



AHLS1060 Diet and Nutrition for Allied Health Sciences Fall Semester 2022 (202312)

COURSE INFORMATION

Credit Hours/Minutes: 2/1500
Campus/Class Location: Tattnall High School
Class Meets: Monday-Thursday 9:30am-11pm
Course Reference Number (CRN):20349

INSTRUCTOR CONTACT INFORMATION

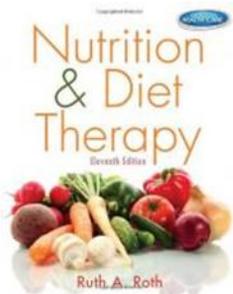
Instructor Name: Leann Murray
Office Location: Swainsboro Campus Building 8 Room 8108
Office Hours: Monday-Thursday 3:30pm-6:00pm
Email Address: lmurray@southeasterntech.edu
Phone: 478-289-2228
Tutoring Hours: Please schedule an appointment

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, 10th Edition, by Ruth A. Roth



REQUIRED SUPPLIES & SOFTWARE

Paper, pen, pencil, & highlighter. Power points are available on the M drive. 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

Regardless of vaccination status, students are highly encouraged to wear masks or face coverings while in a classroom or lab at Southeastern Technical College. Masking may be implemented in some program areas (i.e. Health Sciences and Cosmetology) where students, faculty, and clients are in close proximity and social distancing cannot be maintained. 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).

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
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
In the past 14 days, if you:

COVID-19 Key Symptoms

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](mailto:Stephannie.Waters@southeasterntech.edu), Exposure Control Coordinator, 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: [Daphne Scott \(dscott@southeasterntech.edu\)](mailto: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.

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% 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 the 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.

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

As set forth in the student catalog, Southeastern Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law).

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

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
Helen Thomas, Special Needs Specialist Vidalia Campus 3001 East 1 st Street, Vidalia Office 165 Phone: 912-538-3126 Email: Helen Thomas hthomas@southeasterntech.edu	Lanie Jonas, Director of Human Resources Vidalia Campus 3001 East 1 st Street, Vidalia Office 138B Phone: 912-538-3230 Email: Lanie Jonas 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 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 and 7 Day Food Diary	5%
Final Exam	25%

GRADING SCALE

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

Students MUST have a grade of 70 or higher to pass and move on to EMP 1000

AHLS 1060 Diet and Nutrition for Allied Health Sciences

Fall Semester 2022 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
8/1	Introduction	Introduction to Class END OF CHAPTER EXERCISES DUE BEFORE CHAPTER EXAM	Read Chapter 1 and 2 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/2	Chapter 1 Start Chapter 2	Chapter 1 The Relationship of Nutrition and Health. Chapter 2 Planning a Healthy Diet	Read Chapter 2 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/3		NO CLASS		
8/4	Chapter 2 Chapter 3	Chapter 2 Planning a Healthy Diet Chapter 3 Digestion, Absorption, and Metabolism	Read Chapter 4 prior to next 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
8/8	Chapter 4	Chapter 4 Carbohydrates TEST 1 (CHAPTERS 1,2,3) end of chapter exercises due	Read Chapter 5 prior to next class Complete all end of chapter exercises TEST 1 (CHAPTERS 1,2,3) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
8/9	Chapter 5	Chapter 5 Lipids or Fats	Read Chapter 6 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/10	Chapter 6	Chapter 6 Proteins	Read Chapter 7 prior to next 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
8/11	Chapter 7	Chapter 7 Vitamins TEST 2 (CHAPTERS 4,5,6) end of chapter exercises due	Read Chapter 8 prior to next class Complete all end of chapter exercises TEST 2 (CHAPTERS 4,5,6) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
8/15	Chapter 8	Chapter 8 Minerals	Read Chapter 9 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/16	Chapter 9	Chapter 9 Water	Read Chapter 10 prior to next 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
8/17	Chapter 10	Chapter 10 Food TEST 3 (CHAPTERS 7,8,9) end of chapter exercises due	Read Chapter 11 prior to next class Complete all end of chapter exercises TEST 3 (CHAPTERS 7,8,9) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
8/18	Chapter 11	Chapter 11 Diet during Pregnancy and Lactation	Read Chapter 12 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/23	Chapter 12	Chapter 12 Diet during Infancy	Read Chapter 13 prior to next 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
8/24	Chapter 13	Chapter 13 Diet during Childhood and Adolescence TEST 4 (CHAPTERS 10,11,12) end of chapter exercises due	Read Chapter 14 prior to next class Complete all end of chapter exercises TEST 4 (CHAPTERS 10,11,12) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
8/25	Chapter 14	Chapter 14 Diet during Young and Middle Adulthood	Read Chapter 15 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
8/29	Chapter 15	Chapter 15 Diet during Late Adulthood	Read Chapter 16 prior to next 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
8/30	Chapter 16	Chapter 16 Diet and Weight Control TEST 5 (CHAPTERS 13,14,15) end of chapter exercises due	Read Chapter 17 prior to next class Complete all end of chapter exercises TEST 5 (CHAPTERS 13,14,15) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
8/31	Chapter 17	Chapter 17 Diet and Diabetes Mellitus	Read Chapter 18 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/1	Chapter 18	Chapter 18 Diet and Cardiovascular Disease	Read Chapter 19 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/5		NO CLASS		

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/6	Chapter 19	Chapter 19 Diet and Renal Disease TEST 6 (CHAPTERS 16,17,18) end of chapter exercises due	Read Chapter 20 prior to next class Complete all end of chapter exercises TEST 6 (CHAPTERS 16,17,18) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
9/7	Chapter 20	Chapter 20 Diet and GI Problems	Read Chapter 21 prior to next class Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/8	Chapter 21	Chap 21 Diet and Cancer PROGRESS REPORTS	Read Chapter 22 prior to next 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
9/12	Chapter 22	Chap 22 Diet and Clients with Special Needs TEST 7 (CHAPTERS 19,20,21) end of chapter exercises due	Read Chapter 23 prior to next class Complete all end of chapter exercises TEST 7 (CHAPTERS 19,20,21) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3
9/13	Chapter 23	Chap 23 Nutritional Care of Clients	Review all chapters Complete all end of chapter exercises	CC 1,2,3,4 GC 1,2,3
9/14	Chapter 1-23	Review Chapters 1-23 TEST 8 (CHAPTERS 22, 23) end of chapter exercises due	Review all chapters TEST 8 (CHAPTERS 22, 23) end of chapter exercises due	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
9/15	Chapter 1-23	Review Chapters 1-23	Review all chapters	CC 1,2,3,4 GC 1,2,3
9/19	Chapter 1-23	Comprehensive Final Exam	Comprehensive Final Exam	CC 1,2,3,4 GC 1,2,3
9/20	Chapter 1-23	Begin Sample Menu It is worth 5% of your grade for the course	Work on sample menu	CC 1,2,3,4 GC 1,2,3
9/21	Chapter 1-23	Work on sample menu	Work on sample menu	CC 1,2,3,4 GC 1,2,3
9/22	Chapter 1-23	Menu Assignment Due!	Menu Assignment Due!	CC 1,2,3,4 GC 1,2,3
9/26	Chapter 1-23	Begin Food Diary Assignment It is worth 5% of your grade for the course Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3
9/27	Chapter 1-23	Food Diary Assignment Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3
9/28	Chapter 1-23	Food Diary Assignment Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3
9/29	Chapter 1-23	Food Diary Assignment Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
10/3	Chapter 1-23	Food Diary Assignment Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3
10/4	Chapter 1-23	Food Diary Assignment Review Sample Menus	Food Diary Assignment	CC 1,2,3,4 GC 1,2,3
10/5	Chapter 1-23	Food Diary Assignment Due!	Food Diary Assignment Due!	CC 1,2,3,4 GC 1,2,3
10/6		NO CLASS		
10/10-/10/13		NO CLASS		
10/17		BEGIN EMP 1000		

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.

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