

Welcome to Nutrition 222-33578 Online **Spring 2019**

Instructor: Corinne Kohlen MS RD CDE CNSC

**You must purchase the book (loose-leaf or digital)**

**You may begin accessing and you are expected to access the course in Canvas on the first day of class January 22th**

**Important “Get Started” Dates: Please log into Canvas and complete the first introduction activity by Friday Jan 25th 11:59pm**

**Welcome and special announcements!**

1. Be sure to take the “Student Readiness Quiz”: <http://www.cuesta.edu/student/aboutacad/distance/survey.html> before signing up for the course. (Read your results and explanations).
2. This general nutrition class is for the motivated and online-savvy student.
3. This is *not* a work-at-your-own-pace class. You will have assignments due each week.
4. This class is fully online. There are **no** mandatory meetings.

**Instructor Contact Information:**

**Email:** [corinne\_kohlen@cuesta.edu](mailto:corinne_kohlen@cuesta.edu)  **(Use Canvas messaging after course begins)**

• When the semester starts, I am available online (click on Canvas messages to contact me). I will respond within 24-48 hours, Monday-Friday. All questions about assignments must be asked 48 hours prior to the assignment due date for a guaranteed response from the instructor so that the assignment may be completed on time.

• Make sure you are receiving weekly Canvas messages and regular announcements from me.

I do not use a phone number for contact purposes as this class is 100% online, and I am not physically on campus.

**Student Learning Outcomes:**

1. Write a research paper that presents coherent and logical claims about food and a specific culture. The paper will be developed with sufficient and relevant evidence of the importance of food in the specified culture.
2. Research the food customs of a specific culture and present an organized oral presentation that conforms to time constraints and shows evidence of the ability to evaluate and incorporate sources based on reliability and credibility (presentation online).
3. Assess the stigmatization, prejudice and/or discrimination experienced by individuals or groups who choose to adhere to non-Western and/or non-dominant food practices and recommend strategies to facilitate their acceptance.

**Materials Requirements:**

You will need to access Canvas

You will need to purchase the textbook:

Food and Culture, 7th edition, by Pamela Goyan Kittler and Kathryn P. Sucher, ISBN-10: 1305628055 or ISBN-13: 9781305628052 (Paper Version) OR ISBN-10: 1337247499 or ISBN-13: 9781337247498, Thompson-Wadsworth, Belmont, CA 2012. 6th or 7th edition OK

Publisher Website: <https://www.cengage.com/c/food-and-culture-7e-kittler>

**Computer Requirements:**

1. You need a **reliable** computer (generally no more than 4 years old) and an Internet connection that will not lose service in the middle of an exam.
2. You need a Cuesta e-mail account (check your Cuesta email every day).
3. Your computer needs to meet minimum system requirements: <http://www.cuesta.edu/student/aboutacad/distance/faqs_technical.html>
4. Your computer must have all of the capabilities of viewing YouTube, pdfs, PowerPoints, etc.

**College and Course Policies:**

**Course-specific add-drop policy**

1. You will likely be dropped if you are inactive in Canvas or Connect for more than 7 days.
2. Adds will be guaranteed to the top 10 students on the waitlist. See below for add drop policy:

Cuesta Add Policy: <http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/addcourse.html>

Cuesta Drop Policy: <http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/dropcourse.html>

1. Cuesta Academic honesty policy(Student Code of Conduct & Computer Technology Access Agreement): <http://www.cuesta.edu/student/documents/admissions_records/code_of_conduct.pdf>

**Course-specific waitlist procedure**

1. The Cuesta automatic waitlist is in effect until 24 hours before class begins.
2. Remember that many students can get into this class by the waitlist procedure if they check their email daily; you are given 24 hours to accept your spot through the Cuesta College waitlist process.
3. I will give add codes to waitlisted students who email me one day before class begins.
4. If you are on the waitlist when notifications close Sunday 12:00 am then email me to request an add code, giving me your full name, Cuesta email, and course CRN.
5. Students have until Thursday night (11:59 pm) the first week of class to enter their add codes
6. All students (no matter when they register) will be held to the same deadlines for this class.
7. All students should have read the Welcome Letter in its entirety prior to enrolling in my DE classes.
8. Cuesta waitlist procedure and instructions: <http://www.cuesta.edu/student/studentservices/admrreg/arpolicies/Waitlist.html>

**Grades: You are responsible for following your grades in Canvas. You are also responsible for any final grade question by the last day of final exams. Grades will not be updated for any reason after the Friday of the last day of classes so please check them!**

**Accessing Course LMS (Learning Management System)- Canvas:**

Students will use Canvas (syllabus, grades, materials, directions, links, videos, discussion board, assignments, messaging, conferencing, etc.) for this course.

**Canvas Quick Reference** for getting into Canvas**:**

<http://www.cuesta.edu/student/documents/distance_ed_students/Canvas_Quick_Reference_Students.pdf>

Note: All students receive a myCuesta email that can be accessed through the myCuesta Portal ([my.cuesta.edu](https://d.docs.live.net/ebd3cdbaa01fac57/Documents/Cuesta%20College/Food%20and%20Cultures/welcome%20letters/my.cuesta.edu)). If you do not want to use this email you can login to myCuesta and set this email to be forwarded to any other email.

If you are having technical difficulties with the login, contact tech support at [support@my.cuesta.edu](mailto:support@my.cuesta.edu) .

Additional tech support can be found here: <http://www.cuesta.edu/student/aboutacad/distance/technical_support.html>

**Student Readiness & Time Requirement:**

**Computer Skills necessary to succeed in the course:**

1. You are expected to already have the computer skills for an online class such as saving in pdf, manipulating and attaching files, and using different forms of interactive computer programs.
2. Computer assistance will not be available for this course. Please consider the half unit- Intro to Online- course before taking this course.
3. Refer to the Online Class Readiness Tools : <http://apps.3cmediasolutions.org/oei/>

**Time requirements necessary to succeed in the course:**

1. You have regular deadlines, sometimes multiple due dates weekly for courses less than 18 weeks.
2. You may work ahead if assignments are open, but “Discussion/Forum” responses must be done the week they are due.
3. You will notice partial grades in the Discussion Board as the instructor reads through and grades the posts. Please do not be concerned with grades until the instructor messages you to check grades each week because she may read one of your posts one day and a reply to a different post a few days later.
4. If you have a disability and might need accommodations (support services) in this class, please contact Disabled Student Program & Services in Building 3300 as soon as possible to ensure that you receive the accommodations in a timely manner. <https://www.cuesta.edu/student/studentservices/dsps/index.html>

**Important Reminders:**

1. It is your responsibility to ensure you are properly enrolled in the course!
2. You need to check your junk mail if you are not receiving instructor emails/announcements weekly.
3. The Quizes and final exam are timed-the time runs out. Do not click on the midterm and final until you are ready to take them or your time will run out.

*See you in class!*