

Course Assessment – Part A: Your Plan

#235

Your Email *

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FN 225 – Nutrition – 1091694 – Brook – Fall 2017

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 be assessing the same outcomes using different assessments.

2. To which degree(s) or certificate(s) does your course map?

[Degree, Certificate, & Program Outcomes](#)

- Associate of Applied Science – Nursing (RN)

Method of Assessment

Exam: Students will be able to determine if the % Daily Value (%DV) for Fat given a Nutrition Facts panel from two separate food labels meets the Quick Guideline goal.

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 Refined Sugars (RS) vs Complex Carbohydrates/Natural Sugars (CC/NS) to determine if their goal ratio meets the 10% RS/48% CC/NS goal.

Outcome #3: Method to assess student understanding *

Exam: Students will be able to list three nutritional promoters of Cancer and explain why/how they promote.

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 3 out of 4 points on an exam by taking a Nutrition Facts food label and determining if the %DV from Fat meets the Quick guideline goal of <5%.

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 calculating the total amount of RS & CC/NS and then comparing that to standard goals of 10% RS and 58% CC/NS. If the goals are not met, students will identify and document 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 5 out of 6 points on an exam by listing 3 promoter nutrients related to Cancer risk. Students will then indicate why they are considered promoters.

5. Instructor Questions: Create two course specific questions to be included on the Student Course Evaluation. Question #1

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

Question #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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