

Massasoit Community College  
Nutrition Lab 139-01: Spring 2004

**Instructor:** Prof. LeeAnn Griggs  
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**Office Hours:** By appointment

**Lab:** Thursday 9:00-10:50 S216

**Prerequisite:** One unit of high school science, and Preparing for College Reading II (11092), Introductory Writing (11099), and Fundamentals of Mathematics (38010) or waiver by placement testing or departmental approval.

**Lab:** All lab paperwork will be handed out by the instructor.

**Recommended:** Always bring the textbook: *Nutrition: Concepts and Controversies*. A three ring binder for lab papers and notebook paper for taking notes. Pencils. Lab work must be done in pencil.

**Course Description:** This Lab will enhance the knowledge being learned in the class. You will be responsible for conducting experiments, making hypotheses and drawing conclusions. There will be weekly lab reports as well as a project.

**Teaching Procedures:** This course will be taught using a variety of teaching methods including lecture and discussions using the white board, overhead projector, computer software, texts, and articles from newspapers or magazines where appropriate. The weekly laboratory will enhance knowledge gained in the classroom using hands-on experimentation.

**Instructional Objectives:** During this class, you will become familiar with the concepts presented. The labs will enable you to use the theories presented in the lecture for concrete examples of biology in practice. The labs will also enhance your ability to work in small groups as well as hypothesize and draw conclusions. This lab will introduce you to some of the basic equipment of a scientific laboratory.

**Attendance Policy:** Students are expected to attend all lab periods. If there is an issue, and you must miss a class, call me so we can discuss your options.

**Special Accommodations:** Students with disabilities who believe that they may need accommodations are encouraged to contact the Learning Disability Coordinator, Nancy Sullivan, ext. x1082, or Disability Counselor, Stan Oliver, at ext. 1464, as soon as possible, in order that such accommodations are implemented in a timely fashion.

**Help is available:** If you are having trouble with the lab work, you are strongly encouraged to seek additional help. I am happy to schedule an appointment or you may e-mail me your questions at any time. Tutoring is also available on a walk-in basis or by appointment in the Academic Resource Center(ARC).

**Lab Policy-**You are allowed to drop one lab without it affecting your grade.

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**Grading Policy:**

14 Lab Average	90%
Lab Project	<u>10%</u>
	100%

**Grade Equivalents:**

A = 93-100	C = 73-76
A- = 90-92	C- = 70-72
B+ = 87-89	D+ = 67-69
B = 83-86	D = 63-66
B- = 80-82	D- = 60-62
C+ = 77-79	F = 0-59

**DATE**

**LAB SUBJECT**

1/22	Movie and Press Release
1/29	Serving Size and Portions
2/5	Analyzing Food Labels
2/12	Defining Organ Locations and Functions
2/19	Identification of Simple Sugars and carbohydrates
2/26	Suspensions/Solutions/Emulsions
3/4	Identification of Proteins
3/11	Vitamin C Determination
3/25	Diffusion and Osmosis
4/1	BMI and BMR
4/8	Exercise and Physical Fitness
4/15	Cardiovascular Health Assessment
4/22	Microbes & Food Safety ( <b>Hand out project information</b> )
4/29	Effects of Caffeine and Smoking
5/6	Poster Presentations