

FDNS 2100H
Human Nutrition and Food
9:30– 10:45 AM, Tu /Th; Room 264 Dawson
Spring Semester 2003

Instructor: Dr. Silvia Girauda T.A.: Dawn Penn
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Required:

Understanding Nutrition - Ninth Edition, Whitney & Rolfes. West/Wadsworth Publishing Co.

Assignments and Exams

<u>Total Points</u>	<u>Points</u>	<u>Assignment of Letter Grade</u>	
Course Presentation ^a	200	Letter Grade	Total Points
Medical Family Tree	030	A.....	900 - 1000
Diet analysis and modification	090	B.....	800 - 899
Healthy Eating Index	030	C.....	700 - 799
Exams (NO MAKE-UP EXAMS!) ^b	400	D.....	600 - 699
Final Exam ^c	<u>250</u>	F.....	below 600
TOTAL	1000		
Attendance (extra credit) ^d	10		

^a Course Presentation: Each student will be responsible for presenting 1 topic/subject to the class for discussion. Presentation will be 10-15 minutes long and should be prepared utilizing PowerPoint.

^b NO MAKE-UP EXAMS WILL BE GIVEN. There will be 3 exams and the lowest exam will be dropped; the remaining 2 will be worth 200 points each. If you take all 3 exams, the lowest score will be dropped. If you miss an exam by circumstance (sickness, athletic excuse, family situation etc) or by choice, you will get a zero for that exam and it will be dropped.

^cThe final exam will be made up of questions from Exams 1-3 (questions from exams 1-3 will be reworded) and new material presented after last exam. **PLEASE SAVE EXAMS 1-3 TO STUDY FROM!!**

^dAttendance will be taken periodically throughout the semester. Students with complete attendance will receive an extra 10 points toward their final grade in the course as extra credit. Those with partial attendance will receive partial extra credit as reflected by their attendance (e.g. 50% attendance will result in 5 of the 10 extra credit points).

Notes:

1) Your scores for exams, projects and participation points will be posted on WebCT. It is your responsibility to check that scores posted for you are accurate.

FDNS 2100 (9:30 – 10:45; Tu, Th)
Spring Semester 2003
Tentative Lecture Schedule

- 1/9 Review Syllabus, Overview of Nutrition, (Chap. 1)
- 1/14 Recommended Dietary Allowances, Nutrition Assessment (Chap. 1)
Diet myths (*Highlight 1*)
- 1/16 Review of Class Projects, Dietary Guidelines for Americans (Chap. 2)
- 1/21 West Diet Analysis Demo, Diet Planning Guides, (Chap. 2)
- 1/23 Nutrition Labels (*Bring nutrition label and calculator*), (Chap. 2)
- 1/28 Digestion, Absorption, Transport (Chap. 3)
- 1/30 **EXAM 1** (covers Jan 9 - Jan 23)
- 2/4 Digestion, Absorption, Transport cont'd (Chap. 3)
- 2/6 Carbohydrates (Chap. 4)
- 2/11 Lipids (Chap. 5) **Medical Family Tree due, 9:30 AM**
- 2/13 Lipids cont'd (Chap. 5)
- 2/18 Protein (Chap. 6)/ Vegetarian Diets (*Highlight 6*)
- 2/20 Metabolism (Chap. 7)
- 2/25 **EXAM 2** (covers Jan 28 - Feb 20)
- 2/28 Energy Balance (Chap. 8)
- 3/4 Obesity (Chap. 9)/Eating Disorders (Chap. 9) (*Highlight 9*)
(*Midpoint of semester - drop the course by this day to avoid a "WF"*)
- 3/6 Water Soluble Vitamins (Chap. 10) **West Diet Analysis (Average and Modification) due 9:30 AM**
- 3/11 Fat Soluble Vitamins (Chap. 11)
- 3/13 Macronutrients (Chap. 12)
- Spring Break March 17-21***
- 3/25 Water and the Major Minerals (Chap. 12)
- 3/27 Trace Minerals (Chap. 13) –
- 4/1 **EXAM 3** (covers Feb 28 – March 27)
- 4/3 Antioxidant Nutrients and Phytochemicals; Functional Foods (*Highlights 11 & 13*)
- 4/8 Nutrition and Physical Activity (Chap. 14) **Healthy Eating Index due, 9:30 AM**
- 4/10 Nutrition during Pregnancy and Lactation (Chap. 15)
- 4/15 Nutritional Needs during Infancy, Childhood, Adolescence (Chap. 16)
- 4/17 Nutritional Needs during Adulthood and Later Years (Chap. 17)

- 4/22 Consumer Concerns about Food – Food Safety (Chap. 19)
- 4/24 Hunger and Global Environmental Problems (Chap. 20)/ Course Review
- 4/29 ***Optional Early Final*** (*you do not have to take this final, you may take the final at this time instead during finals week if you wish...if you don't take this final you must take it during finals week*)
- 5/8 **FINAL EXAM**, 7:00PM – 10:00 PM, Room 264 Dawson (no exemptions)
Comprehensive: Includes: 1) questions from exams 1-3 (questions will be reworded), 2) new material since 3rd exam (i.e. from 4/3 -4/24).

PLEASE SAVE EXAMS 1 – 3 TO STUDY FROM