

# Chemistry 250—Nutrition—Spring 2008

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Office Hours Thursday 9:30-11:30, Room 366 Science Building 2 or by appt

**Goals of the Course** at the end of the class you should be able to do the following:

First and foremost, you should be able to distinguish between your personal preferences, beliefs and biases and sound evidence based nutrition science, and should be able to identify when they are in conflict or concurrence.

1. Be able to distinguish among foods as relative sources of calories and the various nutrients and be aware of appropriate sources for this information
2. Be able to list the nutrients that are essential for normal functioning of the body and briefly describe functions of each of these nutrients as they interrelate for achieving good health.
3. Be able to recognize the following processes as they relate to obtaining nutrients from food and their use within the body: digestion, absorption, transport, metabolism and excretion.
4. Be able to interpret food guides and other dietary guidelines designed to meet nutrition needs.
5. Be able to apply nutrition knowledge to evaluation of consumer concerns such as: food labeling, advertisements, popular publications, food safety, new products, current food and diet fads.
6. Be able to identify current food and nutrition problems.
7. Be aware of methods and areas of nutrition research.
8. Be able to use computer software to assess the quality of your usual diet

**Please be aware that this class is designed to present nutrition concepts as a science, it is not geared directly towards your individual eating/dietary meals, other than by inference. If you are looking for a personal nutrition class, this will probably not meet your expectations. The politics of food, along with agricultural issues, while interesting, is beyond the scope of this class.**

## **Text-**

**Human Nutrition, 11th Edition**, by Whitney and Rolfes, **Custom Edition**, including online Diet Analysis program version 8.0 (bundled with book; must be purchased separately if purchasing a used book). Also called **Understanding Nutrition** by Whitney and Rolfes

Supplemental Readings, as provided in class or on Blackboard- please check often.

**Blackboard** This class is supported by Blackboard. Log on at [www.psuonline.pdx.edu](http://www.psuonline.pdx.edu) Copies of the slides are provided for each topic area. Many students find it helpful to print them out prior to class, (they are set up 6 to a page) **but they are not intended to be a substitute for coming to class or for taking notes during class, as there may be changes, relevant discussions, and taking notes often increases learning.**

**Homework-** It is strongly recommended that you work the problems at the end of the chapters. **There is no regular assigned homework. Success in this course is strongly correlated with time spent answering these questions.**

**Classroom expectations** -Generally classroom time will be spent in lecture and short discussion. This is a

large class so please understand that discussion time will be limited. Occasionally reflective writing and various exercises will be incorporated and you are expected to complete them. *It is strongly urged that you attend class, although attendance is not recorded.*

**Reflection papers** - there will be three reflection-writing assignments given at the end of class periods (per class outline). They are not graded, but they are required. If you are unable to be in class for the reflection papers, you need to inform me via email at least 1 hour before class in order to arrange another time to do the writing. Illnesses need to be verified. Do not wait until after the class to tell me that you have missed it. No exceptions to this. (Beckern@pdx.edu)

**Office Hours** are 9:30-11:30 on Thursdays, or by appointment. You are encouraged to come visit and discuss any problems or nutrition issues. Science Building 2, Room 366

### **Grading**

Term grades will be based on the Diet Analysis project, two midterms, completion of the reflection papers and a **comprehensive final exam** that will be given during exam week. **Exams will cover all readings, lectures, and discussions.**

Grades will be weighted as follows:

	<u>Points</u>
Diet Analysis Project	85
Two (multiple choice) midterm tests     50 points ea	100
Final exam (multiple choice) given during finals week.	100
In class Reflection papers (3) at 5 points each	15

Total 300 points

**Make up tests will not be given except for reasons of illness or emergency. Contact me before test time.**

**Grades** will be assigned as follows: (as percent of 300 total points)

A 100-90 %    B 89-80%    C 79-70%    D 69-60%    F 59% and below  
Plus and minus ( +, -) will be assigned at the instructors discretion.

**Extra credit:** 3-5 page research paper- specifics to be discussed    due May 29 2008    15 points

**You are responsible for all information given during class time. This includes any special assignments, schedule changes and guest speakers**

**Late assignments-** Minus 20% for each day late, unless prior approval received (life and death only, please).

**Academic Honesty-** Students are expected to be honest and ethical in their academic work.