FCS 202: Food & Nutrition

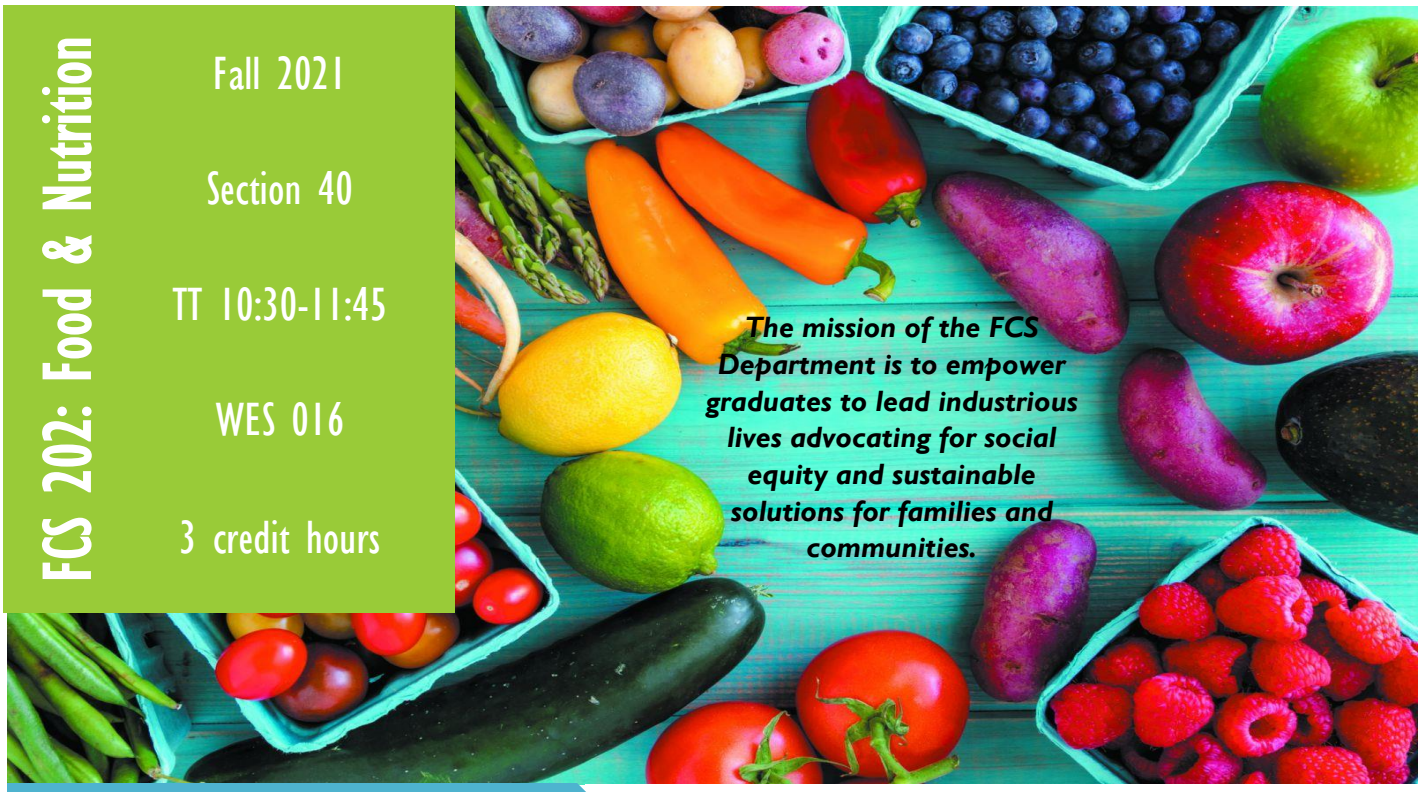
Fall 2021

Section 40

TT 10:30-11:45

WES 016

3 credit hours



Course Description & Objectives

An overview of the science of nutrition including macronutrients and micronutrients. Primarily focuses on the relationship between dietary intake and health. Examines current issues in human nutrition.

Upon completion of this course students will be able to:

1. Apply evidence-based guidelines to improve personal dietary intake.
2. Describe the connection between diet and disease preventions.
3. Assess the impact of a public policy position on nutrition and dietetics practices.
4. Comprehend nutrient food sources, basic metabolism, function in the human body, and effects of deficiencies or excesses.

WHO TEACHES THIS COURSE?

Dr. Rachel L. Vollmer, RD

309-677-3179

rvollmer@fsmail.bradley.edu

Why do I love teaching this class?
We get to touch on almost every topic in nutrition so there's something for everyone! I hope what you learn follows you for the rest of your life.

Office Hours: M: 9-10am; 1:30-3pm; TT: 11:45am -1pm

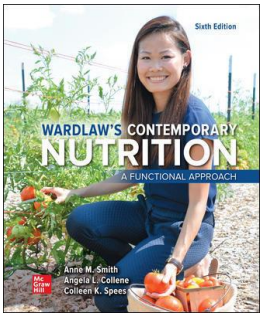
Where do I go for office hours? WES 204

What are office hours for?
If you have questions, want to chat, or need to talk to me, I will answer my email very quickly and be sitting in my office during the days/times listed above. If you want to talk outside these hours, just email me! I try to respond within 24 hours.

What materials will I need for this course?

Textbook: Smith, Collene, Spees. (2021). *Wardlaw's Contemporary Nutrition A Functional Approach,* (6th ed.). New York, NY: McGraw-Hill.
ISBN: 9781260465006

You will need the student access code for the online textbook materials. We will be using this to do assignments and you will also use NutritionCalc software to complete assignments. You will be required to join the class to complete some assignments. The course site is: https://connect.mheducation.com/class/r-vollmer-spring-2022-section-40



HOW CAN I BE SUCCESSFUL IN THIS COURSE?

Communication	Make a Schedule	Engage
• Ask questions as soon as you have them. • No question is a dumb question. • Email me.	• Look at the schedule and due dates and write them down now. Set reminders. • Give yourself time to complete assignments and ask questions if you have them.	• Come to class prepared (read chapter) • Come to class with questions. • Participate in our activities in class.

BE OPEN TO LEARNING FROM OTHERS' EXPERIENCES

The mission of the FCS Department is grounded in social equity, or the commitment to fairness, justice, and equality for all. As a department, we believe it is our responsibility to create and maintain an environment based on these principles, where people feel that they can express their opinions and be themselves without fear of judgement, scorn, or disrespect. All individuals are welcome in the FCS Department regardless of race, color, sex, religion, national origin, age, disability, body shape or size, genetics, veteran status, sexual orientation, gender identity, gender expression, or any other aspect. Students, staff, or faculty who engage in behavior that is discriminatory, harassing, or disrespectful will be subject to disciplinary actions outlined by university policies and the Student Code of Conduct.

THIS COURSE ALIGNS WITH BRADLEY'S CORE CURRICULUM FOR KNOWLEDGE AND REASONING IN THE NATURAL SCIENCES

- NS1 Recognize science as an ongoing process, guided by ethical standards of practice, that generates and refines knowledge.
- NS2 Engage in multiple aspects of the scientific process.
- NS3 Apply scientific principles in their personal and professional lives as active members of their communities.

This also course contributes to the following ACEND Knowledge Requirements

KRDN 1.1	• Demonstrates how to locate, interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions (Discussion Days).
KRDN 1.2	• Use current information technologies to locate and apply evidence-based guidelines and protocols (Nutrition Project Part 5)
KRDN 2.3	• Assess the impact of a public policy position on nutrition and dietetics practice (Discussion Days & Exams)

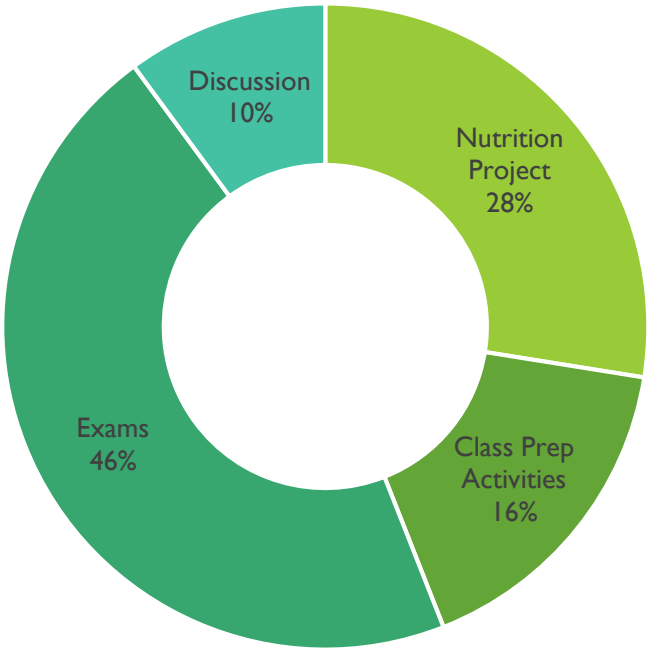
Five years from now…

I hope you feel at ease when making food decisions because you remember how to read a food label, what foods to eat more of, and what nutrients you need for your body. In the long term, I hope these skills protect your physical and mental health.

ASSIGNMENTS & GRADING

I am committed to the principle of universal learning. This means that our classroom, virtual spaces, our practices, and interactions be as inclusive as possible. Mutual respect, civility, and the ability to listen and observe others carefully are crucial to universal learning. Any student with particular needs should contact the Office of Student Access Services located in Heitz Hall (100), 309-677-3654.

Late Assignment Policy: Everyone will get one "I messed up" opportunity. You can use this to hand in an assignment up to 3 days late and receive full credit. You cannot use this for exams.



Total: 545 Points

490.5 - 545 points = A

436 – 490.4 Points = B

381.5 – 436.9 Points = C

327 – 381.4 Points = D

< 327 Points = F

What have I incorporated in this class to help you learn and succeed?

- ∴ Low-stakes class preparation activities
- ∴ Optional videos on Canvas
- ∴ Optional SmartBook Review Modules and practice multiple-choice before exams
- ∴ Optional guided reading questions on Canvas to help you take notes on the chapter
- ∴ Low-stakes team quizzes in class
- ∴ Opportunities to apply content in class
- ∴ Authentic assignments that help you apply course content

Exams – 250 points

There are 4 cumulative exams, including the final, throughout the semester that will increase in points sequentially (25, 50, 75, 100). Each exam is a mix of multiple-choice and short-answer. Practice multiple-choice exams and SmartBook Reviews will be available on Connect.

Nutrition Project – 150 Points

You will complete a nutrition project in 5 parts (30 points each). This will help you evaluate your own diet quality, what influences your food choices, and goals to help you improve your diet. Detailed instructions and rubrics are posted on Canvas.

Discussion Days – 55 Points

We will have 5 discussion days during the semester on topics relevant to the course. You will need to complete readings. Each person will serve as discussion leader and note taker once. Instructions and Rubric can be found on Canvas.

Class Prep Activities – 90 points

To help you learn the textbook material, you will complete a Prep activity each time we start a new chapter. You can choose between SmartBook Modules on Connect or a multiple choice quiz on Canvas for each chapter (5 points each) on the textbook website. Each quiz is 5 questions with a 7-minute limit and you can take it twice.

COURSE SCHEDULE (subject to change at instructor's discretion)

Week	Date	What do I need to do BEFORE class?	What will we do in class?	Assignments Due
1	1/20		Introductions Notecard Term Sort Syllabus Scavenger Hunt & Pass the Question Submit a Question	
2	1/25	Read Chapter 1: Nutrition, Food Choices, and Health Complete Chapter 1 Prep Activity	Team Quiz Campus Food Environment Discussion TAPS – Food Labels	
	1/27	Read Chapter 2: Designing a Health Eating Pattern Complete Chapter 2 Prep Activity	Team Quiz Shakeology Critical Evaluation	Nutrition Project Part 1
3	2/1	Read Chapter 3: The Human Body: A Nutrition Perspective Complete Chapter 3 Prep Activity	Team Quiz Notecard Term Sort What's the Problem? Fix it!	
	2/3		What if? Pass the Question	Nutrition Project Part 2
4	2/8	Read Articles Posted for Discussion Day 1	Discussion Day 1: Ultra-Processed Foods	
	2/10	Prepare for Exam 1 (Chapters 1-3)	Exam 1	
5	2/15	Read Chapter 4: Carbohydrates Complete Chapter 4 Prep Activity	Team Quiz Think Again – Carbs Pair Reading – Blood Glucose Regulation	
	2/17	SNOW DAY		
6	2/22	Read Chapter 5: Lipids Complete Chapter 5 Prep Activity	Team Quiz ConcepTest – Fats in Food What if – Fat Digestion Lipoprotein Metabolism - Concept Maps & Variations	
	2/24	Read Chapter 6: Protein Complete Chapter 6 Prep Activity	Team Quiz Protein Case Study Macros Digestion Map	
7	3/1	Read Chapter 7: Energy Balance & Weight Control Complete Chapter 7 Prep Activity	Team Quiz Mapping out Metabolism Think Again – Weight Loss & the 500 kcal Rule	
	3/3	Read Article Posted for Discussion Day 2	Discussion Day 2: Weight-Inclusiveness	Nutrition Project Part 3
8	3/8	Prepare for Exam 2	Exam 2	
	3/10	Read Chapters 8 (Overview of Micronutrients & Phytochemicals) & 9 (Fluid & Electrolyte Balance Complete Chapters 8 & 9 Prep Activity	Team Quiz Brain Dump & Gallery Walk Case Study	
9	3/15	Spring Break		
	3/17			

10	3/22	Read Chapter 10: Nutrients Involved in Body Defenses Complete Chapter 10 Prep Activity Read Posted Article for Discussion Day	Team Quiz Discussion Day 3: Personalized Nutrition	
	3/24	Read Chapter 11: Nutrients Involved in Bone Health Complete Chapter 11 Prep Activity	Team Quiz Calcium Supplements & pH Demonstration What's the Problem? Fix it! Dairy Alternative Online Scavenger Hunt	
11	3/29	Read Chapter 12: Micronutrient Function in Energy Metabolism Complete Chapter 12 Prep Activity	Team Quiz Notecard Term Sort Think Again – 5-hour Energy Drink	
	3/31	Read Chapter 13: Nutrients that Support Blood & Brain Health Complete Chapter 13 Prep Activity	Team Quiz Healthy RBC Menu + Vegan Challenge	
12	4/5		Breather + Micronutrient Guess Who	Nutrition Project Part 4
	4/7	Prepare for Exam 3	Exam 3	
13	4/12	Read Chapter 16: Global Nutrition Complete Chapter 16 Prep Activity Read Posted Articles for Discussion Day	Team Quiz Discussion Day 4: The Golden Rice Controversy	
	4/14	Chapter 17: Protecting our Food Supply Complete Chapter 17 Prep Activity	TBD	
14	4/19	Read Chapter 14: Nutrition: Fitness and Sports Complete Chapter 14 Prep Activity	Team Quiz Athlete Case Study + Vegan	
	4/21	Read Chapter 18: Nutrition During Pregnancy & Breastfeeding Complete Chapter 18 Prep Activity	Team Quiz Pregnancy & Breastfeeding Case Studies	Nutrition Project Part 5
15	4/26	Read Chapter 19: Nutrition from Infancy through Adolescence Complete Chapter 19 Prep Activity	Team Quiz CDC Growth Chart Practice Gallery Walk – Through the Lifespan	
	4/28	Read Chapter Posted for Discussion Day	Discussion Day 5: French Kids Eat Everything	
16	5/3	Read Chapter 20: Nutrition During Adulthood Complete Chapter 20 Prep Activity	Team Quiz Nutrition for Older Adults Case Study	
	5/5	Finals Week – Final Exam (100 Points) Thursday, May 5th, 2:30-4:30 pm		