

BISC 4B 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 well-being.

This course does NOT meet the requirements for the major in biology.

Syllabus for Summer 2008, second session:

Instructor: Dr. Elaine Lai, X3152, Kalman 129
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Text: Schiff, W. J.: *Nutrition for Healthy Living*. 1st ed., 2008. McGraw-Hill
ISBN-13: 978-007-722485-1

(2.5 hr. class, 3 times/wk, 5 wks, total 15 classes)

LAYING THE FOUNDATION FOR BETTER HEALTH

Class 1. July 7 What do you eat and why?

Chapter 1. The Basics of Nutrition

Class 2. July 8 Do you read labels on cereal boxes?

Chapter 2. Evaluating Nutrition and Health Information

Class 3. July 10 What is for dinner tonight?

Chapter 3. Planning Nutrition Menus

Practice Quiz 1

Class 4. July 14 What happens to the food you eat?

Chapter 4. Body Basics

NUTRITION AND YOU

Class 5. July 15 If you eat a candy bar in class, why are you hungrier later?

Chapter 5. Carbohydrates

Class 6. July 17 Why do I enjoy the taste of ice cream so much?

Chapter 6. Fats and Other Lipids

Practice quiz 2

Class 7. July 21 Can a vegetarian diet provide enough protein?

Chapter 7. Proteins

Mid-term Exam (Chapters 1 through 5, closed-book)

Class 8. July 22 Should I take vitamin supplements?
Chapter 8. Vitamins

Class 9. July 24 How much water do I need each day? Why do I need minerals?
Chapter 9. Minerals and Water
Practice quiz 3

APPLYING YOUR NUTRITION KNOWLEDGE

Class 10. July 28 Do you think weight is controlled simply by energy in versus energy out?

Chapter 10. Energy Balance and Weight Management

Class 11. July 29 How much importance do you place on being physically active?
Chapter 11. Exercise and Sports

Class 12. July 31 Do you worry about getting sick from the food you eat?
Chapter 12. Food Safety Concerns
Practice quiz 4

Class 13. August 4 What are some guidelines for healthy living?
Chapter 13. Nutrition for a Lifetime

CLASS PRESENTATIONS

Class 14. August 5 Class Presentations

Class 15. August 7 Class Presentations

August 8, 9:00 a.m. **Final Exam** (Chapters 1 through 13, inclusive, closed-book)

Grading system: Quizzes (10 %)
Mid-term (30 %)
Final (30 %)
Research paper and class presentation (30 %)

Practice Quiz: Four 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.