



## **Course Syllabus: Food For Life**

**Course Description:** Food for Life is an advanced course in food and nutrition that addresses the variation in nutritional needs at specific stages of the human life cycle: lactation, infancy, childhood, adolescence, and adulthood including elderly. The most common nutritional concerns, their relationship to food choices and health status and strategies to enhance well-being at each stage of the lifecycle are emphasized. This course provides knowledge for real life and offers students a pathway into dietetics, consumer foods, and nutrition science careers with additional education at the post-secondary level.

This course has three sections: Food For Life A is the first half of the course and includes Modules 1 – 5, Food For Life B is the second half of the course and includes Modules 6 – 9. Food For Life Y is the entire course and includes Modules 1 – 9. This course includes the following modules:

Module 1- Structure and Functioning of the Digestive System

Module 2- What is a Healthy Diet?

Module 3- Nutritional Needs During Pregnancy

Module 4- Nutritional Needs of Newborns

Module 5- Nutritional Needs of Infants

Module 6- Nutritional Needs of Children

Module 7- Nutritional Needs of Adolescents

Module 8- Nutritional Needs of Middle Adults

Module 9- Nutritional Needs of the Elderly

### **Textbook**

There is no textbook required for this course. All course content is digital and available in the online course modules.

### **Course Participation Policy**

Students should follow the Course Schedule (located in Course Information area of course) and all course work must be submitted no later than 11:59 PM on the due date.

After the due date has passed, instructors will enter zeros in the Grade Center for work not submitted by the deadline. During student breaks and towards the end of the semester, students may improve their course grade by completing and submitting work with grades of zero from earlier in the semester. Zeros will remain in the Grade Center until course work is submitted and evaluated by the instructor.

The CVA term ends prior to the end of the traditional school semester. The final date work will be accepted each term is posted on the CVA website ([www.cobbvirtualacademy.org](http://www.cobbvirtualacademy.org)).

## **Grading**

Grades for the course are calculated based on category percentages as follows:

Assignments = 30%  
Discussion Boards =15%  
Quizzes = 15%  
Tests = 30%  
Final Exam = 10%

## **Academic Integrity**

Academic integrity is the cornerstone of learning at CVA, and we take the integrity and authenticity of student work very seriously. When academic integrity is maintained, students will make decisions based on values that will prepare them to be productive, meaningful, and ethical citizens.

Students are required to abide by the CVA Academic Integrity Policy. Academic dishonesty in any form will not be tolerated. The CVA Academic Integrity Policy outlines the consequences if students fail to maintain academic integrity in their course. For additional information, the CVA Academic Integrity Policy is posted on the CVA website.

## **Additional General Information**

- Students must complete the mandatory online CVA Student Orientation each term. One Student Orientation needs completed for each class you take.
- All coursework must be completed and submitted using the links in CTLS by 11:59 PM on the DUE DATE.
- Work should be completed in the order it is assigned on the Class Schedule.
- All work submitted on time will be graded within 24-48 hours.
- All Assignments not submitted by the due date will be marked missing. Missing assignments calculate as zeros in the coursework average. When students submit missing work, the assignment will be graded and calculated into the course average.