

How This Online Nutrition Course Works

This Nutrition course consists of 10 modules. These modules must be completed in sequence (starting with #1 and ending with #12). Each module will consist of some combination of reading assignments, learning activities, and testing). You will not be able to see the new module until you have submitted all assignments in the previous module.

Module-1 is the Orientation or Getting Started module. This module will include learning about the eLearning program at Hinds and how it works, how to use Canvas, how this course is designed/structured, and what to expect from the course (you are currently working in this module).

Module-2 consists of two very important assignments that should be completed prior to opening the textbook. These are called “preliminary assignments.” One assignment is an exploration of the My Plate website and the other is an overview of the digestive system.

Module-3 is the first one from the textbook and it is an introduction to the science of Nutrition. You will learn general facts about nutrients and foods as well as about healthy and unhealthy eating behaviors and principles and guidelines for selecting healthy foods.

Module-4 is an in depth study of the carbohydrate nutrients. You will learn about the different types of carbohydrate nutrients and the foods that contain them. You will also learn why some carbohydrates are considered to be good for health and others bad for health.

Module-5 is an in depth study of the lipids that occur in foods. These are commonly called fats and oils. You will learn about functions and health effects of various lipids and how to identify foods that contain mostly good for health lipids and those that contain mostly bad for health lipids. Test 1 will be available in the proctored test lab and cover modules 2-5.

Module-6 is an in depth study of protein and its building blocks, the amino acids. You will learn about food sources as well as how protein is made in the cells and how it functions inside the body. This module also addresses health concerns associated with getting either too much or too little protein in the diet.

Module-7 will contain information on Pellagra discovery in MS.

Module-8 will introduce the vitamins and give an overview of each of the lipids-friendly vitamins and each of the water-friendly vitamins including food sources and functions in the body. It will introduce the minerals and give an overview of each of the major minerals and each of the trace minerals. You will learn many things about minerals including food sources and functions in the body. Complete and post your Vitamin/Mineral Project assignment.

Module-9 - focuses on the most common chemical changes that nutrients undergo and how these changes support life and health. Students will learn about how different nutrients participate in energy metabolism and affect energy balance.

Module-10 focuses on weight management, fitness and physical activity, and how our diet can reduce or cause chronic health diseases.

Module 11 is a study of the health benefits of healthy diet and activity needed to maintain optimum health throughout life, from conception thorough the elderly years.

Module-12 is a study of food safety, preventing food borne illness and keeping the food supply safe. The final exam will be open this week.

Grading for the course

See syllabus for course grade breakdown. A=90% and above, B=80-89%, C=70-79%, D=60-69%, and F=59% and below.

The Course Navigation Menu Home – this is the entry point for the course. This will be the “default” start-up page each time you click to

enter the Nutrition course. You should always click to read “announcements.”

Announcements – any and all course announcements will appear in this area. Once a new announcement is posted, it is automatically sent to each student that has selected some means of “notification” to receive communications from the course/instructor.

Syllabus – this is where the course syllabus (policy statement) is housed, along with a list of all items on the course calendar (schedule of all assignments and due dates). What is a syllabus? A syllabus is a contract issued by the instructor that defines course outcomes, expectations and assessment. It is one of the most important documents for any course .

Modules – these make up the main content of the course. This is where all course assignments, including discussions, quizzes, and tests are listed in sequence.

Grades – you may view your scores for graded assignments here, along with your overall performance average.

On the Dashboard

Settings—will allow individual users to select their personal preferences for how and when they will receive course information. Users may choose to have messages or “notifications” sent to any email, cell phone, Facebook, or Twitter account, etc. You MUST “set” your preferences in order to receive some form of communication about the course.

Inbox—is where conversations with other Canvas users can be started, reviewed or continued. It’s like an email box, but not exactly. You can select to send a message to any of your instructors or classmates listed in Canvas.

Help—can be used to contact the instructor or search the Canvas user guide. The user guide contains lots of information about how Canvas works and how to use various features.