



ALHS 1060 Diet and Nutrition for Allied Health Sciences
COURSE SYLLABUS
Online
Spring Semester 2018

COURSE INFORMATION

Credit Hours/Minutes: 2-1500
Class Location: Georgia Virtual Technical College (GVTC)/Blackboard
Class Meets: Via Internet for 16 weeks
Course Reference Number (CRN): 40232
Preferred Method of Contact: EMAIL

INSTRUCTOR CONTACT INFORMATION

Instructor Name: Brooke Hinson, RN, MSN
Office Location: Vidalia Campus, Gillis Medical Building-Office 707
Office Hours: Monday thru Thursday, 3-5:30
Email Address: [Brooke Hinson \(bhinson@southeasterntech.edu\)](mailto:bhinson@southeasterntech.edu)
Phone: 912-538-3144
Fax Number: 912-538-3106
Tutoring Hours (if applicable): contact course instructor to set up appointment

SOUTHEASTERN TECHNICAL COLLEGE (STC) CATALOG AND STUDENT HANDBOOK

Students are responsible for all policies and procedures and all other information included in Southeastern Technical College's [Catalog and Student 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 College (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.

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 work required by the instructor and to attend the required proctored campus event. **Online students are responsible for checking e-mails and BLACKBOARD announcements daily.**

Students having computer problems or internet problems are encouraged to come to an STC campus and utilize one of the open computer labs or the library to complete course work. Please note **STC is closed on Friday, Saturday, and Sunday so do not procrastinate completing course work. See detailed lesson plan for specific course work dates.

Students are expected to prove weekly academic engagement by meeting assignment deadlines each week and spending a minimum of XXXXX hours during the semester doing the required homework, quizzes, and tests. Students are expected to communicate frequently through college email and discussion boards. 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. The proctored exam does not count in the chapter exam average. NO grades are dropped.

CHAPTER SELF TESTS (QUIZZES): They should be taken prior to the exam to better prepare students for the exam. They count for 10% of the course grade.

SAMPLE MENU/FOOD DIARY: See below for detailed instructions. 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 and 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. Reference and citations from the textbook are also required.

Watch 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. One-liners such as "I agree" will not be accepted. The discussion board grading rubric is available for students to view in the course.

- Discussion Board 1 Due by Monday, 1/22 at 11:59pm
- Discussion Board 2 Due by Monday, 2/5 at 11:59pm
- Discussion Board 3 Due by Monday, 2/19 at 11:59pm
- Discussion Board 4 Due by Monday, 3/5 at 11:59pm
- Discussion Board 5 Due by Monday, 3/19 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.**

SPECIAL NEEDS

Students with disabilities who believe that they may need accommodations in this class based on the impact of a disability are encouraged to contact [Helen Thomas \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126, to coordinate reasonable accommodations.

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 advise me and make appropriate arrangements with [Helen Thomas \(hthomas@southeasterntech.edu\)](mailto:hthomas@southeasterntech.edu), 912-538-3126, to coordinate reasonable accommodations.

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" (Withdrawn) 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 percent 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" (Failing 0-59) being assigned.

After the 65 percent 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 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.

PROCTORED EVENT REQUIREMENT

In order to validate student identity for all online courses, students enrolled in online courses are **required** to complete one proctored event per online course. The proctored event will be administered on two separate days during the semester—once on the Vidalia campus and once on the Swainsboro campus and will be monitored by the instructor or another Southeastern Technical College employee. The proctored event may be a major exam, assignment, or presentation, etc. that will count a minimum of 20% of the course grade. Students must attend one of the scheduled proctored sessions and will need to make arrangements with work, childcare, etc. The specific dates of the proctored event are scheduled on the Lesson Plan/Calendar for the online course. Students living further than 75 miles from either campus who cannot come to Southeastern Tech for the event must secure an approved proctoring site. The site and the proctor must meet Southeastern Technical College's requirements (instructor will provide more information and necessary forms if this is the case). Note: Students taking proctored events off campus will utilize the Proctor Scheduling and Approval Form found in Blackboard within the Getting Started/Start Here and Proctoring Event area. The completed form should be submitted to the course instructor a minimum of two weeks prior to the proctored event. If approved, the instructor will notify the proctor.

Students arranging off-campus proctoring must take the event on one of the-originally scheduled days. Students who do not complete the proctored event as scheduled must submit a valid documented excuse within three business days after the scheduled event. If the excuse is approved, 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. Proctored events will be given after the 65% point of the semester. **Students who do not complete the proctored event will receive an "F" (Failing 0-59) in the course.**

As published on Southeastern Technical College's website, any expenses incurred to obtain a proctor will be the responsibility of the student; however, students are not charged a proctoring fee when taking the proctored exam on the campus of Southeastern Tech. Most of Georgia's technical colleges do not charge to proctor exams for students enrolled in other Technical College System of Georgia (TCSG) colleges. Students who are enrolled at Southeastern Technical College and live out of the state of Georgia or out of the country could incur a proctoring charge. However, in that instance, the instructor would assist the student in locating the least expensive proctor.

The required proctored event for this class is scheduled on the following dates and times:
Vidalia Campus, Wednesday, March 21 at 1:30pm, room 803 in the Gillis Building or
Swainsboro Campus, Thursday, March 22 at 3pm, Building 2 room 2106. Bring your student ID.

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

There are no make-ups in this course. If you do not complete graded assignments by the due dates you will receive a grade of zero. All graded work is open until the posted due date listed on the lesson plan. Students are encouraged to work ahead to ensure completing the work by the due dates.

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 Student 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 and its constituent Technical Colleges do not discriminate on the basis of race, color, creed, national or ethnic origin, sex, 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 school is in compliance with Title VI of the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, or national origin; with the provisions of Title IX of the Educational Amendments of 1972, which prohibits discrimination on the basis of gender; with the provisions of Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of handicap; and with the American with Disabilities Act (ADA).

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>Helen Thomas, Special Needs Specialist Vidalia Campus 3001 East 1st Street, Vidalia Office 108 Phone: 912-538-3126 Email: Helen Thomas hthomas@southeasterntech.edu</p>	<p>Blythe Wilcox, Director of Human Resources Vidalia Campus 3001 East 1st Street, Vidalia Office 138B Phone: 912-538-3147 Email: Blythe Wilcox bwilcox@southeasterntech.edu</p>

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	40%
Proctored Exams	20%
Self-Tests (quizzes)	10%
Discussion Boards	5%
Sample Menu/Food Diary	5%
Final Exam	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

Spring Semester 2018 Lesson Plan

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
Week 1 1/8-1/15	Chapter 1 Chapter 2 Chapter 3	<p>By 4pm, Thursday, January 11 students are required to do the following 2 things:</p> <p>1. Go to "Getting Started" on the left side of the course page. Complete the "Pledge Acknowledgment Quiz" by 4pm, Thursday, January 11. If this is not done on time you will be "No Showed" and dropped from the course.</p> <p>2. Complete all other items under Getting Started link located on the left side of the page in the online course.</p> <p>Students failing to complete 1 and 2 listed above by the deadline will be dropped from the course.</p> <p>Read and print your syllabus and lesson plan</p> <p>Food, Nutrition, and Health Carbohydrates Fats</p>	<p>By 4pm, Thursday, January 11 students are required to do the following 2 things:</p> <p>1. Go to "Getting Started" on the left side of the course page. Complete the "Pledge Acknowledgment Quiz" by 4pm, Thursday, January 11. If this is not done on time you will be "No Showed" and dropped from the course.</p> <p>2. Complete all other items under Getting Started link located on the left side of the page in the online course.</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) ➤ Take the Chapter Exam by Monday, 1/22 at 11:59pm 	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
Week 2 1/15-1/22	Chapter 1 Chapter 2 Chapter 3	Food, Nutrition, and Health Carbohydrates Fats Discussion Board 1 (be sure to use follow the instructions to receive credit)	<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) ➤ Take the Chapter Exam by Monday, 1/22 at 11:59pm ➤ Complete Discussion Board 1 	1-4 a-c
Week 3 1/22-1/29	Chapter 4 Chapter 5 Chapter 6	Proteins Digestion, Absorption, and Metabolism Energy Balance	<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) ➤ Take the Chapter Exam by Monday, 1/29 at 11:59pm 	1-4 a-c
Week 4 1/29-2/5	Chapter 7 Chapter 8 Chapter 9	Vitamins Minerals Water Discussion Board 2	<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) ➤ Take the Chapter Exam by Monday, 2/5 at 11:59pm ➤ Complete Discussion Board 2 	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
Week 5 2/5-2/12	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	<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) ➤ Take the Chapter Exam by Monday, 2/19 at 11:59pm 	1-4 a-c
Week 6 2/12-2/19	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 Discussion Board 3	<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) ➤ Take the Chapter Exam by Monday, 2/19 at 11:59pm ➤ Complete Discussion Board 3 	1-4 a-c
Week 7 2/19-2/26	Chapter 13 Chapter 14 Chapter 15	Community Food Supply and Health Food Habits and Cultural Patterns Weight Management	<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) ➤ Take the Chapter Exam by Monday, 2/26 at 11:59pm 	1-4 a-c
Week 8 2/26-3/5	Chapter 16 Chapter 17 Chapter 18	Nutrition and Physical Fitness Nutritional Care Gastrointestinal and Accessory Organ Problems Discussion Board 4	<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) ➤ Take the Chapter Exam by Monday, 3/12 at 11:59pm ➤ Complete 	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			Discussion Board 4	
Week 9 3/5-3/12	Chapter 16 Chapter 17 Chapter 18	Nutrition and Physical Fitness Nutritional Care Gastrointestinal and Accessory Organ Problems	<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) ➤ Take the Chapter Exam by Monday, 3/12 at 11:59pm 	1-4 a-c
Week 10 3/12-3/19	Chapter 19 Chapter 20 Chapter 21	Coronary Heart Disease and Hypertension Diabetes Mellitus Kidney Disease Next week is in-person, proctored exam over Chapters 19-21 Discussion Board 5	<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) ➤ Plan to come and take one of the in-person, proctored exams ➤ Complete Discussion Board 5 	1-4 a-c
Week 11 3/19-3/26	Chapter 19 Chapter 20 Chapter 21 Proctored Exam this week	Proctored Exam Over Ch 19-21 Vidalia Campus: Wednesday, March 21 at 1:30pm, Gillis Building, room 803 OR Swainsboro Campus: Thursday, March 22 at 3pm, Building 2, room 2106 BRING STUDENT ID	Proctored Exam Over Ch 19-21 Vidalia Campus: Wednesday, March 21 at 1:30pm, Gillis Building, room 803 OR Swainsboro Campus: Thursday, March 22 at 3pm, Building 2, room 2106 BRING STUDENT ID	1-4 a-c
Week 12 3/26-4/2	Chapter 22 Chapter 23	Surgery and Nutritional Support Nutritional Support in Cancer and HIV Sample Menu/7 day Food Diary due in the drop box on 4/16- there is no penalty for completing this assignment early	<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) ➤ Take the Chapter 	1-4 a-c

Date/Week	Chapter/Lesson	Content	Assignments & Tests Due Dates	Competency Area
			Exam by Monday, 4/2 at 11:59pm	
4/2-4/9	Spring Break	Spring Break No assignments due Have fun!!		
Week 13 4/9-4/16	Chapter 22 Chapter 23	Surgery and Nutritional Support Nutritional Support in Cancer and HIV Sample Menu and 7 day Food Diary Assignment due by 11:59pm, 4/16	<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) ➤ Take the Chapter Exam by Monday, 4/16 at 11:59pm 	1-4 a-c
Week 14 and Week 15 4/16-4/30	Final Exam is open last two weeks	Final Exam due by 11:59pm Monday, 4/30	Study and prepare to take the final exam before Monday, 4/30 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 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, 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.
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
1 cup of decaf coffee black	2 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 7-day Food Diary

Keep a food diary for 7 days and write down everything you have to eat and drink. Place the calories next to each item and total your daily caloric intake. 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 7 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 7 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)