

Syllabus: Introduction to Nutrition

Course Information

Semester & Year: Fall 2025

Course ID and Section number: HO-15-E9501

Instructor's name: Leah King

Office Hours: Before or after class, make arrangements

Day/Time of Required Meetings: Mondays 3:50-7:00 AT#115, Eureka Main Campus

Course units: 3

Instructor Contact Information

Office location or Online: online or meet in person before or after class

Office hours: online/by request

Phone number: Health Occupation Office: 707-476-4216

Email address: leah-king@redwoods.edu

Other method: Send a Message on Canvas

Communication notes: sending a Message on Canvas is preferred!

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

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.

Prerequisites/corequisites/ recommended preparation

None

Required Materials

Textbook title: Nutrition Concepts and Controversies, Edition: 16th Author:Sizer and Whitney, ISBN-13: 978-0357727614. You can also buy an older, less expensive edition of the textbook (down to the 13th edition). You can buy the textbook from any online vendor, or from CR with this link: <https://bncvirtual.com/redwoods>

- 1.) **Participation:** This course is taught in-person on Monday afternoons, 3:50-7:00PM. We will use Canvas for the Diet Study Assignments, to take all course quizzes and exams and possibly, for other assignments. Each week in class we will cover a section of the reading, the Instructor will provide lecture and we will have group and individual assignments in class. Students are expected to attend all classes; class missed cannot be made up. The passcode for each quiz will be given out in class only. Knowledge Check questions will only be available in class during lectures.
- 2.) **Reading:** Students are expected to complete reading assignments and be prepared to participate in weekly discussion and assignments. The required textbook is: Nutrition Concepts and Controversies, 16th Edition by Sizer and Whitney, however using an older version of the textbook is acceptable (down to the 13th edition).
- 3.) **Knowledge Checks:** Students are expected to attend class to listen to the lectures that correspond with each Chapter in the textbook. There are “Knowledge Checks” embedded in each lecture. Students will choose 10 Knowledge Checks throughout the semester and submit their answers to these Knowledge Checks on Canvas. There are not specific due dates for these Knowledge Checks; choose 10 to complete at your own pace by the end of the regular semester (not during finals week).
- 4.) **Diet Study Assignments:** Each student will be required to turn in four Diet Study Assignments. We will analyze the diet of one of several “clients.” Diet Study Assignments will not be accepted during finals week, only during the regular semester. In general, there will be a 10% reduction of points per week that the assignment is turned in late.
- 5.) **Other Assignments and Discussions:** There will be many in class and group assignments. At times, some of these assignments will have the option to be completed outside of class and submitted on Canvas. There is no make-up if you miss an assignment. Late submissions are not accepted. There will be several discussions that involve an in-class presentation.
- 6.) **Quizzes and Final Exam:** There will be 14 quizzes that correspond to each of the 14 chapters we will cover in the textbook. The quizzes (15 questions each) and final exam (100 questions) are made up of T/F and multiple-choice questions. Quizzes will be taken on Canvas and often there will be a secondary passcode that you will need to unlock the exams – the passcode will be given out in class. DSPS students should register with the instructor if extra time is needed. There is no make-up if you miss a quiz or the final exam.

Grading Criteria and Grading Scale:

Grading Criteria				Grading Scale	
Diet Study Assignments (4 total)	320 points	32%		A	95-100%
Assignments and Discussions	270 points	27%		A-	90-94%
Quizzes (14 @ 15 points each)	210 points	21%		B+	87-89%
Knowledge Checks (10 @ 10 points each)	100 points	10%		B	83-86%
Final Exam	100 points	10%		B-	80-82%
TOTAL	1,000 points	100%		C+	77-79%
				C	70-76%
				D	60-69%

Canvas Information and technology requirements

We will use Canvas for many aspects of our course. Students will need to log into Canvas to engage in class discussions, complete (some) assignments, receive feedback from the instructor and obtain important information that pertains to our course.

- Log into Canvas at [My CR Portal](#)
- For help logging in to Canvas and general tech help, visit [Canvas Support Home](#)
- Once you're logged in to Canvas, you click on the Help icon on the left menu
- Canvas online orientation workshop: [Canvas Student Orientation Course](#)

For this course the following technology is required:

- Connect to the internet using a web browser uninterrupted
- Use a computer for this course, **do not expect to complete this course using only your phone or tablet**
- Use Office 365 or other compatible word processing programs that results in PDF or DOC documents
- Download, open, edit, save and upload files (.pdf, doc, docx), use Microsoft OneDrive, as needed
- For password issues with Canvas, Web Advisor or your CR email, contact (707)476-4160 or (707)476-4225

Setting Your Preferred Name and Pronouns in Canvas

Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account :: Settings :: Edit Settings). To request a change to your preferred list name, contact [Admissions and Records](#). Your Preferred Name will only be listed in Canvas; this does not change your legal name in our records. See the [Student Information Update form-2022.pdf](#).

Student feedback policy

All work for this course, including assignments, quizzes, discussion posts and Diet Study Assignments will be graded and returned to students in a timely manner. The instructor will notify students if grading cannot be completed the week after the assignment is due. Otherwise, students can expect their work graded and returned in a week or less. Messages are best received on Canvas, and students can expect a reply from the Instructor typically the next day. Messages and emails are typically NOT answered over the weekends.

Admissions deadlines & enrollment policies

The Academic Calendar can be found here, please note the dates in which you can drop the course: <https://www.redwoods.edu/showcase/calendar.php>

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, 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 academic dishonesty, 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 is available on the College of the Redwoods website.

Plagiarism

Plagiarism is using another's written work without crediting the source. Information copied and pasted from a website into the discussion forum or an assignment is plagiarism, even with a source cited. You should cite all outside resources used and always write in your own words.

I use a program that detects plagiarism when I grade. If I find that your discussion post or assignment is not original work I will assign a "0" for the entire assignment and give you a warning. I assume that most instances of plagiarism are unintentional. The "0" grade acts as a placeholder, and it is the student's responsibility to contact me about re-submitting their work.

Using Artificial Intelligence

You may be familiar with ChatGPT, an artificial intelligence chatbot. Although ChatGPT can be helpful when trying to becoming familiar with a concept, I consider using AI-generated answers cheating. You must create original work by writing in your own words. Recent advancements in generative artificial intelligence (AI) have made large language models such as ChatGPT and Google's Bard widely available. However, use 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 I find that your discussion post or assignment is mostly AI-generated, I will assign a "0" for the entire assignment and give you a warning. If I find AI-generated text used again, you will be dropped from the course.

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](#) and [CR Board and Administrative Policies](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

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](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, 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 \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

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

Del Norte campus

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

Klamath-Trinity campus

- Phone: 707-476-4280

Student Support Services

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

The following online resources are available to support your success as a student:

[CR Online Learning Support](#)

Tech support, laptop loans, guides to using Canvas, installing Office 365 for free, and more.

[Library Articles & Databases](#)

Find the best library databases for your research.

[Online Tutoring Resources](#)

Participate in tutoring over Zoom.

To learn more about the resources available to you, click on a title bar below, or click the down arrow to expand them all.

Klamath-Trinity students can contact the CR Klamath-Trinity Office for specific information about student support services at 530-625-4821.

Community College Student Health and Wellness

National Suicide Prevention Lifeline

If you are in distress or are with someone at risk right now, call or text the National Suicide Prevention Lifeline.

Call the National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Text the National Suicide Prevention Lifeline
741-741

Timely Care

When you're not feeling well physically or distressed mentally, Timely Care can offer the help you're looking for in just a few quick taps. Students can schedule an appointment anytime via phone, video, and chat. [Log in or set up an account with Timely Care.](#)

Mental Health Counseling

Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

- Text: 707-496-2856
- Email: shawnabmft@gmail.com
- Fax and voicemail: 707-237-2318

Wellness Central

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Wellness Central](#).

Counseling

[Counseling and Advising](#) can assist students in need of academic advising and professional counseling services. Call, email or stop by one of our offices to make an appointment!

Counseling and Advising office locations and contact info

Eureka campus

- Phone: 707-476-4150

- Location: Student Services Building, first floor
- Email: counseling@redwood.edu
- Hours: Monday through Friday, 9am to 4pm. Summer hours may vary

Del Norte campus

- Phone: 707-476-2300
- Location: Main Building, next to the library
- Hours: Summer hours may vary

Klamath-Trinity campus

- Phone: 530-625-4821
- Email: KT-staff@redwoods.edu
- Hours: Summer hours may vary

Basic Needs Center

[Basic Needs Center](#) provides for the health and safety of students by providing access to healthy food, financial resources, and referrals to safe and secure housing. [Submit a request for services and information.](#)

Basic Needs Center contact info

- Phone: 707-476-4153
- Email: the-grove@redwoods.edu

Learning Resource Center

The Learning Resource Center includes the following resources for students:

Library Services

[Introduction - Library Services for Students - LibGuides at College of the Redwoods](#) promotes information literacy and provides organized information resources.

Multicultural and Equity Center (MCE)

The [Multicultural and Equity Center](#) is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.

Academic Support Center

The [Academic Support Center](#) offers tutoring and test proctoring for CR students.

Student Tech Help

Technical [Support](#) provides students with assistance around a variety of tech problems.

Extended Opportunity Programs and Services (EOPS)

[EOPS/CARE](#) (EOPS) provides services to eligible income disadvantaged students including: textbook awards, grants, career academic and personal counseling, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

TRiO Student Success Program

The TRiO Student Support Services Program provides eligible students with a variety of services including academic advising, career assessments, assistance with transfer, and peer mentoring. Students can apply for the program with the [Eureka TRiO office](#) or the [Del Norte TRiO office](#).

Veterans Resource Center

The [Veterans Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.

CalWORKS

California Work Opportunity & Responsibility to Kids ([CalWorks](#)) provides supportive services to student parents with children under the age of 18, who are receiving cash assistance (TANF benefits), to become self-sufficient. Services include: transportation assistance, basic student supplies, tutoring, priority registration, laptop and calculator loans, career, academic, and personal counseling, and more!

Emergency Procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into [WebAdvisor](#) and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or campus-safety@redwoods.edu if you have any questions. For more information visit [Campus Safety](#). Please review the [EurekaEmergencyMap S24.pdf](#) for campus evacuation sites, including the closet site to this classroom (posted by the exit of each room).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

To learn more about campus-specific Emergency Procedures, click on a title bar below, or click the down arrow to expand them all.

Del Norte Campus Emergency Procedures

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, visit [Campus Safety](#).

Klamath-Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.

In the event of an emergency, communication shall be the responsibility of the district employees on scene:

1. Dial 911, to notify local agency support such as law enforcement or fire services.
2. If safe to do so, notify key administrators, departments, and personnel.
3. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.
4. Contact 530-625-4821 to notify of situation.
5. Contact Hoopa Tribal Education Administration office 530-625-4413
6. Notify Public Safety 707-476-4111.

In the event of an emergency, the responsible district employee on the scene will:

1. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.
2. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.
3. Close all window curtains.
4. Get all inside to safe location Kitchen area is best internal location.
5. If a police officer or higher official arrives, they will assume command.
6. Wait until notice of all is clear before unlocking doors.
7. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.
8. Do not leave site, unless it has been deemed safe by the person in command.

Course Schedule – Fall 2025

	Topics	✓ To Do This Week: (Due by Midnight on the date indicated)	Reading and Resources
Week 1 8/25	Introduction to course, Food Choices and Human Health	<ul style="list-style-type: none"> ✓ First Day of Class ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 1 ✓ Knowledge Check (Due by Dec 14th) 	Chapters 1
Week 2 9/1 No Class Labor Day	Class Does Not Meet, Nutrition Standards	<ul style="list-style-type: none"> ✓ Post Introduction & Recipe Online ✓ Calculate Calorie Needs Assignment Online ✓ View Chapter 2 Lecture Online ✓ Quiz 2 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 2, Lecture available online
Week 3 9/8	The Remarkable Body	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Part Instructions ✓ Post Reading Nutrition News Online ✓ Quiz 3 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 3
Week 4 9/15	Carbohydrates	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 1 ✓ Quiz 4 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 4
Week 5 9/22	Lipids	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 5 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 5
Week 6 9/29	Protein	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 2 	Chapter 6

		<ul style="list-style-type: none"> ✓ Quiz 6 ✓ Knowledge Check (Due by Dec 14th) 	
Week 7 10/6	Vitamins	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 7 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 7
Week 8 10/13	Water and Minerals	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 3 ✓ Quiz 8 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 8
Week 9 10/20	Energy and Weight Control	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 9 ✓ Knowledge Check (Due by Dec 14th) ✓ 	Chapter 9
Week 10 10/27	Exercise	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Diet Study Session 4 ✓ Quiz 10 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 10
Week 11 11/3	Diet and Health	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 11 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 11
Week 12 11/10 NO CLASS VETERANS DAY OBSERVED	Class Does Not Meet, Food Safety and Technology	<ul style="list-style-type: none"> ✓ View Chapter 12 Lecture Online ✓ Quiz 12 ✓ Post Online: Grocery Store Tour ✓ Knowledge Check (Due by Dec 14th) 	Chapter 12, Lecture available online
Week 13 11/17	Life Cycle Nutrition	<ul style="list-style-type: none"> ✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 13 ✓ Knowledge Check (Due by Dec 14th) 	Chapter 13

11/24 NO CLASS FALL BREAK	Class Does Not Meet	✓ Nada	
Week 14 12/1	Child Teen and Older Adult	✓ In Class Assignments and Discussions to be assigned in class ✓ Quiz 14 ✓ Knowledge Check (Due by Dec 14th)	Chapter 14
Week 15 12/8	All Topics	✓ In Class Assignments and Discussions to be assigned in class ✓ Online Discussion Post: Please Share Your Story ✓ Final Exam Review ✓ Knowledge Check (Due by Dec 14th)	Chaptr 1-14
Finals Week 12/15-12/19 (Ends Friday)	All Topics	✓ Final Exam ✓ No assignments accepted during finals week	Chapters 1-14