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NUTRITION SCIENCE GRADING POLICY & OBJECTIVES

Course Objectives

- Study the chemical and biological impact of food on the human body.
- Offer students an opportunity to complete food labs that compare food nutrients.
- Investigate current health trends/issues being researched or in the news.
- Learn everyday habits that contribute to sound health and nutrition.

Grading

Your grade will be calculated from three categories. **Tests and quizzes will account for 50% of the final grade. Activities including class assignments, presentations, journal entries, labs and lab reports, will account for 45% of the grade. The remaining 5% will be based on homework graded for accuracy.** Credit will be given based on accuracy of work as well as on-time completion and collection of work. Grades will be posted online and in the classroom.

Homework for the class will be dependent on the students' participation and work habits in class. Work not completed in class must be completed for homework. Textbooks will be kept in class but, if necessary, students may sign out a copy of the chapter for home use to be returned the following day. Additional homework will be assigned about 1-2 times per week.

Students are expected to keep a **loose-leaf notebook** for class handouts, notes and homework. In addition, students will need a **composition notebook** to be used as a lab and activity journal.

Lab Fee

There is a \$15.00 fee that each student is expected to pay to partially cover the cost of food and other materials to be used and analyzed in lab. Payment may be in the form of cash or check (made to Wootton High School) and paid directly to me.

Office Hours

The best way to reach me is by the email address shown above. If you prefer, please feel free to call me at my office phone until 3pm. Students may come in to see me for lunch help or after school.

MAJOR TOPICS

Food Choices and Human Health

- A Lifetime of Nourishment
- Fitness for Life
- The Science of Nutrition
- Cultural and Social Meanings Attached to Food
- Nutrition in the News

Nutrition Tools- Standards and Guidelines

- Nutrient Recommendations
- Dietary Guidelines
- Diet Planning with the Daily Food Pyramid
- Which Packaged Foods and Restaurants Choices are Best for my Health?
- Score our Diet with the Food Guide

The Remarkable Body

- The Body's cells
- The Body Fluids and the Cardiovascular System
- The Hormonal and Nervous Systems
- The Immune System
- The Digestive System
- The Excretory System

The Carbohydrates: Sugar, Starch, Glycogen and Fiber

- What are Carbohydrates?
- The Need for Carbohydrates
- From Carbohydrates to Glucose
- The Body's Use of Glucose
- Diabetes and Hypoglycemia
- Investigate your Fiber Intake

The Lipids: Fats, Oils, Phospholipids, and Sterols

- What are Lipids?
- A Close Look at fats (Triglycerides and Fatty Acids)
- Lipids in the Body
- The Effects of Processing on Unsaturated Fats

The Proteins and Amino Acids

- What is a protein?
- Digestion and Absorption of Protein
- The Role of Proteins in the Body
- Foods Rich in Protein
- Protein Deficiency and Excess

The Vitamins

- What Constitutes a Vitamin?
- The Fat-Soluble Vitamins
- The Water-Soluble Vitamins
- Vitamin Supplement