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 well being.

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 2013 HSSP JBS (June 3 to July 25: Monday and Thursday from 9:30-noon, plus afternoon from 1-3:30PM of July 22 in Bassine 208).

Instructor: Dr. Elaine Lai, X6–3152, Bassine 406, Penthouse floor (P on elevator)
E-mail: elai@brandeis.edu


(2.5 hr. class, 2 times/wk, 8 wks, total 16 classes)

LAYING THE FOUNDATION FOR BETTER HEALTH
Class 1. June 3 What do you eat and why?
   Chapter 1. The Basics of Nutrition

Class 2. June 6 Do you read labels on cereal boxes?
   Chapter 2. Evaluating Nutrition Information

Class 3. June 10 What is for dinner tonight?
   Chapter 3. Planning Nutritious Diets

Class 4. June 13 What happens to the food you eat?
   Chapter 4. Body Basics
   Practice quiz 1

NUTRITION AND YOU
Class 5. June 17 If you eat a candy bar in class, why are you hungrier later?
   Chapter 5. Carbohydrates

Class 6. June 20 Why do I enjoy the taste of ice cream so much?
   Chapter 6. Fats and Other Lipids
   Mid-term Review

   Mid-term Exam (Chapters 1 through 5, closed-book)
Class 8.  June 27  Can a vegetarian diet provide enough protein?
Chapter 7. Proteins

Class 9.  July 1  Should I take vitamin supplements?
Chapter 8. Vitamins

July 4  No class

Class 10. July 8  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 11  Do you think weight is controlled simply by energy in versus energy out?
Chapter 10. Energy Balance and Weight Control

Class 12. July 15  How much importance do you place on being physically active?
Chapter 11. Nutrition for Physically-Active Life Styles

Class 13. July 18  Do you worry about getting sick from the food you eat?
Chapter 12. Food Safety Concerns
Practice Quiz 3

Class 14. July 22  What are some guidelines for healthy living?
Chapter 13. Nutrition for a Lifetime

Class 15. July 22  1-3:30 PM
Final Review

Class 16. July 25  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. Thank you.