

FDNS 2100 (Mullis)

Human Nutrition and Food

5:00 - 6:15 PM Tuesday – Thursday/ 110 Dawson Hall

The University of Georgia/ Fall 2003

Instructor: Dr. Rebecca M. Mullis
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Required:

Understanding Nutrition, 9th Edition. Whitney & Rolfes. West/Wadsworth Publishing Co
Nutrition Interactive CD-ROM, Version 2.0

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 effects of socioeconomic, psychological, and cultural factors on 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 for chronic disease including family history, health behaviors, and food intake.
- Be knowledgeable about current health promotion strategies and dietary guidelines used in the US.

<u>Assignments and Exams</u>	<u>Points</u>	<u>Assignment of Letter Grade</u>
Class Participation	25	Total Points
Medical Family Tree	50	A: 500-599
Diet Analysis and Modification	100	B: 400-499
Critique	25	C: 300-399
Exams (NO MAKE-UP EXAMS)	400	D: 200-299

Credit for FDNS 2100 requires at least the point minimum for each of the three assignments: 25 points for the Medical Family Tree, 50 points for the Diet Analysis Modification, and 5 points for the Critique.

The lowest of the first four exams will be dropped, with the remaining three exams being worth 100 points each. The final (no exemptions) is also worth 100 points.

Please Note:

- 1) Your scores for assignments and exams will be posted on WebCT. It is your responsibility to check these for accuracy.
- 2) Exams will be given on the dates specified on the course calendar (9/10, 10/8, 10/29 and 11/26); the date for the final is 12/12. The exam will be worth 100 points also. A study sheet will be available in class prior to the exam. The exams will be worth 100 points. Exams will not be returned to the student, but will be available in the TA's office should the student wish to see his/her paper. In the unlikely event the University is officially closed on an exam day, the exam scheduled for that day will be given the first Tuesday or Thursday after classes resume.
- 3) Reading assignments for each topic for which the student is responsible are listed on the course calendar. These assignments include chapters from the regular text and assigned readings. Assigned readings accompanying lectures will be available in class.
- 4) Questions on the exams will cover material from the lectures, the textbook and the assigned readings.
- 5) Projects will be distributed on the date specified on the course calendar and will be due by 6:30 p.m. on the date specified on the course calendar. A five- point penalty will be charged for each day, including weekends and holidays, the project is late. A student must complete the projects in order to pass the course.
- 6) The final exam will be comprehensive.
- 7) 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.