

Course Assessment – Part A: Your Plan

#124

Your Email *

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

FN 225 – Nutrition – Brook – Fall 2016

Part A: Your Plan
[Directions](#)

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

1. Choose three of your course outcomes to assess and report on this term (these will also be used in your Student Course Evaluation survey):

Outcome #1 *

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:

I will reassess one previous outcome dealing with the Nutrition Facts Food label. This outcome did not have a high percentage of success.

2. To which degree, certificate or program outcomes do these course outcomes map?
[Degree, Certificate, & Program Outcomes](#)

- Associate of Applied Science – Nursing (RN)

Method of Assessment

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.

3. What methods will be used to assess individual student understanding of each of these outcomes? (Please be specific.)

Outcome #1: Method to assess student understanding *

Outcome #2: Method to assess student understanding *

Assignment: Students will be able to use their 3-Day food intake data to determine Protein intake related to Animal vs Plant foods to determine if their goal ratio of 60% plant to 40% animal was met.

Outcome #3: Method to assess student understanding *

Exam: Students will be able to list three antipromoter and three promoter nutrients or non-nutrients then explain why they are listed in that category in relationship to Cancer.

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: *

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 16 out of 20 points on a written assignment by using their own food intake data from a three day diet diary to determine the total amount of Plant and Animal protein and comparing that to standard goals of 60% plant and 40% animal protein. If the goals are not met, students will identify adjustments that could be made to meet the goals.

Outcome #3: How will you know if you were successful in your efforts to teach this outcome? *

80% of students will be able to earn 9 out of 12 points on an exam by listing 3 antipromoter and 3 promoter nutrients or non-nutrients related to Cancer risk. Students will then indicate why they are considered antipromoters or promoters.

5. Instructor Questions

have increased my knowledge of how to read and interpret information on a Nutrition Facts food label

Create two course specific questions to be included on the Student Course Evaluation.

#1

#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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