

FN 151 Contemporary Nutrition
Section 1
Summer 2014

Course Description: Apply nutrition principles to contemporary problems in food choices and health. (2 cr.) Meets wellness GEP.

Instructor: Mrs. Deborah Tang, MS, RD, CD **Office:** CPS 240B

Email: dtang@uwsp.edu **Phone:** 346-2749

Office Hours: Please arrange an appointment time in person.

Class Location & Time: CPS 317; T/W/R 8:00 – 11:00 a.m. (5/27 – 6/12)

Required Text: Brown, J.E., *Nutrition Now*, 7th Edition. Wadsworth, Cengage Learning, 2014.
***Plan to bring your text book to class each day.**

Course Objectives:

At the end of this course the student will be able to:

- Discuss key nutrition concepts and define basic nutrition terms.
- Explain the role of nutrition in health promotion and disease prevention.
- Identify food sources, which provide specific nutrients such as carbohydrates, protein and fat, and the major vitamins and minerals of concern in the diets of today's Americans.
- Identify current nutrition guidelines and the components of a healthy diet based on these guidelines and the My Plate website.
- Interpret the information provided by the Nutrition Facts food label. Demonstrate the use of this information for food selection to promote and maintain a healthful diet.
- Calculate body mass index, calories for total energy expenditure and calorie totals for foods based on grams of fat, carbohydrate and protein.
- Explain the influence of socioeconomic, cultural and psychological factors on food acceptance.

General Education Program (GEP) Wellness Objectives:

Wellness is a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle. It is multi-dimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment. Wellness is an essential attribute of a well-rounded, liberally educated person and of strong societies. Understanding the dimensions of wellness and their impact on individuals, families and societies is essential to being a responsible global citizen.

| Wellness Objectives - upon completing this requirement, students will be able to: | Learning Outcomes - corresponding activity or assessment |
|--|--|
| 1. Identify the seven dimensions of wellness. | <ul style="list-style-type: none"> • In-class group activity to identify the processes and components which make up each of the seven dimensions of wellness. • Completion of the wellness quiz at: http://7dimensionsofwellness.com/ • Assessment of personal strengths and areas for improvement based on test results. |
| 2. Recognize the interaction between each dimension of wellness and their overall impact on personal, national and global health and well-being. | <ul style="list-style-type: none"> • In-class group discussions. |
| 3. Develop an individual plan for healthy living that demonstrates an understanding of the principles of wellness. | <ul style="list-style-type: none"> • Development of 2 SMART goals to improve two dimensions of wellness during the first week; one dimension should be within the physical wellness dimension. • Assessment and reflection of progress on the 2 goals during the third week. |

ACEND: 2012 Standards for Didactic Programs in Nutrition & Dietetics

KRD 1.1 The curriculum must reflect the scientific basis of the dietetics profession and must include research methodology, interpretation of research literature and integration of research principles into evidence-based practice.

KRD 3.2 The curriculum must include the role of the environment, food, nutrition and lifestyle choices in health promotion and disease prevention.

KRD 5.1 The food and food systems foundation of the dietetics profession must be evident in the curriculum. Course content must include the principles of food science and food systems, techniques of food preparation and application to the development, modification and evaluation of recipes, menus and food products acceptable to diverse groups.

Class Attendance & Participation:

Since this is a condensed summer offering of the 8 week course, students are expected to attend all classes over the entire three week course schedule. Attendance and active participation during group activities and full class discussions are important aspects of this course. Students are responsible for all information presented during class. In the event of an unavoidable absence due to unexpected circumstances, it will be dealt with on an individual basis. It is up to the instructor to decide if the absence is excusable.

There will be spontaneous activities in class that CANNOT BE MADE UP. Typically, up to 20 points can be offered for individual and group in-class activities. They are included in the class point total.

In-class Use of Electronic Devices:

As a courtesy to the instructor and other students, the use of cell phones for calls or texting is not permitted during class. In the event that you have an emergency and need to take a call, please turn your phone to vibrate and leave the classroom to answer the call.

The use of laptop computers and other electronic devices may only be used during class for class related activities such as note taking. You are on your honor to not access unrelated websites, play games, text message, tweet, etc.

Assignments:

All assignments will be collected during class time or submitted via our D2L course site dropbox. Please read the assignment submission criteria carefully. Do not email assignments unless it has been approved by the instructor. It is expected that all assignments will be submitted on time. Late assignments will not be accepted.

Written work must be computer printed or legibly written in INK and in complete sentences with proper grammar and punctuation or it will not be accepted.

Desire to Learn (D2L):

Lecture outlines in the form of Power Point slides will be posted for each unit 1 day prior to that particular class. Students can log onto D2L and preview or print these out in the format of a handout (3, 6, or 9 slides per page). Although it is not required, students may find the slides helpful to have during lecture for note-taking as well as to help focus their studying when preparing for quizzes.

Quizzes:

There are 8 multiple choice quizzes for this course. These will be taken during class time beginning in the second class and every class thereafter. Quizzes will be multiple choice, contain between 20-25 questions, and cover material from the previous class.

Class Points:

| | |
|------------------------------|-------------------|
| 8 Quizzes | 200 approximately |
| 4 Assignments | 100 total |
| <u>In - class Activities</u> | <u>180</u> |
| | 480 approximately |

Grading Scale:

| | |
|----|----------|
| A | 94-100% |
| A- | 90-93.9% |
| B+ | 87-89.9% |
| B | 84-86.9% |
| B- | 80-83.9% |
| C+ | 77-79.9% |
| C | 74-76.9% |
| C- | 70-73.9% |
| D+ | 67-69.9% |
| D | 64-66.9% |
| D- | 60-63.9% |
| F | <60% |

Academic Integrity:

Please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at:

<http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

Special Accommodations:

Within the first week of class, students requiring special accommodations and/or program access should arrange an appointment with UWSP Disability and Assistive Technology Center located in the Learning Resource Center (LRC 609), telephone (715)346-3365. The link to their website is <http://www.uwsp.edu/disability/Pages/default.aspx>. Please provide eligibility documentation to me in order to request appropriate accommodations.

**Tentative Schedule for FN 151
Section 1**

| Day | Dates | Topic | Text Reading |
|------------|-----------------------|--|-------------------------|
| 1 | May 27 th | Introduction, course objectives The 7 Dimensions of Wellness Factors affecting food choices Wellness assignment and personal goals presented (Part 1) | 5 Website |
| 2 | May 28 th | Key Nutrition Concepts, Nutrition & Health Nutrition: Fact or Fiction? Wellness assignment – Assessment & Reflection presented (Part 2) Due date: Wellness assignment and personal goals – Part 1 (Submit to Dropbox by 1:00 p.m.) Quiz 1 – Day 1 content | 1, 2, 3 |
| 3 | May 29 th | Food Labels The Dietary Guidelines, My Plate Diet analysis assignment presented Quiz 2 – Day 2 content | 4, 6 D2L postings |
| 4 | June 3 rd | Energy Balance, Weight Status, Weight Control Myths & Realities Due date: Diet analysis assignment (Submit to Dropbox by 1:00 p.m.) Quiz 3 – Day 3 content | 8, 9, 10 |
| 5 | June 4 th | Carbohydrates: Sugars, starches, and fiber Energy needs assignment presented Quiz 4 – Day 4 content Note: D2L unavailable after 10 p.m. | 12 |
| 6 | June 5 th | Fats and Cholesterol Heart Disease Quiz 5 – Day 5 content Note: D2L available after 10 a.m. | 18, 19 |
| 7 | June 10 th | Proteins, Vegetarianism Due date: Energy needs activity assignment (Submit hardcopy in class) Quiz 6 – Day 6 content | 15, 16 |
| 8 | June 11 th | Vitamins, Minerals, and Dietary Supplements Quiz 7 – Day 7 content | 20, 23, 24 |
| 9 | June 12 th | Diabetes, Alcohol Due date: Wellness Assignment - Assessment & Reflection – Part 2 (Submit to Dropbox by 1:00 p.m.) Quiz 8 – Day 8 content | 13, 14 |