

**FDNS 2100**  
*Human Nutrition and Food*  
11:00 - 12:15 PM, Tu/Th  
Room 300, Fine Arts Building

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Textbook:

**Nutrition Concepts and Controversies, 11<sup>th</sup> ed**, F. Sizer & E. Whitney. West/Wadsworth Publishing  
(Text assignments are in parentheses on lecture outline on reverse side). Students can also purchase online book chapters at <http://ugnutrition.thomsonsites.com>

I have a personal copy of the **textbook on reserve** (2-hr, in library use only) at the Science Library, **call # SPC G8782cc**  
The exams for a previous class will be available on WebCT under the Homepage

**Assignments and Exams**

Total Points	Points	Assignment of Letter Grade		Letter Grade	Total Pts
		Letter Grade	Total Pts		
Exams (NO MAKE-UP EXAMS!) <sup>a</sup>	800	A .....	930 – 1000	C+ .....	770 - 799
<i>(Each exam is worth 400 pts; the lowest of the 3 exams will be dropped)</i>		A- .....	900 – 929	C .....	730 - 769
Final Exam <sup>b</sup>	<u>200</u>	B+ .....	870 – 899	C- .....	700 - 729
		B .....	830 – 869	D .....	600 - 699
		B- .....	800 – 829	F .....	below 600
<b>TOTAL</b>	<b>1000</b>				

Attendance (extra credit)<sup>c</sup>                      10 (will be added to the TOTAL course points)

**Sample course grade calculation:** If your scores were as follows: Exam 1 = 82%, Exam 2 = 88%, Exam 3 = 78%, Final exam = 90%, Attendance = 8 pts, then your Total Points from your Exams would be 0.82 x 400 = **328** pts (from Exam 1), 0.88 x 400 = **352** pts (from Exam 2), Exam 3 would be dropped, 0.90 x 200 = **180** pts (from Final exam). Thus your Total Points for the Course would be 328 + 352 + 180 + 8 = 868 pts out of 1000 pts = 86.8 % or a B in the course.

<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 400 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 (706-542-3564) 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 will be reworded) and new material presented after last exam. EXAMS 1-3 will be available on WebCT after each exam is taken.

<sup>c</sup>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 (e.g. 50% attendance will result in 5 of the 10 extra credit points).

Your scores for exams and attendance will be posted on WebCT. *It is your responsibility to check that scores posted for you are accurate.* 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 (<http://www.uga.edu/ovpi>).

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

**FDNS 2100 (11:00 - 12:15; Tu, Th)  
Fall Semester 2009**

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

8/18 Review Syllabus, Overview of Class  
8/20 Dietary Guidelines for Americans, Nutrition Assessment (Chap. 1 & 2)

8/25 Recommended Dietary Allowances, Diet Planning (Chap. 2)  
8/27 Food labels (Chap. 2) (*Bring nutrition label and calculator*)

9/1 Digestion, Absorption, Transport (Chap. 3)  
9/3 Digestion, Absorption, Transport (Chap. 3)

9/8 Carbohydrates (Chap. 4)  
9/10 Lipids (Chap. 5)

9/15 Lipids (Chap. 5)  
**9/17 EXAM 1 (covers 8/18 – 9/10)**

9/22 Protein (Chap. 6)  
9/24 Protein/Vegetarian Diets (Chap. 6)

9/29 Water Soluble Vitamins (Chap. 7)  
10/1 Fat Soluble Vitamins (Chap. 7)

10/6 Diet and Health (Chap. 11)  
10/8 Energy Balance (Chap 9)

10/13 Eating Disorders (Chap. 9)  
**10/15 EXAM 2 (covers 9/15 – 10/8)**

10/20 Water and the Major Minerals (Chap. 8)  
10/22 Trace Minerals (Chap. 8) (*10/23 = Withdrawal Deadline*)

10/27 Food Safety (Chap. 12)  
10/29 Alcohol and Nutrition

11/3 Life Cycle Nutrition: Mother and Infant (Chap 13)  
11/5 Life Cycle Nutrition: Child, Teen and Older Adult (Chap 14)

11/10 A Successful Weight Loss story  
11/12 **EXAM 3 (covers 10/13 – 11/5)**

11/17 Supermarket Savvy  
11/19 Sports Nutrition (Chap. 10)

11/24 **Thanksgiving Break**  
11/26 **Thanksgiving Break**

12/1 Fast Food  
12/3 Last days of class, question/answer session for final exam

12/8 No class, this is a Friday class schedule day  
**12/11 FINAL EXAM, 12:00 PM, Room 300, Fine Arts Building (no exemptions)**  
(Friday) Comprehensive and includes: 1) questions from exams 1-3 (questions will be reworded), 2) new material since 3<sup>rd</sup> exam

**EXAMS 1 – 3 will be available on WebCT after each exam is taken.**

**Course Objectives – FDNS 2100**

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.

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.