

**FDNS 2100**

*Human Nutrition and Food*

9:30AM– 10:45 AM, Tu/Th; Room 110 Dawson  
Fall Semester 2008

Instructor: Dr. Silvia Girauda T.A.: Jessica Burge  
Office/Telephone: 714 Boyd/542-6977 714 Boyd/542-4873  
Office Hours: 11:00- 12:00am Tu/Th 11:00am-12:00pm M/W  
E-Mail Address: [sgirauda@uga.edu](mailto:sgirauda@uga.edu) [jburge09@uga.edu](mailto:jburge09@uga.edu)

**Course objectives:** *Following the completion of this course the student will:*

- Have a basic understanding of organic chemistry and physiology as applied to nutrients and nutrient metabolism.
- Be able to answer questions concerning basic needs for water and nutrients.
- At an introductory level, have an understanding of nutrition principles including the roles, metabolism, requirements and sources of nutrients.
- At an introductory level, have an understanding of how nutritional needs change throughout the lifespan and during stress and exercise.
- Have knowledge of scientific method and basic techniques used for nutrition research.
- Demonstrate the ability to use current technologies including use of the internet as a form of communication, use of computer assisted modules for learning, and use of nutrient analysis program to determine nutrient intake.
- Be able to answer questions concerning the effect of socioeconomic, psychological, and cultural factors affect food intake.
- Be able to discuss hunger and global environmental problems related to food and nutrition.
- Have a basic knowledge of current food safety issues.
- Have a basic knowledge of the factors affecting risk of chronic disease including family history, health behaviors, and food intake.
- Be knowledgeable about current health promotion strategies and dietary guidelines used in the US.

**Book Required:**

**NUTRITION; Concepts & Controversies** - Eleventh Edition,Sizer and Whitney. West/Wadsworth Publishing Co.

**Assignments and Exams**

Total Points	Points	Assignment of Letter Grade
My Pyramid	025	A.....930 - 1000
Medical Family Tree	050	A <sup>-</sup> .....900 - 929
Healthy Eating Index	075	B <sup>+</sup> .....870 - 899
Exams (NO MAKE-UP EXAMS!) <sup>a</sup>	600	B.....830 - 869
Final Exam <sup>b</sup>	<u>250</u>	B <sup>-</sup> .....800 - 829
TOTAL	1000	C <sup>+</sup> .....770 - 799
Attendance (extra credit) <sup>c</sup>	10	C..... 730 - 769
		C <sup>-</sup> .....699 – 729
		D.....600 - 699
		F..... below 600

<sup>a</sup> 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 300 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. If you have some unusual circumstances and feel you need to be excused from an exam, class etc, please contact the VP Office for Student Affairs and obtain a letter of excuse to be given to me.

<sup>b</sup>The final exam is required and 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!!**

Attendance 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.

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

All academic work must meet the standards contained in “ A Culture of Honesty”. Students are responsible for informing themselves about those standards before performing any academic work. You are advised to read and abide by policies and procedures of the UGA Honor System. As a student, you have two obligations: 1) to refrain from dishonesty and 2) to report suspected dishonesty. You are expected to meet both obligations in this course. If there is any doubt as to whether particular behavior would be regarded as dishonest, you should request an interpretation before engaging in the behavior. Stealing an exam or using a stolen exam for study constitutes an honor violation.

### ***Cell Phones and Pagers***

**During class or exams, cell phones and/or pagers should be turned off, put away** before coming to class. If your cell phone or pager rings during class and you feel you need to answer it, then please leave the classroom. Also not be used for talking, taking pictures, playing games, using the calculator, or text messaging. If your phone or pager is found on during an exam, your phone or pager may be confiscated and you may be charged with academic dishonesty.

### ***Attendance Policy***

Students are required to attend all class periods. Students are expected to come to class prepared to share ideas and discuss assigned readings. Lively discussion, diversity of opinions and critical thinking are encouraged and welcomed. It is expected that you will complete all readings by the assigned date, come to class prepared to discuss the readings and attend class regularly.

Further, regular class attendance allows the instructor to get to know individual students, facilitating the writing of effective positive letters of recommendation for internships, practicums, scholarships, graduate school, jobs, etc. In addition to academic performance, other factors typically addressed in letters of recommendation are: dependability, maturity and commitment, the ability to work independently following the specific guidelines provided, and completion of assigned tasks in a timely manner. Regular class attendance directly and indirectly provides evidence of the existence of these desirable traits.

In some cases, absences can be excused. Excuses for anticipated absences must be cleared with the instructor before the absence (send an email to the instructor explaining the situation). **Excused** absences include, but are not limited to, absence for court appearances, university business, verifiable illness, and certain family emergencies. Written, dated documentation must be presented for each excused absence from an officer of the court, college official, or physician.

**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.***

*Late adds to the class will not be approved unless there is an exceptional circumstances.*

**FDNS 2100 (9:30 –10:45AM, Tu/Th)  
Fall Semester 2008**

**The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary**

- 8/19 Review Syllabus, Overview of Nutrition Food Choices & Human Health, (Chap. 1)  
8/21 Dietary Guidelines for Americans, Recommended Dietary Allowances (Chap. 1-2)
- 8/26 Food Guide Pyramid, Nutrition Labels (*Bring nutrition label and calculator*) (Chap. 2)  
8/28 Digestion, Absorption, Transport (Chap. 3) **1<sup>st</sup> class project: My pyramid due 9:30AM**
- 9/02 Digestion, Absorption, Transport (Chap. 3)  
9/04 Carbohydrates (Chap. 4)
- 9/09 Carbohydrates and Metabolism.  
9/11 Alcohol and Nutrition (*Erin English*)
- 9/16 Lipids (Chap. 5)  
9/18 Lipids and metabolism (Chap. 5)
- 9/23 **EXAM 1**  
9/25 Protein; protein metabolism (Chap. 6)
- 9/30 Nutrition and Physical Activity (Chap. 10)  
10/02 Fat Soluble Vitamins (Chap. 7)
- 10/07 Water Soluble Vitamins (Chap. 7)  
10/09 Energy Balance. (Chap. 9) **Healthy Eating Index due 9:30AM**  
(*Midpoint of semester - drop the course by this day to avoid a "WF"*)
- 10/14 Obesity  
10/16 Energy Balance. Body Composition. (*Dr. Flatt*)
- 10/21 Eating Disorders (Chap. 9) (*Alice Bender*)  
10/23 **EXAM 2**
- 10/28 Water and Major Minerals (Chap. 8)  
10/30 Trace Minerals (Chap. 8)
- Fall Break October 31**
- 11/04 Vegetarian Diets - Phytochemicals  
11/06 Diet and Health (Chap. 11) **Medical Family Tree**
- 11/11 Consumer Concerns about Food – Food Safety (Chap. 12)  
11/13 **EXAM 3**
- 11/18 Nutrition during Pregnancy/Lactation/Infancy (Chap.13)  
11/20 Nutritional Needs Child, Teens and Older adult (Chap. 14)

*Thanksgiving Holiday Nov. 24-28*

12/02 Hunger and Global Environmental Problems (Chap. 15)

12/04 Fast Foods/Course review

12/16 **FINAL EXAM**, 8:00 – 11:00 AM, Room 110 Dawson (no exemptions)

Comprehensive: Includes:

- 1) Questions from exams 1-3 (questions will be reworded),
- 2) New material since 3<sup>rd</sup> exam .

**PLEASE SAVE EXAMS 1 – 3 TO STUDY FROM**