

winter ION Biology 191 Lab Course Syllabus

Human Nutrition Lab

Ms. Jasmin Galicinao, M.P.H., R.D.

Meetings: Monday, Wednesday 7:50 P.M. to 9:55 P.M. or TBA

Office Hours: Between classes or after class

Phone: 841 - 0011

Meeting Place: We are required to use Chaminade campus Lab Facilities at least twice during the session. A supermarket tour is also scheduled.

Text: No text will be required for laboratory. The instructor will provide laboratory handouts for each laboratory. All handouts and notations should be kept in the student's lab binder.

Objectives: The primary objective of the Human Nutrition Laboratory is to present the practical methods and techniques used in the study of human nutrition.

1. Be able to evaluate their nutrition status using the Food Guide Pyramid.
2. Be able to apply **nutrition** knowledge to evaluation of consumer concerns related to nutrition and food: food labeling; advertisements; popular publications; vegetarianism, current food and diet fads; the health food movement.
3. Be able to use computer software to assess the quality of usual diet.
4. Identify structures of the human digestive system.
5. Be able to distinguish among foods as relative sources of kcalories and the various nutrients and be aware of appropriate sources for this information.
Apply this knowledge to the selection or. planning of an adequate diet for yourselves.
6. Be able to calculate energy expenditure, body mass index, and waist to hip ratio.
7. Be able to evaluate weight status and energy expenditure status.
8. Be able to shop for food wisely.

Grading:

2 Lab **Quizzes** 40%

Lab reports or lab assignments. **60%**

Letter grades for the laboratory will be assigned as follows:

A = 90 -100% B = 80 - **89%** C = 70 - **79%** D = 60 - 69% F = below 60%

NO LATE ASSIGNMENTS WILL BE ACCEPTED. ATTENDANCE IS IMPORTANT.

Note: Every **effort** has been made to insure that the material in this syllabus is **accurate** and **complete**. However, occasionally changes must be made in the printed **schedule**. Thus the **instructor** reserves **the right** to make any changes in the contents of this syllabus that she deems necessary. These changes, **if** any, will be **announced** as soon as the need for them becomes **apparent**.

BIOLOGY 131 & 131L CLASS SYLLABUS-WINTER 1999

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	MON. 01/11/99	WED. 01/13/99	WED. 01/20/99	MON. 01/25/99	WED. 01/27/99
5:30 P.M.	BARBERS PT.	BARBERS PT.	BARBERS PT.	Chaminade Henry Hall	Chaminade Henry Hall
5:30 - 6:30 P.M.	-INTRODUCTION -Discuss Syllabus	Discuss Chapter 2: Tools for Diet Design	Discuss Chapter 3: Nutritional Advice: Facts and Fallacies	Discuss Chapter 4: The Human Body: A Nutrition Perspective	Lab Quiz #1 Chapter 5 Carbohydrates
					Chapter 5 Lab:
6:30 - 7:35 P.M.	-Discuss CHAPTER 1: What You Eat and Why	Food Guide Pyramid Activities	Introduction to Journal articles	-Digestive System Model -Video	-Reading Labels. -How Sweet it is. -Fiber in Foods -Lactose Intolerance -Alternative Sweeteners
	Chapter 1 Lab:	Chapter 2 Lab:	Chapter 3 Lab:		
7:50 - 9:55 P.M.	-Math Tools -Food Measurements	-Evaluate your diet using the Food Guide Pyramid. -Create a Sample Menu	-Ad Evaluation -Assign Research Paper/Presentation Topics	Computer Lab Project -1st group Input 3-day diet record into the computer	Computer Lab Project -2nd group Input 3-day diet record into the computer
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	-Read Chapter 1 and 2 -Chapter 1 Rate Your Plate pg. 29	-Read Chapter 3 . Assignment Record 3-days of food intake Due 01/25 -Martin Luther King Day Holiday : Monday Jan. 18 NO CLASS	-Read Chapter 4.	-Read Chapter 5. -Study for Lab Quiz: Chapter 4 -On 01/27 bring Food Labels (ex. favorite cereal box and drinks)	-Read Chapter 6 -Bring food labels to class. -On 02/01 bring in more food labels to class.

BIOLOGY 13 I and 131 Lab-CLASS SYLLABUS-WINTER 1999

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	MON. 02/01/99	WED. 02/03/99	MON. 02/08/99	WED. 02/10/99	WED. 02/17/99
5:30 P. M.	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.
5:30 - 6:30 P.M.	Discuss Chapter 6: LIPIDS	Discuss Chapter 7: PROTEINS	EXAM #1: Chapt. 1 to 7	Discuss Chapter 8: Vitamins	Discuss Chapter 9: Water and Minerals -Bone Strength <u>Video</u>
6:30 - 7:35 P.M.	-Fat Content of Foods				
	Chapter 6 Lab:	Chapter 7 Lab		Chapter 8 Lab	Chapter 9 Lab
7:50 - 9:55 P.M.	-Taste Test -Fast Foods Sample Menu	-Vegetarian recipes		Market a Vitamin	"Persuasion Lab" -Hydration -Sodium content of foods -Calcium -Fluoride
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	Bring pox food labels to class.	-Study Chapters I to Z for exam #1 on 02/08	-Read Chapter 8	-Read Chapter 9 -MONDAY, FEB. 15. PRESIDENT'S DAY HOLIDAY: NO CLASS	-Read Chapter 10 -Study for Lab QUIZ #2

BIOLOGY 131 & 131L CLASS SYLLABUS-WINTER 19 99

INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	<u>MON. 02/22/99</u>	<u>WED. 02/24/99</u>	<u>MON. 03/01/99</u>	<u>WED. 03/03/99</u>	<u>MON. 03/08/99</u>
<u>5:30 P.M.</u>	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.
5:30 - 6:30 P.M.	Lab Quiz #2	Discuss Chapter 11: Athletics and Fitness	Discuss Chapter 12: Charting a Course for Change	Discuss Chapter 13: Anorexia Nervosa and Bulimia Nervosa	Exam #2S Chapters 8 to 13
6:30 - 7:35 P.M.	-Discuss Chapter 10: Weight Control	Guest Speaker		-Video	
	Chapter 10 Lab	<u>Chapter 11 Lab</u>	Lab	Lab	
7:50 - 9:55 P.M.	Body Weight Assessments	Body Fat Analysis, Flexibility test	SUPERMARKET TOUR: (FIRST GROUP)	SUPERMARKET TOUR: (SECOND GROUP)	
READINGS, ASSIGNMENTS, and DUE DATES	<i>-Read Chapter 11 -Time One mile walk or 11.2 mile run for 02/24</i>	Wear Shorts Today. -Read Chapter 12	-Assignment: Behavior Change Contact due 03/08 -Read Chapters 13	Study Chapters 8 to 13 for Exam #2	-DIET PROJECT and Behavior Change Contrail due today. -Read Chapter 14. -Start studying for Final Exam.

BIOLOGY 131 and 131L CLASS SYLLABUS-WINTER 1999
INSTRUCTOR: JASMIN GALICINAO

TIME / DATE	WED. 03/10/99	MON. 03/15/99	WED. 03/17/99	MON. 03/22/99	WED. 03/23/99
5:30 P.M.	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.	BARBERS PT.
5:30 - 6:30 P.M.	Discuss Chapter 14: Pregnancy and Breastfeeding	Discuss Chapter 15: Nutrition from Infancy through Adolescence	Discuss Chapter 16: Nutrition During Adulthood	Discuss Chapter 17: Food Safety	Comprehensive Final Exam: Emphasis on Chapters 14 to 17
6:30 - 7:35 P.M.		-Feeding Infants and Children Videos		Food Additives	
	Chapter 14 Lab	Chapter 15 Lab			
7:50 - 9:55 P.M.	Breastfeeding video	Activity			
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	Read Chapter 15	Read Chapter 16	Read Chapter 17	STUDY FOR FINAL EXAM	