

**FN 151 Contemporary Nutrition**  
Fall 2011

Apply nutrition principles to contemporary problems in food choices and health.(2 cr.)

**Instructor:** Mrs. Deborah Tang, MS, RD, CD      **Office:** CPS 238A

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**Office Hours:** Tuesdays 12 – 2 PM and by appointment. Please arrange an appointment time via email or in person.

**Class Location & Time:** CPS 116; M/W 11:00-12:50 (Second 8 weeks, 10/31-12/14)

**Required Text:** Brown, J.E., *Nutrition Now*, 5<sup>th</sup> Edition. Thomson/ Wadsworth Publishing

**Required Technology:** This class uses “Clickers” to do interactive polling. You are required to lease a clicker for \$8 for the semester. The semester lease fee will be automatically added to your UWSP student bill.

You will need your UWSP Student ID to lease a clicker.

Clickers are available through:

- UWSP's Help Desk, located in the basement of the LRC, room 023.  
For hours: <http://www.uwsp.edu/IT/helpdesk/index.aspx>
- ResNet, located in the basement of Debot, room 068.  
For hours: <http://www.uwsp.edu/IT/resNet/index.aspx>

Important: Your clicker may be used in any class that requires clickers for the semester.

Returning clickers: Clickers must be returned to either the UWSP Help Desk or ResNet before the end of finals. Students with unreturned clickers will receive an additional \$39 billed to their UWSP account.

**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.

### **CADE: Foundation Knowledge and Competencies for Didactic Curriculum**

- KR 1.1. Introduction to research principles
- KR 2.1. Lay and technical writing
- KR 2.2 Health behaviors and educational needs
- KR 3.1. Disease prevention and health promotion principles
- KR 3.2. Role of food, nutrition, and lifestyle choices

#### **Demonstrated Ability:**

- KR 1.1. Use current information technologies
- SK 5.1. Interpret nutrient composition of food products

### **Class Attendance & Participation:**

Regular 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. Students should obtain lecture notes or other information from a missed class session from other students, not from the instructor. If clarification from a missed class session is needed, an appointment can be made with the instructor after obtaining lecture material from other students.

There will be spontaneous activities in class that CANNOT BE MADE UP. They are included in the class point total.

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.

### **Assignments:**

All assignments will be collected during class time. Please 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 submitted after class will result in a 10% deduction. For each additional day it is late, 10% will be deducted per day.

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 chapter 1-2 days 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 exams.

**Exams:**

Exams are set up in our D2L course site under “Quizzes”. Students are responsible for taking and completing the exam on the **specified exam dates**. Under no circumstances will a student be able to make up an exam after the specified dates.

**Class Points:**

3 Exams	300
2 Assignments	50 total
In - class Activities	+
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	350+

**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>

### Tentative Schedule for FN 151

Week	Dates	Topic	Text Reading
1	Oct 31	Introduction, course objectives Key nutrition concepts, nutrition & health	1, 2
	Nov 2	Nutrition: Fact or Fiction? Factors affecting food choices	3, 5
2	Nov 7	The Dietary Guidelines, My Plate <b>Diet analysis assignment presented</b>	6
	Nov 9	Food labels <b>End of content for exam 1</b>	4
3	Nov 14	Body Weight <b>Due date: Diet analysis assignment</b> <b>Energy needs activity assignment presented</b>	8, 9
	Nov 16	Healthy Weight	10
4	Nov 21	<b>D2L Exam 1 – available from Nov 21-22 (closes at midnight 11/22)</b>	
	Nov 23	Carbohydrates: Sugars, starches, and fiber	12
5	Nov 28	Fats and Cholesterol <b>End of content for exam 2</b> <b>Due date: Energy needs activity assignment</b>	18
	Nov 30	Heart Disease	19
6	Dec 5	<b>D2L Exam 2 – available from Dec 5-6 (closes at midnight 12/6)</b>	
	Dec 7	Proteins, Vegetarianism	15, 16
7	Dec 12	Physical fitness and performance	27, 28
	Dec 14	Vitamins, Minerals, and Dietary Supplements	20, 23, 24
<b>D2L Exam 3 – Tuesday, December 20 to Wednesday, December 21 (Available from Dec 20-21 be closes at midnight 12/21)</b>			