



**Diet and Nutrition for Allied Health Sciences/
ALHS 1060
COURSE SYLLABUS
ONLINE
SUMMER 2017**

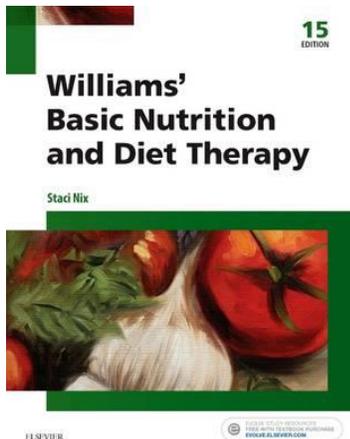
Semester: Summer 2017
Course Title: Diet and Nutrition for Allied Health Science
Course Number: ALHS 1060
Credit Hours/ Minutes: 2/1500
Class Location: ONLINE/BLACKBOARD
Class Meets: Via Internet/9 weeks
CRN: 60218

Instructor: Brooke Hinson, RN, MSN
Email Address: bhinson@southeasterntech.edu
Daytime Instructor: Brooke Hinson, RN, MSN
Office Location: Gillis Medical Building, 707
Office Hours: M-R, 4-5pm, or call/email for appt.
Email Address: bhinson@southeasterntech.edu
Phone: 912-538-3144
Fax Number: 912-538-3106
Tutoring Hours: Email instructor for appointment

PREFERRED METHOD OF CONTACT: Email

REQUIRED TEXT:

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



REQUIRED SUPPLIES & SOFTWARE: Paper, pen, pencil, highlighter & Internet access. (Mozilla Firefox or Google Chrome are preferred browsers) The CourseMate code is also required to access online course content.

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 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: STC 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.

All students pursuing a degree, a diploma, or a Technical Certificate of Credit with a General Education component will be required to pass the General Education Competency Exams prior to graduation.

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.

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.

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 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 tests and assignments. All tests and assignments are due by 11:59pm on Wednesday of each week. Exceptions to the due dates of assignments due to jury duty, military duty, court duty, or required job training will be made at the discretion of the instructor. **STUDENTS ARE STRONGLY ENCOURAGED TO WORK AHEAD TO ENSURE DUE DATES ARE NOT MISSED.**

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 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.

Abandoning a course(s) instead of following the 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 student's 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 purposes 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.

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.

SELF TESTS (quizzes): Self tests are required for this course. They should be taken prior to the exam to better prepare students for the exam. Quizzes count for 10% of the course grade.

CHECKING GRADES: Students can RUN a REPORT of their grades at any time to see the individual grades for each assignment. Students are to keep in mind that if assigned a grade of zero that these grades are not automatically counted in the current averages shown until instructor post those grades manually so averages could seem higher at the time before posting these grades. Students are responsible for knowing how to average their grades, not the instructor. The overall percentage averages should display in the grade book to help track course progress.

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 Wednesday, May 24 at 11:59pm
Discussion Board 2 Due by Wednesday, June 7 at 11:59pm
Discussion Board 3 Due by Wednesday, June 21 at 11:59pm
Discussion Board 4 Due by Wednesday, July 12 at 11:59pm
Discussion Board 5 Due by Wednesday, July 26 at 11:59pm

MAKE-UP GUIDELINES: 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.

NO GRADES ARE DROPPED.

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 STC 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 under the Proctoring Tab in ANGEL and submit the completed form to their instructor for approval 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 in the course.**

As published on STC'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 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 at the Swainsboro Campus on Wednesday, July 19 at 3pm in room 2159 in building 2 or at the Vidalia Campus Thursday, July 20 at 3pm room 803 (Gillis Medical Building). The proctored exam will be over chapters 22 & 23. Picture ID is required to take the exam. Students who do not complete the proctored event will receive an "F" in the 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, Room 108 Vidalia Campus, 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 the Special Needs Office. Vidalia Campus: Helen Thomas Room 108 (912) 538-3126.

ACADEMIC DISHONESTY POLICY: The STC Academic Dishonesty Policy states *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 *STC Catalog and Student Handbook.*

Procedure for Academic Misconduct

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

--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.

--Second Offense--

Student is given a grade of "WF" 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.

--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 second 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: Southeastern Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, gender, religion, disability, age, disabled veteran, veteran of Vietnam Era 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).

GRIEVANCE PROCEDURES: Grievance procedures can be found in the Catalog and Handbook located on STC's website.

ACCESS TO TECHNOLOGY: Students can now access BLACKBOARD, Remote Lab Access, Student Email (Office 265), Library Databases (Galileo), and BannerWeb via the mySTC portal or by clicking the Current Students link on the STC website at www.southeasterntech.edu.

GRADING POLICY

Chapter Exams	40%
Self tests	10%
Menu/Food Diary Assignment	5%
Proctored Exam	20%
Discussion Boards	5%
Final Exam	<u>20%</u> 100%

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 SCALE

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

Evaluation Procedures:

Students will be given multiple online examinations throughout the semester, self tests (quizzes), 1 "in-person" proctored exam, and 1 comprehensive final exam at the end of the semester. Additionally, students will complete a required menu/food diary assignment.

Each student's final course grade will be determined as follows:

Average of Exams	x 0.40 =	+_____
Self tests (quizzes)	x 0.10=	+_____
Menu/Food Diary Assignment	x 0.05 =	+_____
Proctored Exam	x 0.20=	+_____
Discussion Boards	x 0.05=	+_____
Final Exam	x 0.20 =	+_____

= _____
Final Numerical Course Grade

AHLS 1060 Diet and Nutrition for Allied Health Sciences
SUMMER Semester 2017 Lesson Plan ONLINE
Syllabus/Lesson Plan are subject to change at the discretion of the instructor

Date	Chap / Less	Content	Assignments & Tests Due	Comp Area
Week 1 May 17- May 24	Chap 1 Chap 2 Chap 3	<p style="background-color: yellow;">1. Email Instructor from Office 365 Mail or Blackboard Email by 8am Tuesday, May 23 to acknowledge your seat in this course and avoid being a "NO SHOW"</p> <p style="background-color: yellow;">2. Complete all items under Getting Started link located on the left side of the page</p> <p>Chap 1 Food, Nutrition, and Health Chap 2 Carbohydrates Chap 3 Fats</p> <p>DB #1 Due by May 24 at 11:59pm</p>	<p style="background-color: yellow;">Orientation Assignments: DUE by 8:00am Tuesday, May 23</p> <p style="background-color: yellow;">Log on to student email "Office 365"</p> <p style="background-color: yellow;">Send email to instructor</p> <p style="background-color: yellow;">Read Syllabus/Lesson Plan</p> <p style="background-color: yellow;">Complete all items under Getting Started link</p> <p>Each week complete the following:</p> <ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to chapter exam 5. Complete Exam by 11:59pm Wed. May 24 6. Complete DB 	CC 1,2,3,4 GA 1, 2, 3
Week 2 May 24- May 31	Chap 4 Chap 5 Chap 6	Chap 4 Proteins Chap 5 Digestion, Absorption, and Metabolism Chap 6 Energy Balance	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to chapter exam 5. Complete Exam by Wed. May 31 by 11:59pm 	CC 1,2,3,4 GA 1, 2, 3
Week 3 May 31- June 7	Chap 7 Chap 8 Chap 9	Chap 7 Vitamins Chap 8 Minerals Chap 9 Water <p>DB #2 Due by June 7 at 11:59pm</p>	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Access and utilize chapter resources in CourseMate 5. Complete Self tests 6. Complete Exam by Wed., June 7 at 11:59pm 7. Complete DB 	CC 1,2,3,4 GA 1, 2, 3

Week 4 June 7-14	Chap 10 Chap 11 Chap 12	Chap 10 Nutrition during Pregnancy and Lactation Chap 11 Nutrition during Infancy, Childhood, and Adolescents Chap 12 Nutrition during Adulthood- Early, Middle, and Later Years	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to take chapter exam 5. Complete Exam by Wed. June 14 at 11:59pm 	CC 1,2,3,4 GA 1, 2, 3
Week 5 June 14-21	Chap 13 Chap 14 Chap 15	Chap 13 Community Food Supply and Health Chap 14 Food Habits and Cultural Patterns Chap 15 Weight Management DB #3 Due by June 21 at 11:59pm	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to taking chapter exam 5. Complete Exam by Wed., June 21 at 11:59pm 6. Complete DB 	CC 1,2,3,4 GA 1, 2, 3
Week 6 June 21-28	Chap 16 Chap 17 Chap 18	Chap 16 Nutrition and Physical Fitness Chap 17 Nutritional Care Chap 18 Gastrointestinal and Accessory Organ Problems	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to taking chapter exam 5. Complete Exam by Wed., June 28 at 11:59pm 	CC 1,2,3,4 GA 1, 2, 3
		Week of July 4 No Assignments this week		
Week 7 June 28- July 12 Extended week due to July 4 Holiday	Chap 19 Chap 20 Chap 21	Chap 19 Coronary Heart Disease and Hypertension Chap 20 Diabetes Mellitus Chap 21 Kidney Disease DB #4 due by July 12 at 11:59pm Proctored event is next week!!	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to taking chapter exam 5. Complete Exam by Wed., July 12 at 11:59pm 6. Complete DB 	CC 1,2,3,4 GA 1, 2, 3
Week 8 July 12-20	Chap 22 Chap 23	Chap 22 Surgery and Nutritional Support Chap 23 Nutritional Support in Cancer and HIV The required proctored event for this class is at the Swainsboro Campus on Wednesday, July 19 at 3pm in room	<ol style="list-style-type: none"> 1. Read and study chapter(s) 2. Review Power Points in preparation for exam 3. Answer end of chapter(s) questions in the textbook 4. Complete Self tests prior to 	CC 1,2,3,4 GA 1, 2, 3

		<p>2159 in building 2 or at the Vidalia Campus Thursday, July 20 at 3pm room 803 (Gillis Medical Building). The proctored exam will be over chapters 22 & 23. Picture ID is required to take the exam. <u>Students who do not complete the proctored event will receive an "F" in the course.</u></p> <p><u>Sample Menu and 7 Day Food Diary is due Wednesday, July 19 by 11:59pm</u></p>	<p>proctored exam 5. Attend one of the proctored events</p> <p>The required proctored event for this class is at the Swainsboro Campus on Wednesday, July 19 at 3pm in room 2159 in building 2 or at the Vidalia Campus Thursday, July 20 at 3pm room 803 (Gillis Medical Building). The proctored exam will be over chapters 22 & 23. Picture ID is required to take the exam. <u>Students who do not complete the proctored event will receive an "F" in the course.</u></p>	
<p>Week 9 July 24-31 **Note due date for final exam**</p>	<p>Final Exam All Chapters</p>	<p>TAKE THE FINAL EXAM by 11:59pm Monday, July 31</p> <p>DB #5 Due by July 26 at 11:59pm</p>	<p>Study and Prepare for Final Exam by completing the following:</p> <p>Review all previous chapters and review end of chapter exercises/review questions Review Power Points Take the final exam by the Monday, July 31 at 11:59pm Complete last DB</p>	<p>CC 1,2,3,4 GA 1, 2, 3</p>

COURSE COMPETENCIES: (CC)

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

GENERAL EDUCATION CORE COMPETENCIES: (GC)

STC 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.

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. For example Low Fat Diet, Low Sodium Diet, etc.
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)

Sample Menu	Maximum points for each
Breakfast	7.5
Lunch	7.5
Snack	7.5
Dinner	7.5

Maximum Total: 30

Food Diary	Maximum 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
<p><i>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.</i></p>	

Maximum Total: 70

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