedure outlined above.

There is no refund for partial reduction of hours. Withdrawals may affect students’ eligibility for financial aid for the current semester and in the future, so a student must also speak with a representative of the Financial Aid Office to determine any financial penalties that may be assessed due to the withdrawal. A grade of “W” will count in attempted hour calculations for the purpose of Financial Aid.

PROCTORING FEES

Due to the uncertainties of COVID-19, this event will not be proctored for Summer Semester 202016. Students will complete the event, but will not be required to come on campus to do it.

The event may be a major exam, assignment, or presentation, etc. that will count a minimum of 20% of the course grade. Students who do not complete the event as scheduled must submit a valid documented excuse within three business days after the scheduled event. If the excuse is approved by the instructor of the course, students must make arrangements with the instructor to makeup/reschedule the missed event. The penalty and makeup instructions will be at the instructor’s discretion. Events will be given after the 65% point of the semester. **Students who do not complete the event on the scheduled date and do not present a valid documented excuse within three business days of the scheduled event will be withdrawn from the course with a “WF” (Withdrawn Failing). If the event is scheduled during final exams, any student who misses the event will be issued an “F” (Failing) for the course.**

MAKEUP GUIDELINES (TESTS, QUIZZES, HOMEWORK, PROJECTS, ETC.)

Students will NOT be allowed a make-up exam. Students are given at least one week to complete all assignments and exams. All chapter exams and assignments are due by 11:59pm on Monday of each week. The proctored test/final exam will have a different date and time. Students are strongly encouraged to work ahead to ensure due dates are not missed since there are no make-ups in this course.

Please Note: The final exam will be due Wednesday, July 29th by 11:59pm.

ACADEMIC DISHONESTY POLICY

The Southeastern Technical College Academic Dishonesty Policy states that all forms of academic dishonesty, including but not limited to cheating on tests, plagiarism, collusion, and falsification of information, will call for discipline. The policy can also be found in the Southeastern Technical College Catalog and Handbook.

PROCEDURE FOR ACADEMIC MISCONDUCT

The procedure for dealing with academic misconduct and dishonesty is as follows:

1. First Offense

Student will be assigned a grade of "0" for the test or assignment. Instructor keeps a record in course/program files and notes as first offense. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus. The Registrar will input the incident into Banner for tracking purposes.

2. Second Offense

Student is given a grade of "WF" (Withdrawn Failing) for the course in which offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of second offense. The Registrar will input the incident into Banner for tracking purposes.

3. Third Offense

Student is given a grade of "WF" for the course in which the offense occurs. The instructor will notify the student's program advisor, academic dean, and the Registrar at the student's home campus indicating a "WF" has been issued as a result of third offense. The Vice President for Student Affairs, or designee, will notify the student of suspension from college for a specified period of time. The Registrar will input the incident into Banner for tracking purposes.

STATEMENT OF NON-DISCRIMINATION

The Technical College System of Georgia (TCSG) and its constituent Technical Colleges do not discriminate on the basis of race, color, creed, national or ethnic origin, gender, religion, disability, age, political affiliation or belief, genetic information, disabled veteran, veteran of the Vietnam Era, spouse of military member, or citizenship status (except in those special circumstances permitted or mandated by law). This nondiscrimination policy encompasses the operation of all technical college-administered programs, federally financed programs, educational programs and activities involving admissions, scholarships and loans, student life, and athletics. It also applies to the recruitment and employment of personnel and contracting for goods and services.

All work and campus environments shall be free from unlawful forms of discrimination, harassment and retaliation as outlined under Title IX of the Educational Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, as amended, the Age Discrimination in Employment Act of 1967, as amended, Executive Order 11246, as amended, the Vietnam Era Veterans Readjustment Act of 1974, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Americans With Disabilities Act of 1990, as amended, the Equal Pay Act, Lilly Ledbetter Fair Pay Act of 2009, the Georgia Fair Employment Act of 1978, as amended, the Immigration Reform and Control Act of 1986, the Genetic Information Nondiscrimination Act of 2008, the Workforce Investment Act of 1998 and other related mandates under TCSG Policy, federal or state statutes.

The Technical College System and Technical Colleges shall promote the realization of equal opportunity through a positive continuing program of specific practices designed to ensure the full realization of equal opportunity.

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies:

| | |
|---|---|
| <p>American With Disabilities Act (ADA)/Section 504 - Equity- Title IX (Students) – Office of Civil Rights (OCR) Compliance Officer</p> | <p>Title VI - Title IX (Employees) – Equal Employment Opportunity Commission (EEOC) Officer</p> |
| <p>Macy Gay, Special Needs Specialist Swainsboro Campus 3001 East 1st Street, Vidalia Office 1210 Building 1 Phone: 478-289-2274 Email: Macy Gay</p> | <p>Lanie Jonas, Director of Human Resources Vidalia Campus 3001 East 1st Street, Vidalia Office 138B Phone: 912-538-3230 Email: Lanie Jonas</p> |

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|---|---|
| American With Disabilities Act (ADA)/Section 504 - Equity- Title IX (Students) – Office of Civil Rights (OCR) Compliance Officer | Title VI - Title IX (Employees) – Equal Employment Opportunity Commission (EEOC) Officer |
| mgay@southeasterntech.edu | ljonas@southeasterntech.edu |

ACCESSIBILITY STATEMENT

Southeastern Technical College is committed to making course content accessible to individuals to comply with the requirements of Section 508 of the Rehabilitation Act of Americans with Disabilities Act (ADA). If you find a problem that prevents access, please contact the course instructor.

GRIEVANCE PROCEDURES

Grievance procedures can be found in the Catalog and Handbook located on Southeastern Technical College's website.

ACCESS TO TECHNOLOGY

Students can now access Blackboard, Remote Lab Access, Student Email, Library Databases (Galileo), and BannerWeb via the mySTC portal or by clicking the Current Students link on the [Southeastern Technical College Website \(www.southeasterntech.edu\)](http://www.southeasterntech.edu).

TECHNICAL COLLEGE SYSTEM OF GEORGIA (TCSG) GUARANTEE/WARRANTY STATEMENT

The Technical College System of Georgia guarantees employers that graduates of State Technical Colleges shall possess skills and knowledge as prescribed by State Curriculum Standards. Should any graduate employee within two years of graduation be deemed lacking in said skills, that student shall be retrained in any State Technical College at no charge for instructional costs to either the student or the employer.

GRADING POLICY

| Assessment/Assignment | Percentage |
|--|-------------------|
| Chapter Exams | 55% |
| Quizzes | 15% |
| Discussion Boards | 5% |
| Sample Menu/Food Diary | 5% |
| Final Exam (Proctored Exam) (due to the uncertainties of COVID-19, this event will not be proctored for Summer Semester 202016. Students will complete the event, but will not be required to come on campus to do it). | 20% |

GRADING SCALE

| Letter Grade | Range |
|---------------------|--------------|
| A | 90-100 |
| B | 80-89 |
| C | 70-79 |
| D | 60-69 |
| F | 0-59 |

ALHS 1060 Diet and Nutrition for Allied Health Sciences

Summer Semester 2020 Lesson Plan

TENTATIVE TO CHANGE

| Date/Week | Chapter/Lesson | Content | Assignments & Tests Due Dates | Competency Area |
|---------------------------|-------------------------------------|--|---|-----------------|
| Week 1 5/26 to 6/01 | Chapter 1 Chapter 2 Chapter 3 | <p>By 5 pm, Thursday, May 28th students are required to do the following 2 things:</p> <ol style="list-style-type: none"> 1. Go to "Getting Started" on the left side of the course page. Complete the "Pledge Acknowledgment Quiz" If this is not done on time you will be "No Showed" and dropped from the course. 2. Complete all other items under Getting Started link located on the left side of the page in the online course. <p>Read and print your syllabus and lesson plan</p> <p>Chapter 1 Food, Nutrition, and Health Chapter 2 Carbohydrates Chapter 3 Fats</p> | <p>By 5 pm, Thurs, May 28th students are required to do the following 2 things:</p> <ol style="list-style-type: none"> 1. Go to "Getting Started" on the left side of the course page. Complete the "Pledge Acknowledgment Quiz". If this is not done on time you will be "No Showed" and dropped from the course. 2. Complete all other items under Getting Started link located on the left side of the page in the online course. <ul style="list-style-type: none"> ➤ Read and print your syllabus and lesson plan ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and take the Chapter(Ch.) Exam 1-3 by W (Mon), June 1st at 11:59pm | 1-4 a-c |
| Week 2 6/01 to 6/08 | Chapter 4 Chapter 5 Chapter 6 | <p>Proteins Digestion, Absorption, and Metabolism Energy Balance</p> <p><i>Discussion Board 1</i></p> | <ul style="list-style-type: none"> ➤ Read and print your syllabus and lesson plan ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and take the Ch. Exam 4-6 by Mon. June 8th at 11:59pm ➤ Complete Discussion Board 1 by Mon. June 8th at 11:59pm | 1-4 a-c |

| Date/Week | Chapter/Lesson | Content | Assignments & Tests Due Dates | Competency Area |
|---------------------------|--|---|---|-----------------|
| Week 3 6/08 to 6/15 | Chapter 7 Chapter 8 Chapter 9 | Vitamins Minerals Water | <ul style="list-style-type: none"> ➤ Read and print your syllabus and lesson plan ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and Take the Ch. Exam 7-9 by Mon. June 15th at 11:59pm ➤ Complete Discussion Board 2 by June 4 at 11:59pm | 1-4 a-c |
| Week 4 6/15 to 6/22 | Chapter 10 Chapter 11 Chapter 12 | Nutrition during Pregnancy and Lactation Nutrition during Infancy, Childhood, and Adolescents Nutrition during Adulthood- Early, Middle, and Later Years <i>Discussion Board 2</i> | <ul style="list-style-type: none"> ➤ Read and print your syllabus and lesson plan ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and take the Ch. Exams 10-12 by Monday, June 22nd at 11:59pm. ➤ Complete Discussion Board 2 by Mon, June 22 at 11:59pm | 1-4 a-c |
| Week 5 6/22 to 6/29 | Chapter 13 Chapter 14 Chapter 15 | Community Food Supply and Health Food Habits and Cultural Patterns Weight Management | <ul style="list-style-type: none"> ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and take the Ch. Exam 13-15 by Mon., June 29th at 11:59pm | 1-4 a-c |
| Week 6 6/29 to 7/6 | Chapter 16 Chapter 17 Chapter 18 65% Mark July 8th | Nutrition and Physical Fitness Nutritional Care Gastrointestinal and Accessory Organ Problems <i>Discussion Board 3</i> | <ul style="list-style-type: none"> ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and take the Ch. Exam 16-18 by Mon., July 6th at 11:59pm ➤ Complete Discussion Board 3 by Mon., July 6th at 11:59pm | 1-4 a-c |

| Date/Week | Chapter/Lesson | Content | Assignments & Tests Due Dates | Competency Area |
|-------------------------|---|---|--|-----------------|
| Week 7 7/6 to 7/13 | Chapter 19 Chapter 20 Chapter 21 65% Mark July 8th | Coronary Heart Disease Diabetes Mellitus Kidney Disease <i>Discussion Board 4</i> | <ul style="list-style-type: none"> ➤ Study the book in preparation for the exam ➤ Take the required Self-Test(s) and Take the Chap. Exam 19-21 by Mon. June 13th at 11:59pm. ➤ Complete Discussion Board 4 due Mon., July 13th at 11:59pm ➤ Reminder: Sample Menu and 5 day Food Diary Assignment due July 27th. | |
| Week 8 7/13 to 7/20 | Chapter 22 Chapter 23 | Surgery and Nutritional Support Nutritional Support in Cancer and HIV | <p>→Study the book in preparation for the exam</p> <p>→Take the required Self-Test(s) over Chap. 22 -23 and Take the Ch. Exam 22-23 by Mon., July 20th at 11:59PM.</p> <p>→Study for the Final Exam</p> | 1-4 a-c |
| Week 9 7/20 to 7//27 | Final Exam | Final Exam (Proctor Exam) due by Wednesday, July 29th at 11:59pm. Sample Menu and 5 day Food Diary Assignment due Mon., July 27th at 11:59pm. <i>Discussion Board 5</i> | <ul style="list-style-type: none"> ➤ Due to Covid-19 the Final Exam (Proctored Exam) will be done online. Final(Proctor Exam) is due Wednesday, July 29th at 11:59pm. ➤ Complete Discussion Board 5 is due Mon., July 27th at 11:59pm. ➤ Sample Menu and 5 Day Food Diary Assignment due Mon., July 27th at 11:59pm | 1-4 a-c |

COMPETENCY AREAS: (WILL VARY FOR EACH COURSE/TAKEN FROM STATE STANDARDS)

1. Nutrients
2. Nutrition Throughout the Lifespan
3. Client Education
4. Standard and Modified Diets

GENERAL CORE EDUCATIONAL COMPETENCIES

- a) The ability to utilize standard written English.
- b) The ability to solve practical mathematical problems.
- c) The ability to read, analyze, and interpret information.

This assignment has two parts. Both parts should be submitted TOGETHER in a single Microsoft Word document.

Part 1

Instructions for a Sample Menu Assignment

(see lesson plan for due date)

1. Choose a diet from the Diet and Nutrition Textbook or online. For example Low Fat Diet, Low Sodium Diet, DASH diet, High Fiber, Low Carb, etc. The name of the diet chosen must be listed on the sample menu.
2. Then make out a menu including a sample breakfast, lunch, snack and a dinner meal for one day.
3. The meals should be well balanced and include the recommendations from my plate. For example if my plate recommends 3-5 servings of fruits and vegetable a day then your menu should include these servings. Make sure you include calories and amounts for each item. Do not forget adequate fluids in your diet plan.
4. You can use your textbook, my plate online, the Diabetic Association or another appropriate source.
5. The assignment must be typed. One page should be sufficient no more than two pages and saved as a word document. (this will be emailed to instructor by the due date listed on the lesson plan)
6. Label above the meal ex. Breakfast, Lunch, Snack, Dinner. Then list the selections under the heading.
7. Ex. Breakfast

| | |
|-----------------------------|-------------|
| 1 boiled egg | 77 calories |
| ½ Grapefruit | 80 calories |
| 1 piece of White Toast | 66 calories |
| 2 cup of decaf coffee black | 4 calories |
8. Double Space after each meal.
9. List the calories next to each item and give the total amount of calories for the day at the bottom of the menu. Do not forget to list all beverages, points will be deducted if not.

PART 2

Instructions for 5-day Food Diary

Keep a food diary for 5 days and write down everything you have to eat and drink. Place the calories next to each item and total your daily caloric intake. Remember to list amounts of each item. (Ex. 8 ounces or 2 cups) Turn your diary in typed in the format of your sample menu as instructed above. What did you learn? Helpful Hint** (my fitness pal is a wonderful app if you have a smartphone and is also available free on the internet to keep track of all your intake.) It also has a printable option. I prefer you just print your complete 5 day diary and turn it in. It also has a breakdown of carbs, cholest., protein, etc. You may do

your Sample Menu the same way, just look up the foods allowed for ex, a low cholesterol diet and plug them into the my fitness pal and copy them into a word document.

After completing the 5 day diary, write a paragraph summary of how you feel about what you ate and what you could do to eat healthier.

Grading Rubric

Sample menu breakfast/lunch/snack/dinner – each worth a maximum of 7.5 points for a maximum grand total of 30 points

Food Diary- each day is worth a maximum of 10 points for a maximum grand total of 70 points

*****20 Points per day will be deducted for each day the assignment is late.**

Combined total maximum grade= 100 points (worth 5% of final ALHS 1060 grade)