



## **AHLS1060 Diet and Nutrition for Allied Health Sciences Fall Semester 2021 (202212)**

### **COURSE INFORMATION**

Credit Hours/Minutes: 2/1500

Campus/Class Location: Swainsboro High School and ECI

Class Meets: Monday-Thursday 2:00pm-3:30pm

Course Reference Number (CRN):20222

### **INSTRUCTOR CONTACT INFORMATION**

Instructor Name: Leann Murray

Office Location: Swainsboro Campus Building 8 Room 8108

Office Hours: Monday-Thursday 8:00am-10:00am and 3:45pm-5:00pm

Email Address: [lmurray@southeasterntech.edu](mailto:lmurray@southeasterntech.edu)

Phone: 478-289-2228

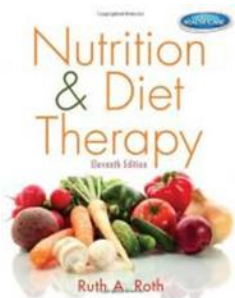
Tutoring Hours: Please schedule an appointment

### **SOUTHEASTERN TECHNICAL COLLEGE'S (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](https://catalog.southeasterntech.edu/college-catalog/downloads/current.pdf) (<https://catalog.southeasterntech.edu/college-catalog/downloads/current.pdf>).

### **REQUIRED TEXT**

**Nutrition and Diet Therapy, 10<sup>th</sup> Edition, by Ruth A. Roth**



### **REQUIRED SUPPLIES & SOFTWARE**

Paper, pen, pencil, & highlighter. Power points are available on the M drive. A face mask must be worn in the class room at all times that cover the nose and mouth. If face to face classes are unable to meet, the entire course is available on the STC Blackboard

### **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

## **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 carbohydrates.
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.

### **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.

### **Nutrition throughout the Lifespan**

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

### **Client Education**

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

## 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

Students are expected to complete all tests and daily assignments on the specified date. You must have your text books by the end of the first week. There will be no copies available. Students are responsible for policies and procedures in student catalog/handbook.

## COVID-19 MASK REQUIREMENT

**Masks or face coverings must be worn at all times while on the campus of Southeastern Technical College. This measure is being implemented to reduce COVID-19 related health risks for everyone engaged in the educational process. Masks or face coverings must be worn over the nose and mouth, in accordance with the Centers for Disease Control and Prevention (CDC). A student's refusal to wear a mask or face covering will be considered a classroom disruption and the student may be asked to leave campus and/or receive further discipline. COVID-19 MASK REQUIREMENT**

Regardless of vaccination status, masks or face coverings must be worn at all times while in a classroom or lab of Southeastern Technical College. This measure is being implemented to reduce COVID-19 related health risks for everyone engaged in the educational process. Masks or face coverings must be worn over the nose and mouth, in accordance with the Centers for Disease Control and Prevention (CDC). A student's refusal to wear a mask or face covering will be considered a classroom disruption and the student may be asked to leave campus and/or receive further discipline.

## COVID-19 SIGNS AND SYMPTOMS

We encourage individuals to monitor for the signs and symptoms of COVID-19 prior to coming on campus.

If you have experienced the symptoms listed below or have a body temperature 100.4°F or higher, we encourage you to self-quarantine at home and contact a primary care physician's office, local urgent care facility, or health department for further direction. Please notify your instructor(s) by email and do not come on campus for any reason.

COVID-19 Key Symptoms
Fever or felt feverish
Chills
Shortness of breath or difficulty breathing (not attributed to any other health condition)
Fatigue
Muscle or body aches
Headache

<b>COVID-19 Key Symptoms</b>
Cough: new or worsening, not attributed to another health condition
New loss of taste or smell
Sore throat (not attributed to any other health condition)
Congestion or runny nose (not attributed to any other health condition)
Nausea or vomiting
Diarrhea
<b>In the past 14 days, if you:</b>
Have had close contact with or are caring for an individual diagnosed with COVID-19 at home (not in healthcare setting), please do not come on campus and contact your instructor (s).

### **COVID-19 SELF-REPORTING REQUIREMENT**

Students, regardless of vaccination status, who test positive for COVID-19 or who have been exposed to a COVID-19 positive person, are required to self-report using <https://www.southeasterntech.edu/covid-19/>. Report all positive cases of COVID-19 to your instructor and [Stephannie Waters](#), Exposure Control Coordinator, [swaters@southeasterntech.edu](mailto:swaters@southeasterntech.edu), 912-538-3195.

### **ATTENDANCE GUIDELINES**

Class attendance is a very important aspect of a student's success. Being absent from class prevents students from receiving the full benefit of a course and also interrupts the learning process. Southeastern Technical College considers both tardiness and leaving early as types of absenteeism. Responsibility for class attendance rests with the student. Regular and punctual attendance at all scheduled classes is required for student success. Students will be expected to complete all work required by the instructor as described in the individual course syllabus.

Instructors have the right to give unannounced quizzes/assignments. Students who miss an unannounced quiz or assignment will receive a grade of 0. Students who stop attending class, but do not formally withdraw, may receive a grade of F and face financial aid repercussions in upcoming semesters.

Instructors are responsible for determining whether missed work may be made up and the content and dates for makeup work is at the discretion of the instructor.

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. 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 in a 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 arrangements with the appropriate campus coordinator.

Swainsboro Campus: Daphne Scott (dscott@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% portion of the semester (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" is assigned when the student completes the withdrawal form from the course.

Students who are dropped from courses due to attendance (see your course syllabus for attendance policy) after drop/add until the 65% point of the semester will receive a "W" for the course. Abandoning a course(s) instead of following official withdrawal procedures may result in a grade of 'F' being assigned.

After the 65% portion of the semester, the student will receive a grade for the course. (Please note: A zero will be given for all missed assignments.)

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. All grades, including grades of 'W', will count in attempted hour calculations for the purpose of Financial Aid.

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

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

In the event of an **excused absence** on an exam day, the student will be allowed to make-up **one** exam (excluding the final exam) which will be given at the discretion of the instructor. A grade of "0" will be given to all subsequent exams missed. The make-up exam may or may not be the same as the original exam. It may also be a different test format. Failure to show up for a make-up exam results in a grade of zero.

An excused absence is jury duty, military duty, court duty, or required job training. Other excused absences may also include illness, hospitalization or a death in the student's immediate family. Official, written documentation such as a subpoena or a doctor's excuse must be provided by the student prior to taking the make-up exam. The instructor reserves the right to refuse for the student to take the make-up exam based on the merit of the documentation.

\*Any exceptions to the makeup guidelines for this class will require instructor approval and would only be allowed for exceptional circumstances.

## **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:

<b>American With Disabilities Act (ADA)/Section 504 - Equity- Title IX (Students) – Office of Civil Rights (OCR) Compliance Officer</b>	<b>Title VI - Title IX (Employees) – Equal Employment Opportunity Commission (EEOC) Officer</b>
Helen Thomas, Special Needs Specialist Vidalia Campus 3001 East 1 <sup>st</sup> Street, Vidalia Office 165 Phone: 912-538-3126 Email: <a href="mailto:hthomas@southeasterntech.edu">Helen Thomas</a> <a href="mailto:hthomas@southeasterntech.edu">hthomas@southeasterntech.edu</a>	Lanie Jonas, Director of Human Resources Vidalia Campus 3001 East 1 <sup>st</sup> Street, Vidalia Office 138B Phone: 912-538-3230 Email: <a href="mailto:ljonas@southeasterntech.edu">Lanie Jonas</a> <a href="mailto:ljonas@southeasterntech.edu">ljonas@southeasterntech.edu</a>

#### 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 Banner Web via the mySTC portal or by clicking the Current Students link on the [Southeastern Technical College \(STC\) 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	70%
Menu Assignment	5%
Final Exam	25%

**GRADING SCALE**

<b>Letter Grade</b>	<b>Range</b>
A	90-100
B	80-89
C	70-79
D	60-69
F	0-59



## AHLS 1060 Diet and Nutrition for Allied Health Sciences

### Fall Semester 2021 Lesson Plan

Syllabus/Lesson Plans are subject to change at the discretion of the instructor.

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
8/16/2021	Chapter 1-3	Introduction to Class Menu Assignment Instruction Sheet Chapter 1 The Relationship of Nutrition and Health.	Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/17/2021	Chapter 1-3	Chapter 2 Planning a Healthy Diet Chapter 3 Digestion, Absorption, and Metabolism	Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/18/2021	Chapter 1-3	Chapter 2 Planning a Healthy Diet Chapter 3 Digestion, Absorption, and Metabolism	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
8/19/2021	Chapter 4-6	Chapter 4 Carbohydrates Chapter 5 Lipids or Fats Chapter 6 Proteins	Read all chapters prior to class Complete all end of chapter exercises  <b>TEST 1 (CHAPTERS 1,2,3)</b>	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
8/23/2021	Chapter 4-6	Chapter 4 Carbohydrates Chapter 5 Lipids or Fats Chapter 6 Proteins	Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/24/2021	Chapter 4-6	Chapter 4 Carbohydrates Chapter 5 Lipids or Fats Chapter 6 Proteins	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
8/25/2021	Chapter 7-9	Chapter 7 Vitamins Chapter 8 Minerals Chapter 9 Water	<b>TEST 2 (CHAPTERS 4,5,6)</b> Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/26/2021	Chapter 7-9	Chapter 7 Vitamins Chapter 8 Minerals Chapter 9 Water	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
8/30/2021	Chapter 10-12	Chapter 10 Food Related Illnesses and Allergies Chapter 11 Diet during Pregnancy and Lactation Chapter 12 Diet during Infancy	<b>TEST 3 (CHAPTERS 7,8,9)</b> Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
8/31/2021	Chapter 10-12	Chapter 10 Food Related Illnesses and Allergies Chapter 11 Diet during Pregnancy and Lactation Chapter 12 Diet during Infancy	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
9/01/2021	Chapter 10-12	Chapter 10 Food Related Illnesses and Allergies Chapter 11 Diet during Pregnancy and Lactation Chapter 12 Diet during Infancy	Read all chapters prior to class Complete all end of chapter exercises Study for test <b>Begin Sample Menu and Food Diary Assignment</b> <b>It is worth 5% of your grade for the course</b>	CC 1,2,3,4 GC 1,2,3
9/02/2021	Chapter 13-15	Chap 13 Diet during Childhood and Adolescence Chap 14 Diet during Young and Middle Adulthood Chap 15 Diet during Late Adulthood	<b>TEST 4 (CHAPTERS 10,11,12)</b>  Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/8/2021	Chapter 13-15	Chapter 13 Diet during Childhood and Adolescence Chapter 14 Diet during Young and Middle Adulthood Chapter 15 Diet during Late Adulthood	Read all chapters prior to class Complete all end of chapter exercises	
9/9/2021	Chapter 13-15	Chapter 13 Diet during Childhood and Adolescence Chapter 14 Diet during Young and Middle Adulthood Chapter 15 Diet during Late Adulthood	Read all chapters prior to class Complete all end of chapter exercises Study for test	
9/13/2021	Chapter 16-18	Chapter 16 Diet and Weight Control Chapter 17 Diet and Diabetes Mellitus Chapter 18 Diet and Cardiovascular Disease	<b>TEST 5 (CHAPTERS 13,14,15)</b> Read all chapters prior to class Complete all end of chapter exercises Study for test <b>Menu Assignment Due next class!</b>	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/14/2021	Chapter 16-18	Chapter 16 Diet and Weight Control Chapter 17 Diet and Diabetes Mellitus Chapter 18 Diet and Cardiovascular Disease	Read all chapters prior to class Complete all end of chapter exercises Study for test <b>Menu Assignment Due!</b>	CC 1,2,3,4 GC 1,2,3
9/15/2021	Chapter 16-18	Chapter 16 Diet and Weight Control Chapter 17 Diet and Diabetes Mellitus Chapter 18 Diet and Cardiovascular Disease	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
9/16/2021	Chapter 19-21	Chapter 19 Diet and Renal Disease Chapter 20 Diet and Gastrointestinal Problems Chapter 21 Diet and Cancer	<b>TEST 6 (CHAPTERS 16,17,18)</b> Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/20/2021	Chapter 19-21	Chapter 19 Diet and Renal Disease Chap 20 Diet and Gastrointestinal Problems Chapter 21 Diet and Cancer	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/21/2021	Chapter 22-23	Chap 22 Diet and Clients with Special Needs Chapter 23 Nutritional Care of Clients	<b>TEST 7 (CHAPTERS 19,20,21)</b> Read all chapters prior to class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/22/2021`	Chapter 22-23	Chap 22 Diet and Clients with Special Needs Chap 23 Nutritional Care of Clients PROGRESS REPORTS	Read all chapters prior to class Complete all end of chapter exercises S	CC 1,2,3,4 GC 1,2,3
9/23/2021	Chapter 22-23	Chap 22 Diet and Clients with Special Needs Chap 23 Nutritional Care of Clients	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
9/27/2021		<b>TEST 8 (CHAPTERS 22, 23)</b>	Read all chapters prior to class Complete all end of chapter exercises Study for test	CC 1,2,3,4 GC 1,2,3
9/28/2021	Chapter 1-23	Review Chapters 1-23	Review Study for Final Test	CC 1,2,3,4 GC 1,2,3
9/29/21		<b>Comprehensive Final Exam</b>		

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/30/2021		<b>May not have any class today due to early release/Parent Conferences</b>		

**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**

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.

**INSTRUCTIONS FOR A SAMPLE MENU ASSIGNMENT**

(See lesson plan for due date.)

Choose a diet from the Diet and Nutrition Textbook. For example, Low Fat Diet, Low Sodium Diet, etc. Then make out a menu including a sample breakfast, lunch, snack and a dinner meal for one day.

1. The meals should be well balanced and not be below 1200 calories for any sample menu.
2. You can use your textbook or search the web for foods allowed on your chosen sample menu. Then use the myfitnesspal.com app to key in your diet. This is free on the web, or your Smartphone. Create your account and you can enter your diet for the day, don't forget to add beverages, and then print it off. Make sure you label it as to what diet you have chosen ex. low sodium, low cholesterol, diabetic diets, etc. You will do the same for your 7 day food diary. I have attached an example below of what you should be turning in.

**INSTRUCTIONS FOR 7-DAY FOOD DIARY**

Keep a food diary for 7 days and write down everything you have to eat and drink. Enter your daily intake into myfitnesspal.com for 7 days and print off each day. This way you will have a breakdown of carbs, cholesterol, protein, fiber, sugar, etc. so you will be able to see if you are meeting the daily recommendations in your diet or if you are exceeding them. You can also keep track of any exercise you complete as well. What did you learn? 10 points will be deducted for diaries that are turned in after class time on date due.

## GRADING RUBRICS

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.

\*\*\*Points will be deducted if instructions are not followed or if it is turned in late.

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

### Sample Menu Maximum points for each

Meals	Points
Breakfast	7.5
Lunch	7.5
Snack	7.5
Dinner	7.5

**Maximum Total: 30**

### Food Diary Maximum points for each day

Day	Points for Each Day
Day 1	10
Day 2	10
Day 3	10
Day 4	10
Day 5	10
Day 6	10
Day 7	10

**Maximum Total: 70**