

**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 2009, second session:**

Instructor: Dr. Elaine Lai, X3152, Kalman 129  
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Text: Schiff, W. J.: *Nutrition for Healthy Living*. 1st ed., 2009. McGraw-Hill  
ISBN 978-0-07-352271-5

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

**LAYING THE FOUNDATION FOR BETTER HEALTH**

Class 1. July 6 What do you eat and why?  
Chapter 1. The Basics of Nutrition

Class 2. July 7 Do you read labels on cereal boxes?  
Chapter 2. Evaluating Nutrition and Health Information

Class 3. July 9 What is for dinner tonight?  
Chapter 3. Planning Nutrition Menus  
Practice Quiz 1

Class 4. July 13 What happens to the food you eat?  
Chapter 4. Body Basics

**NUTRITION AND YOU**

Class 5. July 14 If you eat a candy bar in class, why are you hungrier later?  
Chapter 5. Carbohydrates

Class 6. July 16 Why do I enjoy the taste of ice cream so much?  
Chapter 6. Fats and Other Lipids  
Practice quiz 2

Class 7. July 20 Can a vegetarian diet provide enough protein?  
Chapter 7. Proteins  
Mid-term Exam (Chapters 1 through 5, closed-book)

Class 8. July 21 Should I take vitamin supplements?  
Chapter 8. Vitamins

Class 9. July 23 How much water do I need each day? Why do I need minerals?  
Chapter 9. Minerals and Water

### **APPLYING YOUR NUTRITION KNOWLEDGE**

Class 10. July 27 Do you think weight is controlled simply by energy in versus energy out?

Chapter 10. Energy Balance and Weight Management

Class 11. July 28 How much importance do you place on being physically active?  
Chapter 11. Exercise and Sports

Class 12. July 30 Do you worry about getting sick from the food you eat?  
Chapter 12. Food Safety Concerns  
Practice quiz 3

Class 13. August 3 What are some guidelines for healthy living?  
Chapter 13. Nutrition for a Lifetime

### **CLASS PRESENTATIONS**

Class 14. August 4 Class Presentations and review

Class 15. August 6 **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.