

Course Assessment – Part A: Your Plan

#21

Your Email *

Please select your course & name from the list. Contact Instructional Services if your course or name are incorrect or missing

FN 225 – Brook

Outcome #1 *

Analyze the "Nutrition Facts" panel of a food label and calculate nutrient content

Outcome #2 *

Analyze and critique a personal 3-Day diet survey and modify food intake to meet recommended guidelines.

Outcome #3 *

Describe the nutrient and non-nutrient recommendations for reducing the risk of major diseases where diet is a significant risk factor.

Have you completed an assessment for this course prior to this term?

Yes

If yes, are you assessing different outcomes?

No

Comments:

One assessment from Spring term did not meet the goal so I am reassessing that outcome.

2. To which degree, certificate or program outcomes do these course outcomes map? Degree, Certificate & Program Outcomes can be found at:
<http://www.cgcc.edu/curriculum/program-outcomes>

- Associate of Applied Science in Nursing (RN)

Outcome #1 Method to assess student understanding *

Exam: Students will calculate Energy Density given Nutrition Facts panel from two separate food labels in order to discuss which food product would be the best choice for a Nutrient Dense Diet.

Outcome #2 Method to assess student understanding *

Assignment: Students will be able to use their 3-Day food intake data to determine Fiber intake related to Insoluble and Soluble fiber and make adjustments to meet the goal if necessary.

Outcome #3 Method to assess student understanding *

Exam: Students will be able to list three recommendations for nutrient intakes to reduce the risk of Osteoporosis.

4. How will you know if you were successful in your efforts to teach this outcome?

80% of students will be able to earn at least 8 out of 10 points on an exam by taking a Nutrition Facts food label and calculating the Total Calories from the information given and then determining the Energy Density based on Calories per weight for one serving.

Outcome #1 *

How will you know if you were successful in your efforts to teach this outcome? 80% of students will be able to earn 16 out of 20 points on a written assignment by using their own Fiber data from a three day diet diary to determine the total amount of Soluble and Insoluble fiber and comparing that to standard goals. If the goals are not met, students will be able to make adjustments to meet the goals.

Outcome #2 *

How will you know if you were successful in your efforts to teach this outcome? 80% of students will be able to earn 2 out of 3 points on an exam by listing 3 nutrition recommendations for reducing the risk of Osteoporosis.

Outcome #3 *

#1 Question 1: I have increased my knowledge of how to read and interpret information on a Nutrition Facts food label

#2 I am more aware of my nutritional intake and understand changes that I could make to reduce health risks.

Do you require the names of students who complete the course evaluation survey? * • Yes

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