

Human Nutrition and Food
FDNS 2100 Fall Semester, 2008
MWF 9:05am-9:55am 110 Dawson Hall
Department of Foods and Nutrition, The University of Georgia

Instructor:

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Office Hours: Mondays, 2:00 – 3:00 pm
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Teaching Assistant:

<u>Name</u>	<u>Email</u>	<u>Office</u>	<u>Office Hours</u>
Aimee Chisamore	achis@uga.edu	161 Dawson Hall	Thursdays 2-3pm

Course Description:

This course is a general survey of nutrition topics including: the biochemical interaction of foods, nutrients, genetics and health; human eating behaviors; government and corporate regulation and influences on human eating behavior; ethical issues, including hunger and food security; the relationship between our food system and the environment; and domestic and international factors affecting the availability of a safe, nutritious food supply.

Course Objectives:

Through readings, class lectures, and the assignments, students will learn:

1. The basic constituents of food and their role in nutrition.
2. The complexity of the human body, nutrition, the eating environment, and food behavior.
3. Food labeling regulations and how they relate to health.
4. Nutrition and food choices in various life stages.
5. Current food security and food safety issues.
6. How to incorporate healthy food choices into their own lives.

Textbook:

Sizer, F and Whitney, E (2007). Nutrition Concepts and Controversies, Eleventh Edition. Wadsworth/Thompson Learning, (816pgs) (ISBN 0-4953-9065-8). (www.wadsworth.com).

Late adds to this class will not be approved unless there is an exceptional circumstance.

Course Assignment and Evaluation:

Final grades are based on an accumulation of points from assignment, examinations, and extra credit:

a) Diet Assessment Assignment	100 points
b) Newspaper Analysis Assignment	100 points
c) Three of four exams at 100 points each	300 points
d) Final Exam	100 points
e) Attendance and class activity (extra credit)	10 points

The grading scale is listed below. To be fair to every student in the class, the grading scale is NON-NEGOTIABLE:

Letter Grade	<u>Points accumulated</u>
A	558- 600
A-	540- 557
B+	522- 539
B	498- 521
B-	480- 497
C+	462- 479
C	438- 461
C-	420- 437
D	360- 419
F	Below 360

a) Diet Assessment Assignment (100 points) – due October 27th in Class

Using “*My Diet Analysis*”, you will record everything you eat and drink for three days (2 week days and 1 weekend day). This program is installed on computers in the FACS computer lab (202 Dawson Hall). These computers are available Mon.-Fri. from 8:00am-5:00pm. The software automatically calculates the nutrient content of your diet records. You will be asked to turn in a copy of your nutrient analysis and answer a series of questions about your diet. Please plan ahead to work on your analysis given the limited number of spaces in the computer lab. You will not be graded on how “nutritious” or “healthy” your diet is. Complete instructions for the Diet Analysis Assignment will be described in class on October 6th, 2008. Forms will also be posted on WebCT by that date.

LATE ASSIGNMENTS WILL NOT BE ACCEPTED.

b) Newspaper Analysis Assignment (100 points) – due November 19th in Class

Three to five newspaper articles will be posted on WebCT. You will be required to read these articles and select one for your analysis. Specific instructions on how to analyze the articles will be described in class on November 5th, 2008. Forms will also be posted on WebCT by that date.

LATE ASSIGNMENTS WILL NOT BE ACCEPTED.

c-d) Exams 1, 2, 3, and 4 and Final Exam

There will be four IN CLASS exams, and the lowest exam will be dropped; the remaining 3 will be worth 100 points each. If you take all 4 class tests, 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 (542-3564) and obtain a letter of excuse to be given to instructor.

Everyone must take the final exam, which will be made up of reworded questions from Exams 1-4 as well as new material presented after the last exam. Exam keys will be available on WebCT after each exam is taken.

Exam questions will cover all the material presented since the previous exam and will emphasize basic facts, concepts, and relationships, your understanding of these, and your ability to apply them to new situations. Exams will be composed of multiple choice and true/false type of questions.

MAKEUP EXAMS WILL NOT BE OFFERED.

Corrections to Test Grading

Dr. Lee will make every effort to ensure that the tests are graded correctly and fairly. Students are encouraged to bring any items that appear questionable to her attention. **STUDENTS HAVE ONE WEEK** after an exam to tell Dr. Lee of any problems identified.

e) Attendance:

Students are expected to attend every class period. Attendance will be taken periodically throughout the semester. Students with equal and greater than 90% completion of all attendance and/or class activities will receive an extra 10 points toward their final grade in the course as extra credit. Those with partial attendance (i.e., < 90% of attendance and/or class activities) will not receive any partial extra credit.

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.

Course Communication:

Communication for this course will use the WebCT and UGA e-mail systems. Please check WebCT and your UGA e-mail regularly. Exam scores, projects, and attendance points will be posted on WebCT. It is your responsibility to assure that scores posted for you are accurate.

ALL EMAIL QUESTIONS should be directed to your Teaching Assistant unless they are of a personal or sensitive nature. If TA is unable to answer your question, she will contact Dr. Lee to make sure the issue is resolved.

Emails MUST include “FDNS 2100” in the subject or you will not receive a response back. This is important for us to protect ourselves from viruses, and to enable us to prioritize your questions and respond quickly.

Students with Disabilities:

Students with disabilities should get evaluation for need for reasonable accommodation. If accommodation for examinations or note-taking is approved, please notify Dr. Lee within the first week to work out arrangements.

Academic Honesty and Plagiarism:

We will adhere to the UGA policies on academic honesty for any incidents of cheating, plagiarism, or academic dishonesty. All academic work must meet the standards contained in “A Culture of Honesty”. Students are responsible for familiarizing themselves with those standards before performing any academic work. The link to more detailed information about academic honesty can be found at: <http://www.uga.edu/ovpi/honesty/ah.pdf>. If you are caught cheating on an exam or an assignment, you will receive 0 points for that exam or assignment.

Cell Phones and Pagers:

Turn off cell phones and pagers 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.

During exams, cell phones should be turned off, put away, and not used for talking, taking pictures, playing games, using the calculator, or text messaging. If your phone is found on during an exam, it may be confiscated and you may be charged with academic dishonesty.

COURSE SCHEDULE AND READING ASSIGNMENTS

Required readings from *Nutrition Concepts and Controversies* are listed for each lecture. Students are encouraged to read the assignment prior to attending class.

Date	Topic	Reading	Assignment, Guest lecturer	Date	Topic	Reading	Assignment, Guest lecturer
8/18	Welcome! and Nutrition Basics			10/13	Water and Minerals I	Chap 8	
8/20	How do we know what we know I	Chap 1		10/15	Water and Minerals II	Chap 8	
8/22	How do we know what we know II	Chap 1		10/17	Eating Disorder	Chap 9	Ms. Alice Bender
8/25	Nutrition Recommendations	Chap 2		10/20	Food Service at UGA		Mr. Floyd & Ms. Ingerson
8/27	Food Labeling	Chap 2	TA	10/22	Food Environment		
8/29	Body Basics	Chap 3		10/24	Alcohol and nutrition		Ms. Erin English
9/1	Labor Day Holiday			10/27	Diet and Health I	Chap 11	TA Diet Assessment due in class
9/3	Carbohydrate I	Chap 4		10/29	Diet and Health II	Chap 11	
9/5	Carbohydrate II	Chap 4		10/31	Fall Break		
9/8	Carbohydrate III	Chap 4		11/3	Exam 3		
9/10	Exam 1			11/5	Food Insecurity and Hunger I	Chap 15	Newspaper analysis explanation
9/12	Lipids I	Chap 5		11/7	Food Insecurity and Hunger II	Chap 15	
9/15	Lipids II	Chap 5		11/10	Nutrient-drug interaction		Rebecca Bengle
9/17	Lipids III	Chap 5		11/12	Sports Nutrition	Chap 10	Ms. Ruth Taylor
9/19	Protein I	Chap 6		11/14	Food Safety	Chap 12	Dr. Judy Harrison
9/22	Protein II	Chap 6		11/17	Food technology I	Chap 12	
9/24	Protein III	Chap 6		11/19	Food technology II	Chap 12	Newspaper analysis due in class
9/26	Fat Soluble Vitamins	Chap 7		11/21	Exam 4		
9/29	Water Soluble Vitamins	Chap 7		11/24-28	Thanksgiving Break		
10/1	Vitamin Supplements	Chap 7		12/1	Life cycle Nutrition I	Chap 13	
10/3	Healthy Weight/Fad Diets I	Chap 9	TA	12/3	Life cycle Nutrition II	Chap 13	
10/6	Healthy Weight/Fad Diets II	Chap 9	Nutrient analysis software demo	12/5	Life cycle nutrition III	Chap 14	
10/8	Energy Balance	Chap 9	Dr. William Flatt	12/8	Last class, Course review		
10/10	Exam II			12/15	Final Exam		8:00-10:00am

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary. Changes will be posted on WebCT
Updated on 080808