BISC 4j  Food, Nutrition and Health  Dr. Elaine Lai

Course Description:
Nutrition is the science of food and its role in health and disease. This course will introduce the biological background to help students better understand everything from how we choose food to how our diet influences our wellbeing.

This course does NOT meet the requirements for the major in Biology unless it is taken before BIOL 15b (new listing for BIOL 22b).

Syllabus for the 2014 HSSP JBS (June 2 to July 25: Mondays and Thursdays from 9:30-noon).

Classroom: Will be assigned

Instructor:  Dr. Elaine Lai, PhD. Office hours: after class or by appointment. 781-736–3152. Office: Bassine 406, Penthouse floor (P on elevator)  
E-mail: elai@brandeis.edu

Teaching Assistant (TA):  Kimi Van Wickle, BS in HSSP. Recitation: _________ at _________ in __________ plus by appointment for one-to-one help session.  
Email: kvanwick@brandeis.edu


(2.5 hours class, 2 times/week, 8 weeks, total 16 classes)

LAYING THE FOUNDATION FOR BETTER HEALTH
Class 1.  June 2  What do you eat and why?  
Chapter 1. The Basics of Nutrition

Class 2.  June 5  Do you read labels on cereal boxes?  
Chapter 2. Evaluating Nutrition Information

Class 3.  June 9  What is for dinner tonight?  
Chapter 3. Planning Nutritious Diets

Class 4.  June 12  What happens to the food you eat?  
Chapter 4. Body Basics  
Practice quiz 1

NUTRITION AND YOU
Class 5.  June 16  If you eat a candy bar in class, why are you hungrier later?  
Chapter 5. Carbohydrates
Class 6. June 19 Why do I enjoy the taste of ice cream so much?  
Chapter 6. Fats and Other Lipids  
Mid-term Review

Class 7. June 23 Continue with chapter 6.  
Mid-term Exam (Chapters 1 through 5, closed-book)

Class 8. June 26 Can a vegetarian diet provide enough protein?  
Chapter 7. Proteins

Class 9. June 30 Should I take vitamin supplements?  
Chapter 8. Vitamins

Class 10. July 3 How much water do I need each day? Why do I need minerals?  
Chapter 9. Water and Minerals  
Practice Quiz 2

APPLYING YOUR NUTRITION KNOWLEDGE
Class 11. July 7 Do you think weight is controlled simply by energy in versus energy out?  
Chapter 10. Energy Balance and Weight Control

Class 12. July 10 How much importance do you place on being physically active?  
Chapter 11. Nutrition for Physically-Active Life Styles

Class 13. July 14 Do you worry about getting sick from the food you eat?  
Chapter 12. Food Safety Concerns  
Practice Quiz 3

Class 14. July 17 What are some guidelines for healthy living?  
Chapter 13. Nutrition for a Lifetime

Class 15. July 21  
Final Review

Class 16. July 24  
Final Exam (Chapters 1 through 13, inclusive, closed-book)

Grading system: Quizzes (20 %)  
Mid-term (40 %)  
Final (40 %)

Practice Quiz: Three practice 10-minute quizzes will be given in class. After they are collected, answers will be provided by the instructor. The purpose is to let you, and me,
gauge your performance weekly. You are encouraged to approach the instructor for clarification or help with study if needed.

**Note:** If you have a documented disability and wish to request reasonable accommodation, please see me immediately and not later than the beginning of the second week of this course. Please present your letter of accommodation as soon as possible. Thank you.