

Spring 2026

College of the Redwoods

Introduction to Nutrition



i Course Information

Semester & Year: Spring 2026

Course ID & Section #number: HO-15-V0088

Instructor's name: Leah King

Day/Time of required meetings: Online

Course units: 3

✉ Instructor Contact Information

Office location or Online: Health Occupations Office, AT Building Eureka Campus, or by appointment

Office hours: by appointment

Phone number: (707) 476-4216

Email address: leah-king@redwoods.edu

Preferred Contact Method: Canvas Inbox



Required Material

Required Textbook: Nutrition Concepts & Controversies bySizer and Whitney

We are currently using the 16th edition, ISBN: 9780357727614

It is OK to buy an older edition of the textbook, down to the 13th edition is fine!

You can buy the textbook from any online vendor, or from CR with this link: <https://bncvirtual.com/redwoods> (<https://bncvirtual.com/redwoods>)

Catalog Description

A study of nutrient requirements for healthy living in adults. The focus is on basic nutrients (including fats, carbohydrates, protein, vitamins, minerals and water), food sources and nutrient utilization in the human body. This course covers nutritional needs across the life span, the health implications associated with nutrition, food safety concerns and controversial aspects of human nutrition.

Course Student Learning Outcomes


Course Student Learning Outcomes

1. Identify nutrients in foods and explain the digestion, absorption and metabolism of these nutrients.
2. Relate nutrition to health, fitness and disease.
3. Analyze and evaluate the adequacy of one's own personal diet by applying the dietary guidelines and current nutrition recommendations.

Course Calendar

Week# and Date	Topic	What's Due
#1: 1/17/26-1/25/26	Chapter One Food Choices and Human Health	<ul style="list-style-type: none">• Small Group Discussion: Factors That Drive Food Choices• Whole Class Discussion: Introduction• Quiz 1• Knowledge Check (Due by May 3rd)



Week# and Date	Topic	What's Due
#2: 1/26/26-2/1/26	Chapter Two Nutrition Standards	<ul style="list-style-type: none"> • Other Assignment: Calculate Your Daily Calorie Needs • Quiz 2 • Knowledge Check (Due by May 3rd)
#3: 2/2/26-2/8/26	Chapter Three The Remarkable Body	<ul style="list-style-type: none"> • Small Group Discussion: Spice Drive Cultural Cuisine • Quiz 3 • Knowledge Check (Due by May 3rd)
#4: 2/9/26-2/15/26	Chapter Four Carbohydrates	<ul style="list-style-type: none"> • Whole Class Discussion: Reading Nutrition News • Other Assignment: Grocery Store Tour • Quiz 4 • Knowledge Check (Due by May 3rd)
#5: 2/16/26-2/22/26	Chapter Five Lipids	<ul style="list-style-type: none"> • Small Group Discussion: Food Rules • Diet Study Session 1 • Quiz 5 • Knowledge Check (Due by May 3rd)
#6: 2/23/26-3/1/26	Chapter Six Protein	<ul style="list-style-type: none"> • Whole Class Discussion: Nutrition Controversies • Diet Study Session 2 • Quiz 6 • Knowledge Check (Due by May 3rd)
#7:  2/26-3/8/26	Chapter Seven The Vitamins	<ul style="list-style-type: none"> • Whole Class Discussion: Nutrition Controversies

Week# and Date	Topic	What's Due
		answer multiple choice questions from other students <ul style="list-style-type: none"> • Whole Class Discussion: TED Talk Review • Quiz 7 • Knowledge Check (Due by May 3rd)
#8: 3/9/26-3/15/26	Chapter Eight Water and Minerals	<ul style="list-style-type: none"> • Whole Class Discussion: TED Talk Review complete peer review process • Small Group Discussion: Vitamin and Mineral Experiment • Diet Study Session 3 • Quiz 8 • Knowledge Check (Due by May 3rd)
SPRING BREAK 3/16 - 3/22		<ul style="list-style-type: none"> • Nada
#9: 3/23/26-3/29/26	Chapter Nine Energy and Weight Control	<ul style="list-style-type: none"> • Other Assignment: Small Changes Big Results • Quiz 9 • Knowledge Check (Due by May 3rd)
#10: 3/30/26-4/5/26	Chapter Ten Exercise	<ul style="list-style-type: none"> • Other Assignment: Exercise the Magic Pill • Quiz 10 • Knowledge Check (Due by May 3rd)
#11: 4/6/26-4/12/26	Chapter Eleven Diet and Health	<ul style="list-style-type: none"> • Quiz 11 • Diet Study Session 4 • Knowledge Check (Due by May 3rd)
#12: 4/13/26-4/19/26	Chapter Twelve	<ul style="list-style-type: none"> • Other Assignment: Personal Diet Study



Week# and Date	Topic	What's Due
	Food Safety and Food Technology	<ul style="list-style-type: none"> • Quiz 12 • Knowledge Check (Due by May 3rd)
#13: 4/20/26-4/26/26	Chapter Thirteen Lifecycle Nutrition	<ul style="list-style-type: none"> • Other Assignment: Food Allergy Assignment • Quiz 13 • Knowledge Check (Due by May 3rd)
#14: 4/27/26-5/3/26	Chapter Fourteen Child, Teen and Older Adult	<ul style="list-style-type: none"> • Quiz 14 • All Knowledge Checks due this week
#15: 5/4/26-5/10/26	All Chapters/All Topics	<ul style="list-style-type: none"> • Small Group Discussion: Please Share Your Story • Student Self-Assessment • Other Assignment: Nutrition Scenarios • Final Exam Review
#16: 5/11/26-5/15/26 FINALS WEEK (ENDS FRIDAY)	All Chapters/All Topics	<ul style="list-style-type: none"> • Final Exam

Course Calendar

✓ Evaluation, Participation & Grading Policy

Reading

Students are expected to complete weekly reading and be prepared to participate in weekly discussions and assignments. The textbook is the primary reference for this course.

Projects and Assignments:

KNOWLEDGE CHECKS: There are "Knowledge Checks" embedded in each lecture. Students will choose 10 Knowledge Checks throughout the semester and submit essay-style answers on Canvas. Choose 10 Knowledge Checks to complete at your own pace. The due date for all 10 of the Knowledge Checks is near the end of the semester.

DIET STUDY ASSIGNMENTS: Each student will complete four Diet Study Session Assignment. We will analyze the diet of one of several "clients." Diet Study Assignments can be submitted after the due date for a reduction in points. In general, there will be a 10% reduction in points for each week the assignment is turned in late.

OTHER ASSIGNMENTS: There are between 6-10 Other Assignments throughout the semester. Check the class schedule for due dates. There is no make-up if you miss one, and late-submissions are not accepted.

Quizzes and Final Exam

There will be 14 quizzes that correspond to each of the 14 chapters we will cover. The quizzes (15 questions) and the final exam (100 questions) are made up of T/F and multiple-choice questions. Quizzes will be completed on Canvas and there is a secondary passcode to unlock each quiz. The final exam will also be completed on Canvas during finals week. There is no make-up if a student misses quizzes or the final exam. Late submissions are not accepted.

Discussions

There are five Small Group Discussions and four Whole Class Discussions. The Small Group Discussions are meant to be more intimate and students will be assigned to small groups. The Whole Class Discussions involve in-depth research and more expansive exploration of the topics.

Course Grading Policy

Grading Scale

Grade	Range
A	94-100%
A-	90-93%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	73-76%
C-	70-72%
D+	67-69%
D	63-66%
D-	60-62%



Late Work Policy

Late work is not accepted in this class. Due dates for assignments, quizzes and discussion posts are non-negotiable. Assignments and quizzes can always be submitted early - just ask for early access!

Prerequisites / Co-requisites / Recommended Preparation

None

Course Expectations

Computer and Digital Literacy Skills Expectations

Students are expected to have the following computer skills:

- basic typing proficiency and keyboard functions
- using email, web browsers, and basic Canvas functions
- Use Office 365 or other compatible word processing programs that results in PDF or DOC documents

Students are also expected to have the following digital literacy skills:

- effectively searching for information on the Internet
- practice principles of Internet safety, privacy, and security

Instructor Response Expectations

All work for this course will be graded and returned to students in a timely manner. This generally means that students' work will be graded and returned in the following week in which it was due.



Academic Integrity

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic integrity, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated a lack of academic integrity, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board Policies, and administrative procedures is located in the 2024-2025 College Catalog and CR Board and Administrative Policies.

AI Use Class Policy

Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, overuse of these tools in this class can undermine your learning and curtail the development of your critical and creative thinking skills. In addition, AI outputs are often unreliable and frequently subject to bias. For these reasons, the policy of this class is that AI cannot be used at any point in the completion of class assignments, including discussion posts. Any or all of your assignment submissions and discussion posts may be screened by AI detection software, but the real penalty for AI misuse is that you will miss out on an opportunity to learn. If AI detection software flags any of your work, I will assign a "0" for the entire assignment.

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [2024-2025 College Catalog](https://redwoods.elumenapp.com/catalog/2024-2025/home)  (<https://redwoods.elumenapp.com/catalog/2024-2025/home>) and [CR Board and Administrative Policies](https://go.boarddocs.com/ca/redwoods/Board.nsf/Public?open&id=policies)  (<https://go.boarddocs.com/ca/redwoods/Board.nsf/Public?open&id=policies>).

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](https://www.redwoods.edu/services/sass/light.php)  (<https://www.redwoods.edu/services/sass/light.php>), counseling

and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact

[Student Accessibility Support Services \(SASS\)](#) 

(<https://www.redwoods.edu/services/sass/index.php>).

If you are unsure whether you qualify, please contact SASS for a consultation: SASS@redwoods.edu (<mailto:SASS@redwoods.edu>).

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280

Course Summary:

Date	Details	Due
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