

Chemistry 250—Nutrition—Spring 2009
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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 7.0, 8.0 or 9.0 (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

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.**

Diet Analysis Project The project is a “term long” independent activity. You will track everything you eat or drink for 5 days, enter it into an online computer program and then complete various questions and calculations based upon what you actually ate and nutrient recommendations. Packet to be distributed the first week of class.

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.

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.

Extra credit: 3-5 page paper 15 points due May 21, 2009

There are two options:

- 1. Research paper *or*,**
- 2. Book review**

Research Review paper. The purpose of the extra credit paper is to allow the student to demonstrate their ability to synthesize nutrition information from **various reputable, peer reviewed, scientific** journals into a coherent, university level 5 page paper.

The following will be used for grading criteria:

The paper must:

1. Be on a topic that is interesting to you. It must be a nutrition related topic; the effects of exercise per se will not work, but something about diet and exercise would be OK. A review of different diet plans will not fulfill the assignment, but an in depth assessment of the research on the success of the Atkins diet would be fine.

2. Be written in standard research paper format:

*references cited along the narrative

***third person narrative**

*opinions clearly stated and facts backed up by references

*grammar, punctuation, proofreading and proper university level writing is expected and will be used as part of the grading criteria.

3. State the problem or question, include some background, cite the evidence - pro and con, and conclusions;

or

Review the literature, clearly stating what is known, what is not known, and where future research should go.

The paper should be 3-5 pages long, typed, double spaced and must include at least 3 references from **peer reviewed journals**, such as, but not limited to, American Journal of Clinical Nutrition, Journal of the American Dietetic Association, Journal of the American Medical Association, Journal of Nutrition. These journals are available in the Library.

Many internet sites are not appropriate references, although they are useful tools for ideas. Please use the internet with care. No more than 1 internet source may be counted as a reference.

If you have any doubts about a topic, please clear it with me before you start.

The paper must be well written, clear, and must fulfill the assignment. Just doing it will not ensure you a full credit grade.

Another possibility is a Book Review

3-5 page paper reviewing any one of the following books:

The Omnivore's Dilemma by Michael Pollan

Food Politics, by Marion Nestle

The Botany of Desire, by Michael Pollan

Hope's Edge, by Francis Moore Lappe and Anna Lappe

Fast Food Nation, by Eric Schlosser

Fat Land, by Greg Critser

Coming Home to Eat, by Gary Paul Nabhan

Food Fight, by Kelly Brownell & Katherine Battle Horgen

Natural Causes, Death Lies and Politics in America's Vitamin and Herbal Supplement Industry, By Dan Hurley

Animal, Vegetable, Miracle, a year of food life, by Barbara Kingsolver

Twinkie, Deconstructed by Steve Ettlinger

The book review should be a review of the content and your assessment of whether the book accomplished what it set out to do, whether the facts backed up the author's assertions and your reasoned evaluation of the overall quality of the book.

The same expected grammar, punctuation and writing styles apply to the book review (see above)

Papers must be your own work. Any papers that come off the internet will get an automatic zero score. (and believe me, I can tell!)