

FOOD and NUTRITIONAL HEALTH

Nut Sci-242

Fall 2018

Instructor: Michelle A. Jordan

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Class Hours: This course runs from Tuesday, September 4, 2018 through Friday, January 24, 2019. The class runs Monday through Friday, from 2:41 - 3:33 pm. ***THIS SYLLABUS gives an overview of the course content. Please see the content page for complete details and due dates for all assignments and exams.

Office Hours: Mondays through Fridays I will be available throughout the day. I will be available most weekends online. You can stop in or email me to discuss any questions.

Classroom Response Time: Monday through Friday, I will respond to emails within 48 hours. Weekends, I will respond within 72 hours.

Required Text: Nutrition: An Applied Approach, by Janice Thompson and Melinda Manore, Pearson Benjamin Cummings Publishing Company (current or older edition).

Course Description: This course examines the physiologic and metabolic roles of nutrients and their food sources. In addition, the nutrient content of diets and nutritional requirements for the maintenance of health and the prevention of chronic diseases are examined.

Course Prerequisites: There are no course prerequisites for this course.

Course Objectives: Upon completion of the course the student will be able to:

1. Describe the basic elements of a healthy diet and lifestyle, and the tools typically used to help construct a healthy diet; apply these tools to identify healthy and unhealthy aspects of a diet which includes their own diet.
2. Explain the 6 classes of nutrients, their food sources, and basic role in human physiology, nutrition-related disease processes and chronic disease prevention.
3. Relate basic nutrition-related health problems facing different populations around the world to the role of cultural, lifestyle and food industry trends.
4. Analyze food-related issues that impact environmental, and social justice issues.
5. Explain current food safety issues.

Grading and Exams:

A total of 4 exams, including the final
 Quizzes
 Short Assignments/Projects
 Classroom Work

Approximate Percentage of Final Grade:

30%
 20%
 25%
 25%

Washington Island High School Grading Scale:

A = 90-100%
 B = 80-89%
 C = 70-79%
 D = 60-69%
 F = less than 60%

UWGB Grading Scale:

A = 92-100%
 AB = 88-91%
 B = 82-87%
 BC = 76-81%
 C = 69-75%
 D = 60-68%
 F = less than 60%

Week #	Date	Lecture Topics	Chapter
1	Sept. 4 - Sept. 7	Introduction, overview of nutrition	Chapter 1
2	Sept. 10 -Sept. 14	Linking food, function, and health	Chapter 1
3	Sept. 17 -Sept. 21	Food Safety and Technology	Chapter 13
4	Sept. 24 -Sept. 28	Healthful diets	Chapter 2
5	Oct. 1 - Oct. 5	The Human Body	Chapter 3
6	Oct. 8 - Oct. 12	Carbohydrates	Chapter 4
7	Oct. 15 - Oct. 18	Fats	Chapter 5
8	Oct. 22 - Oct. 26	Proteins	Chapter 6
9	Oct. 29 - Nov. 2	Proteins/Nutrients for Fluid and Electrolyte Balance	Chapter 7
10	Nov. 5 - Nov. 9	Nutrients for Fluid and Electrolyte Balance/Antioxidants	Chapter 8
11	Nov. 12 - Nov. 16	Nutrients Involved in Antioxidant Function/Bone Health	Chapter 9
12	Nov. 19 - Nov. 20	Nutrients for Bone Health	Chapter 10
13	Nov. 26 - Nov. 30	Nutrients for Energy Metabolism and Blood Health	Chapter 10/Chapter 11
14	Dec. 3 - Dec. 7	Healthy Body Weight	Chapter 11/Chapter 12
15	Dec 10 - Dec 14	Nutrition and Physical Activity	Chapter 12/Chapter 14
16	Dec 17 - Dec 19	Nutrition for Pregnancy and the First Year	Chapter 15
17	Jan. 3 - Jan. 4	Nutrition for Pregnancy and the First Year	Chapter 15

18	Jan. 7 - Jan. 11	Nutrition for Childhood into Late Adulthood	Chapter 16
19	Jan. 14 - Jan. 18	Final exam (<u>not</u> comprehensive)	