

SYLLABUS PART II
EDISON STATE COMMUNITY COLLEGE
BIO-140S-801FS: Nutrition --ONLINE
Fall 26/27 Semester
8/24/2026 - 12/10/2026

INSTRUCTOR INFORMATION

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Textbook: Nutrition and You -- 6th Ed. Joan Salge Blake
ISBN - 10: 0-13-770185-3

This course will require Pearson My Lab and Mastering which includes interactive online chapters, online assignments, and online study tools for our textbook.

GRADING POLICY

Points toward a final grade can be earned as follows:

ACTIVITY	POINTS
Homework	170
Quizzes	160
My Diet Analysis	225
Tests	800
TOTAL POINTS	1335

Total Points can change throughout the course of the semester. Quizzes and extra assignments can and will be given by the instructor to raise the point total. Your grade will be based on percentage my scale is as follows:

FINAL GRADE STANDARDS:

GRADE Percentage

A	90-100%
B	80 – 89.9%
C	70 – 79.9%Pe
D	60- 69.9%
F	0 – 59.9%

As an Instructor, I do not give grades, you earn them.
The student will receive the grade the student earns
I DO NOT offer extra credit to one individual in the class so DO NOT ask.
I DO NOT round grades so DO NOT ask.

Grades will be posted in the Grade Book of Blackboard. Check your grade frequently and keep track of your scores

Aug 24-30

Chap 1 What is Nutrition

My Diet Analysis: 3 -Day Food Record and Personalized Dietary Analysis: An Introduction

Aug 31-6

Chap 2 Tools for Healthy Eating

Chap 3 The Basics of Digestion

Sep 7-13

Chap 3 The Basics of Digestion

Chapter 4 Carbohydrates: Sugars, Starches, and Fiber

My Diet Analysis: Personalized Dietary Analysis: Carbohydrate Analysis

Sep 14-20

Chapter 5 Fats, Oils, and Other Lipids

My Diet Analysis: Personalized Dietary Analysis: Fat Intake

Sep 21-27

Chapter 6 Proteins and Amino Acids

My Diet Analysis: Personalized Dietary Analysis: Protein Intake

Sep 28-Oct 4

Chapter 7 Vitamins

My Diet Analysis: Personalized Dietary Analysis: Water-Soluble Vitamins Intake

My Diet Analysis: Personalized Dietary Analysis: Fat-Soluble Vitamins Intake

Oct 5-11

Chapter 8 Minerals and Water

My Diet Analysis: Personalized Dietary Analysis: Trace Mineral Intake

My Diet Analysis: Personalized Dietary Analysis: Major Minerals Intake

Oct 12-18

Chapter 9 Alcohol

Oct 19-25

Chapter 10 Weight Management and Energy Balance

Oct 26-Nov 1

Chapter 11 Nutrition and Fitness

Nov 2-8

Chapter 12 Consumerism and Sustainability: Food from Farm to Table

Nov 9-15

Chapter 13 Food Safety and Technology

Nov 16-22

Chapter 14 Life Cycle Nutrition: Pregnancy through Infancy

Nov 23-30

Chapter 15 Life Cycle Nutrition: Toddlers through the Later Years

Dec 1-7

Chapter 16 Hunger at Home and Abroad

TESTING YOUR FAITH ACT POLICY

Edison State Community College is committed to providing an environment respectful of students' beliefs. Students are permitted to be absent for up to 3 days each semester based on their faith, religion, or spiritual belief system with no academic penalty. Students must complete the Testing Your Faith Act Accommodations Form, https://www.edisonohio.edu/sites/default/files/2024-05/Testing_Your_Faith_Absence_Notification.pdf, and provide a copy to their individual faculty within 14 days from the start of the course. The entire policy can be found in the student handbook at, page 19.

When you send an email to the instructor make certain to include your class including your section number.

When asking about a specific assignment please include the assignment name as well as the question number.

IMPORTANT DATES

Holidays--

The campus will be closed on:

Sep 7 – Labor Day

Nov 11 – Veteran’s Day

Nov 26 – Thanksgiving

If the campus is closed or there is a scheduled break – I will not be available via email.