

FSHE 185 COURSE INFORMATION**THE SCIENCE OF HUMAN NUTRITION**
Food Science and Hospitality Education (FSHE) 185

Spring 2018

Instructor: Grant Itomitsu

Classroom: Ohelo 124

Course Description

FSHE 185 is the integration of natural science concepts basic to the study of human nutrition. Emphasis is placed on the nutrient requirements of healthy individuals, nutrient categories and their characteristics, physiological functions, and food sources. Course includes the review and adaptation of dietary practices to reflect current nutritional concerns and issues.

Course Objectives

The primary objective of this course is to provide a science-based nutrition background that will help you make appropriate, informed choices from the vast array of foods available in today's marketplace. Upon completion of this course you should be able to:

- Identify current USDA My Plate principles and food groups
- List the nutrient contributions of each food group
- Discuss the nine areas where dietary guidelines make recommendations
- Develop recipes and menus using dietary guideline recommendations, food guides, and food labels
- Evaluate recipes and menus using dietary guideline recommendations, food guides, and food labels
- Discuss characteristics, functions, and best sources of each of the major nutrients
- List the primary characteristics, functions, and sources of vitamins, water and minerals
- Describe the process of human digestion
- Determine energy needs based upon basal metabolic rate and exercise expenditure
- Discuss cooking techniques, storage principles, and portion sizes for the maximum retention of nutrients and effective weight management
- Discuss exchange groups
- Identify common food allergies and determine appropriate substitutions
- Discuss contemporary nutritional issues
- Apply emerging technologies for nutrient analysis
- Discuss weight management, exercise, and nutrition over the life cycle
- Discuss marketing of healthy menu options.

Within this FSHE 185 course, the following student learning outcomes will have been introduced, practiced or demonstrated:

1. Describe the characteristics, functions, and food sources of the major nutrients and how to maximize nutrient retention in food preparation and storage.
2. Apply the principles of nutrient needs throughout the life cycle to menu planning and food preparation.

INSTRUCTOR CONTACT INFORMATION**Grant Itomitsu**

Ohelo 104

Email: gitomits@hawaii.edu

*Office hours:

Monday: 9:15 - 9:50 am & 11:30 am - 12:15 pm

Tuesday: 9:45 - 10:45 am & 2:30 - 3:30 pm

Wednesday: 2:30-3:30pm

Thursday: 10:00-11:30am

Friday: By appointment

*Please feel free to schedule an appointment to meet with me for any concerns.

REQUIREMENTS

Requirements

“Reliable” Internet Access:

- Electronic Mail: Communication with students may be done via UH mail accounts and should be checked daily.
- Laulima hawaii.edu (do not use “www”) Grades, Assignments, Lecture Slides, etc. will be found here.

COURSE EVALUATION

Course Evaluation

Course evaluation is based on a sum of 1000 points as outlined below. Grading will be based on a strict scale as outlined below unless the instructor deems it appropriate to change the scale proportionately.

Grading Scale

A 90% above (900-1000+ points)

B 80-89.9 (800-899 points)

C 70-79.9 (700-799 points)

D 60-69.9(600-699 points)

F 0-59.9(0-599 points)

KULEANA & EXAMINATIONS:

Fifteen (15) Kuleana assessments, Five (5) module exams and one (1) final exam will be given to assess each student's mastery nutrition comprehension, knowledge.

Kuleana: "Responsibility" (Prior to Class)

Prior to class, you will need to complete your Kuleana which contains your reading assignment for the upcoming lecture and the quizzes embedded within them which assesses your comprehension of the reading material. Each Kuleana is worth 5 points each and must be completed and is due 30 minutes before the start of class. **NO LATE WORK FOR KULEANA ASSESSMENTS ARE ACCEPTED.** The work must be completed prior to class as the covered materials will be utilized in class discussions. This will comprise 7.5% of total course points

Module Examinations

Module Exams are worth 60 points each, equivalent to 30% of total course points. The format of exams will be short answer, matching, multiple choice, True/False, calculations, and may include extra credit questions. Students are expected to review each module for the respected exam. Students are expected to bring a picture ID to every exam. Exams are closed book, with no notes and no dictionaries or translator books/devices. No headphones may be worn throughout the class. Additional of points may be provided as a bonus to your total score.

Final Examination

The final exam is worth 200 points, equivalent to 20% of total course points. The final exam will be **cumulative** of Modules 1, 2, 3, 4 and 5. The final exam will be in multiple-choice format and computer scored. The purpose of the final exam is to assess student's mastery of the entire course. ID's may be collected before the exam; students without ID's may not be allowed to take the exam. The final examination must be completed in order to receive a course grade. *

NO FINAL EXAM WILL BE GIVEN PRIOR TO SCHEDULED EXAM DATES. PLEASE SEE SCHEDULE.

MAKE-UP EXAMS

If you miss an exam due to a valid reason (military obligation, written MD's excuse for illness, or jury duty) you may make up the exam within one week from the day you returned. If you do not

bring a valid excuse within two class days after your return date, no credit will be given and that portion of your grade will be figured with the unexcused, missed exam entered as a "zero".

ASSIGNMENTS:

Three (3) written homework exercises will be assigned during the course worth a total of 275 points. This will comprise 27.5% of total course points. Assignments will be distributed during the semester. All assignments must be turned in by due date and time. Partial credit may be given for a late assignment turned in after its due date and time. Typically that time frame is one week after the due date. A significant amount of class time will be devoted to completing the Final Assignment. However, if you are having trouble completing Final Assignment it is your responsibility to take additional time (out of class) to complete this assignment prior to the due date.

MANA'O: "Thoughts/Reflection" (Post Lecture)

During and after lecture/discussions, I will often ask for your "thoughts" about nutritional topics. The Mana'o assessment reflects the application of concepts discussed in class. The Mana'o assessments are worth 10 points each and because this is based on in-class discussions there are **NO MAKEUPS** for any missed Mana'o assessments. This will comprise 15% of total course points.

COURSE SCHEDULE

Schedule

	CLASS DATE	*IN CLASS TOPIC	ASSIGNMENTS & EXAMS
Mana'o 01	Jan 8	Introduction to Nutrition Assignment #1	
Holiday on 15th. All work provided Online. Kuleana 01	Jan 15	Healthful Diets Nutrition Calculations	Assignment #1 DUE (1/15)
Kuleana 02 Mana'o 02	Jan 22	The Human Body	EXAM I (1/23-25)

Kuleana 03 Mana'o 03	Jan 29	Carbohydrates	
Kuleana 04 Mana'o 04	Feb 5	Lipids	
Kuleana 05 Mana'o 05	Feb 12	Proteins	EXAM II (2/13-15)
Holiday on 19th. All work provided Online. Kuleana 06 & Mana'o 06	Feb 19	Energy Balance	
Kuleana 07 Mana'o 07	Feb 26	Assignment 2 In-Class Obesity Video: ONLINE	
Kuleana 08 Mana'o 08	Mar 5	Nutrition & Activity	EXAM III (3/6-8)
Kuleana 09 & Mana'o 09 Kuleana 10 & Mana'o 10	Mar 12	Fluids and Electrolytes & Antioxidants	Assignment 2 DUE (3/12)
Kuleana 11 Mana'o 11	Mar 19	Bone Health	
Kuleana 12 Mana'o 12	Apr 2	Metabolism & Blood	EXAM IV (4/3-5)
COMBO** 13	Apr 9	Pregnancy/Lactation, Infancy	

COMBO** 14 & 15	Apr 16	Childhood & Elderly	EXAM V (4/17-19)
(**Kuleana and Mana‘o will be combined)			
Requires students to attend labs outside of normal class hours.	Apr 23	Final Assignment FP-SQL “Diet Input”	
Requires students to attend labs outside of normal class hours.	Apr 30	FP-SQL “Revision” & “Exercise” All in-class computer work must be completed.	Final Assignment (Due 5/7)
			Final Exam (Monday, 5/7 10:00 am)
		**Covered topics are subject to change	

ADDITIONAL INFORMATION

Statement for Students with Disabilities

Kapi‘olani Community College (KCC) is committed to a barrier-free campus and provides accommodations to ensure students with disabilities equal access to education. KCC agrees to make academic adjustments to ensure non-discrimination of students with disabilities. This commitment is in accordance with applicable state and federal laws, including the Americans with Disabilities Act, and Sections 504 and 508 of the Rehabilitation Act.

Under the Americans with Disabilities Act (Title II) and the Rehabilitation act of 1973-section 504 and 508, individuals with disabilities have protections against discrimination and are assured access to programs, services and activities. For more information see “Americans with Disabilities Act” and “Rehabilitation Act of 1973 – Section 504 or Section 508”.

Students must self-identify to the DSSO and complete the intake process before receiving reasonable accommodations for the first time. Students must formally request specific academic adjustments/auxiliary aids, provided as accommodations, and substantiate that request with supporting documentation. To ensure the prompt and effective provision of accommodations, students should contact the DSSO as early as possible.

If you are a student with a documented disability and have not voluntarily disclosed the nature of your disability so that we may coordinate the accommodations you need, you are invited to contact the Disability Support Services Office (DSSO) in 'Ilima 107, ph.734-9552, or email kapdss@hawaii.edu for assistance. For students whose primary disability is Deaf or hard of hearing, contact the KCC Deaf Center in Manono 111C, ph. 734-9210 (V), 447-1379 (videophone), or email kapdeaf1@hawaii.edu.

Please note: you will need to contact Kapi'olani CC's DSSO or Deaf Center to request accommodations in a Kapi'olani CC course even if you've already registered or are receiving services at another UH campus's disability support program.

For more information, go to <https://www.kapiolani.hawaii.edu/campus-life/student-services/disability-support-services-office-dsso/>

Title IX Disclosure

Kapi'olani Community College (KCC) faculty are committed to supporting our students and upholding gender equity laws as outlined by Title IX. To learn more about Title IX please visit KCC's Title IX Website: <http://tinyurl.com/titleixkapcc>.

Reporting: If a student chooses to confide in a faculty member or if a faculty member observes an incident regarding an issue of sexual violence, sexual harassment, domestic and intimate partner violence, stalking, gender-based discrimination, and gender-based bullying and hazing, faculty are required by federal law to report these issues to

- Dr. Brenda Ivelisse, KCC's Title IX Coordinator - (808)734-9522, kapvcsa@hawaii.edu, 'Ilima 205.

Confidentiality: If a student does not wish to formally report an incident to a faculty member, but wishes to speak to someone confidentially about any of the behaviors listed above, the student can speak to the confidential space counselors on campus:

- Dr. Lori Ferreira, Mental Health Counselor – (808) 734-9585, lori808@hawaii.edu, 'Iliahi 113
- Cathy Wehrman, Student Affairs Counselor - (808) 734-9504, cwehrman@hawaii.edu, 'Iliahi 201

Filing a complaint: If you have experienced or observed discrimination or harassment you may make a formal complaint by contacting the Title IX Coordinator, Dr. Brenda Ivelisse at (808) 734-9522. You may also report concerns online at <http://tinyurl.com/KCCconcern> or contact KCC security at 734-9900.

Proctored Activity

(Higher Education Act of 2008 requires that colleges verify that students taking a class are the same as those getting credit for the course. To meet this regulation, online instructors should require one activity per semester in which a student validates his/her identity by showing an ID and have his/her participation in the class activity monitored. With this in mind, students often take online classes because of its flexibility - the ability to complete coursework on their own time. Therefore, it is important to make clear upfront any activities that require students to come to the campus or to any common location at any given time. This includes field trips, face-to-face presentations, proctored testing, etc.)

Netiquette

(Netiquette, short for “network etiquette” or “Internet etiquette,” is a set of social conventions that facilitate interaction over the internet. Having a statement that establishes appropriate etiquette for interaction in your online class is vital to developing a positive learning environment.)

Online discussions and peer feedback on written work are invaluable. However, we must observe appropriate behavior online, just as we would in a classroom. Here are a few guidelines:

1. Do not use the all CAPS in online communication. ALL CAPS usually indicate that the writer is shouting, and this could set up an uncomfortable situation.
2. Use correct spelling, capitalization and punctuation in ALL correspondence. Use Standard English in all aspects of our college course. Do not use “texting” language.
3. At all times, be respectful to each other. Choose your words carefully. When communicating online, words can be misunderstood, so make sure to proofread them and to consider how someone else might interpret them.
4. Express differences of opinion in a polite and rational way.
5. Maintain an environment of constructive criticism when commenting on the work of other students.
6. Avoid bringing up irrelevant topics when involved in group discussions or other collaborative activities.
7. If you ever receive an e-mail or response in discussions that is not appropriate, please contact me immediately. I have a no tolerance policy to anything that appears to be harassing, impolite, insulting or which uses profanity. Situations like this may be referred to the Dean and corrective action will be taken.

Student responsibilities

Students are expected to:

- Read assigned course materials prior to class;
- Come to class on time, take notes, participate in class discussions and activities;
- Complete and turn in assignments on time;
- Ask questions in or after class, by appointment or via email;
- Study as needed;
- Report any academic dishonesty;
- Request assistance when needed, prior to the due date of an assignment;
- Work with other students in studying and completing assignments;
- Respectfully dispute any grades but not excessively about undesired outcomes; and
- Follow the UH student conduct code.

Academic Honesty:

Because the university is an academic community with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes, but is not limited to, cheating, which includes giving / receiving unauthorized assistance during an examination; obtaining information about an examination before it is given; using not allowed / inappropriate sources of information during an examination; altering answers after an examination has been submitted; and altering the record of any grade. Refer to the UH Student Conduct Code for further information. Students caught cheating once may risk receiving an F for the class.

In instructional activities, students are responsible for meeting all of the instructor's attendance and assignment requirements. Failure to do so may affect their final grade. In all college-related activities, including instruction, they must abide by the college's codes and regulations, refraining from behavior that interferes with the rights and safety of others in the learning environment. Finally, if they decide to file a grievance, they are full responsible for providing proof that they have been wronged.

The instructors

are expected to:

- Be knowledgeable of course content;
- Provide instruction in a way that encourages learning and enjoyment of the field of nutrition;
- Be prepared for each class;
- Answer questions clearly and respectfully;
- Provide fair assignments, quizzes, etc. and otherwise be unbiased and fair;
- Be available to assist students in a timely manner and return graded materials in a timely manner;

- Listen and respect students, their suggestions, and request for assignment or quiz grading revision;
 - Build on student's academic potential and study skills.
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Classroom Rules:

No eating or drinking allowed in computer room.

All computers must be **turned off** and monitors must be **turned around** at the start of class.

Turn off audio players and put them away. (NO earphones/headsets in your ear or around your neck)

Turn off all cell phones and put them away (It should not be visible while in class). NO making or taking calls, texting, Web browsing, Emailing, Use of applications, twittering, etc. (If your phone goes off in class then you will be docked 25 points automatically).

CULINARY ARTS MAJORS

All Culinary Arts Majors please note below:

WARNING and NOTIFICATION of HAZARDS and RISKS

All occupations within the Culinary and Pastry Arts Profession have inherent risks that prospective students should be aware of. The purpose of this **Warning of Hazards and Risks** is to bring students' (parents') attention to the existence of potential dangers, to aid them in making an informed decision concerning participation in the program, and in signing the Assumption of Risk and Release of Liability Waiver form.

Occupational hazards for the field of culinary/pastry arts include, but are not limited to:

- cuts and abrasions due to handling sharp objects
- slips and falls due to wet, slippery or uneven floors
- strained muscles and backs due to lifting of heavy objects
- exposure to foods that one may be allergic to
- exposure to hazardous cleaning chemicals
- accidental injury in an internship or practicum experience or en route to or from an internship or practicum experience
- injury or illness that can affect one's personal health or the health of an unborn child
- scalding and burns that may result in permanent disfigurement, disability or death

An injury or illness can impair one's general physical and/or mental health and may hinder one's future ability to earn a living, engage in business, social, or recreational activities, or generally

impair one's ability to enjoy life. There may also be risk of injury, illness, or death resulting from causes not specified in the **Warning and Notification of Hazards and Risks**.

In addition to acknowledging hazards and risks, the applicant must take responsibility regarding matters of safety involving self and others. After receiving instruction, students will be expected to demonstrate safety practices. Students must inform appropriate faculty of any relevant personal medical condition that might be hazardous or risky to self or others. A student may be required to submit permission from his/her personal physician to participate in culinary/pastry arts education activities. **The student is responsible for obtaining his/her own health insurance.** The student must also purchase his/her own liability insurance if one is required by a practicum or internship site.

Upon entering Kapi`olani Community College's Culinary/Pastry Arts program, the student will be required to sign an Assumption of Risk and Release of Liability Waiver.

LATE WITHDRAWAL POLICY

Please note that the Culinary department and all its courses, including FSHE 185, has a very strict policy on late withdrawal.

PLEASE READ ATTACHMENT CAREFULLY BEFORE PROCEEDING.

 [late_withdrawal_policy_11.20.2014.pdf](#)