

## Nutrition 12 Syllabus Supplement

### Insight

Insight is CCSF's Online Learning System. You will be using Insight to submit your assignments and participate in our online community. Log in to the Insight website (<http://insight.ccsf.edu>), as per the directions on the syllabus. If you have any difficulties, you can follow the "help" links on the Insight home page, or call 452-5689. Please use those resources before asking the professor for help.

### Assignments

The professor reserves the right to change due dates and instructions. Any changes will be announced in class.

ASSIGNMENT	DUE DATE	COMMENTS	OPEN STATUS*
Why We Choose Foods (Initial)	Friday, 1/20	Questionnaire	Private
Critical Thinking about Bias	Friday, 1/27	Essay. (See below.)	Private
Personal Reaction Papers (4): <ul style="list-style-type: none"> <li>• Food Politics</li> <li>• Eating in a Disordered Culture</li> <li>• Pleasure and Taste</li> <li>• Animal Welfare</li> </ul>	Post after we finish class discussion; must be done within a week	Forum. (See below.)	Public
Food Labels	Dates to be announced in class; will be assigned shortly after completing class discussion	Quiz (See below.)	Private
Weight Regulation		Essay, possible short answer questions. Instructions to be provided after section is completed.	Private
Sustainable Food Project	Friday, 5/11	(See below.)	Public
Why We Choose Foods (Semester End)	Must be done between 5/11 and 5/17.	Questionnaire	Private

\*"Private" means that only the teacher, teaching assistant and tutor can see your work. "Public" means that others students can read it.

### Preparing Assignments for Insight

The Critical Thinking about Bias, Weight Regulation, and the Sustainable Food Project assignments require you to upload a file. The file format can be a Microsoft Word document (doc or docx), an Adobe Acrobat document (pdf), or a text file (txt). Papers should be single-spaced and in a easily-read font, such as Times Roman 12 point.

The personal reaction papers can be created in any software program and then copied and pasted into Insight.

### **Critical Thinking about Bias Assignment**

Information presented in Eat Well sometimes conflicts with information presented in conventional textbooks. Discuss the role that author bias may play in explaining these discrepancies. Make sure to consider these questions:

- a) Are conventional nutrition textbooks biased? If so, what might influence that bias?
- b) Is Eat Well biased? If so, what might influence that bias?

Your response should be at least 300 words (the equivalent of about a half a single-spaced page). If your response to the questions was less than 300 words, use the remaining words to write your personal reaction to these issues, as per the instructions for a personal reaction paper. Note: the topic may not be fully discussed in class, however, all the information you need is provided in the preface. Write this in your own “voice”; do not use direct quotes from the text.

### **Personal Reaction Papers**

Your responses will be posted on a community forum. Please do not post your reactions until after we have finished discussing the topic in your class. The forum will open once one section of Nutrition 12 students has finished discussing it. Your section may not have finished it at that time, and you will not get full credit if you post prematurely.

Write about your personal reaction to the reading and class lecture/discussion on the topic, addressing the main points. For instance, you might comment on aspects to which you had a strong response - agreement/disagreement, surprise, etc. You might comment on how the information could relate to you personally or professionally, giving examples to illustrate. You might relate the material to information you've acquired from other sources, e.g. classes in other disciplines, news stories, movies or magazines you have seen. If you share the material from the class with family and friends, what were their reactions?

The program will ask you to supply a “subject” line. Supply a few descriptive words so that readers can get the gist of what your response will be about.

After you post your reaction, you are also responsible for reading some of the other students' reactions, and commenting on at least one.

You will receive 2 points for posting your reactions and otherwise meeting the requirements of the assignment, and 1 point for posting a comment in response to a classmate's reaction. (You can post as many comments as you want, but will only receive a maximum of 3 points total.) You are encouraged to hold off on immediately responding to students so you can see an array of responses and to help ensure that the students who post later get feedback.

It is highly recommended that you write your reaction on a word processor, and then cut and paste into Insight. This will help ensure that you have a well-crafted response and meet the length requirements. Please check your response for spelling accuracy and clarity.

\*Length requirement: 300 words or more. To give you perspective, 300 words is approximately ½ page in a word processing document that uses a 12 point font and is single-spaced. In Insight on a typical computer, 300 words approximately fill the visible box provided (without extra scrolling) or about 20 lines. To get credit for your comment on another student's reactions, it must fill at least 2 lines on Insight when using a standard computer (about 30 words).

Personal reaction papers are required for the following four sections:

Food Politics

Eating in a Disordered Culture

Pleasure and Taste

Transforming Animals into Food

### Food Label Assignment

After we finish the food labels section, there will be a quiz which you will take on Insight. The professor will announce the date that the quiz opens, and the range of time you have to take it. The quiz must be completed in one sitting, and it is recommended that you plan on 45 minutes. To be fair to other students, do not discuss the contents of the quiz with anyone else prior to both of you taking it once. You are allowed to use the book, a calculator and other materials during the quiz, though you can't consult with anyone. If you are not satisfied with your grade, you can take the exam a second time. (You will get a report telling you which questions you got right and wrong, so you can learn from your mistakes.) Your final score will be the average of your two quizzes. You are required to wait at least 2 hours before taking the exam a second time.

### Sustainable Food Project and Essay

There is a growing movement that encourages consuming locally grown, whole foods. In this assignment, your task is to examine why local/whole foods are encouraged, try buying/using whole and local food(s), and write an essay about your experience and the rationale. Details follow.

**Cook or prepare a food dish made from whole (unprocessed) foods. At least one of your ingredients must be locally grown or produced.** Please follow the spirit of these instructions rather than getting uptight about definitions, but here are some general working definitions that may be helpful:

By “whole (unprocessed) food,” I am referring to something that comes from nature, as opposed to a box, can, in frozen form, or otherwise transformed by someone else. It can be of plant or animal origin but try to get as close to its original form as possible. If you choose animal foods, you don't have to go so far as to purchase an entire animal – but do use a whole piece of meat, such as a piece of steak or a chicken breast, as opposed to ground hamburger, luncheon meats or sausage. For plant foods, choose fresh produce (not canned or frozen), whole grains (not pre-cooked or instant), or dried beans (not canned). Milk and eggs are also acceptable. You won't be penalized as long as you pay attention to the spirit of this instruction, avoiding prepared foods, foods in boxes, and trying to get closer to foods as they occur in nature. Two allowable exceptions include flour (as long as it is a whole grain) and oils that don't contain added flavorings or other ingredients. Please don't check with the instructor about whether specific ingredients fit the definition – work it out on your own, and address any confusion or difficulties in the essay. You will not be penalized if you demonstrate that you understand the spirit of the assignment.

“Local” is defined as something grown within 200 miles. Think about the intention about buying local foods before making your purchase. For example, Costco sells some lettuces grown by a local farm. However, it is unlikely that the lettuce stayed local - Costco buys in large quantities and has the product shipped to a central location before distributing it to the local stores. In other words, even though it may be a locally grown food, it doesn't meet the criteria of this assignment.

Having a hard time deciding what to prepare? The Statler Library has a large collection of cookbooks and “food books.” Try using this as an opportunity to expand your horizons. We all have different values that we bring to this project and I hope you can rise to the challenge and incorporate your “food values.” If limited time or money is among your concerns, for example, challenge yourself to find a quick preparation or low-cost dish.

Here's what to include in your essay:

First, start with the recipe, telling me all the ingredients and what you did to them.

Next, your paper should include the following components:

- 1) What was your locally produced ingredient? Where did you shop? Tell me something about the farm. (If it's not labeled, ask! Your grocer may be able to provide this information – and if they can't, discuss that in your paper.)
- 2) Give three reasons to support buying locally produced food. At least one of those reasons should be directly personal (such as health or palatability) and at least one environmental. (Be sure to explain each and not just list them.)
- 3) Was this a difficult assignment? Did you have any particular challenges, such as limited time, cooking experience, or lack of a kitchen? How did you work around these? Did you have to avoid certain items that you normally use?
- 4) Would you find this challenging to do on a regular basis? What did you learn?

Your essay should be at least 600 words. (That's the approximate equivalent of a little more than 1 page, single spaced, 12 point Times Roman font, 1" margins.)

Your paper will be posted publicly so that students can learn from one another experiences. When you upload it to Insight, you will be asked for a subject. Consider using the name of the dish you prepared as a subject.

**Writing Tips:** Although you won't be graded on grammar and style, you are expected to write coherent essays. Free help is available from the Writing Lab in the Learning Assistance Center (Room 207, beneath Rosenberg Library).

If you use any outside resources (websites, books, etc.), be sure to provide reference information.