Goals of Course:

1. To understand the "Fundamentals of Nutrition." We will examine of the identity, acquisition, and utilization of nutrients and the science of nutrition. Nutrients are usable substances in foods needed in adequate amounts for energy, growth, reproduction, and health. The science of nutrition includes the action, interaction, and balance of food, nutrients and other substances within food in relation to health and disease. This will include their ingestion, digestion, absorption, transport, metabolism, interaction, storage, and excretion.

2. To learn to apply this knowledge to appropriate diet selection under different circumstances such as: different stages of the life cycle, disease states, and in the prevention of chronic diseases.

3. To lay the groundwork for future courses where information from F&N315 will be applied to the design of diet therapies or diet prescriptions, design of diet recommendations for general audiences, selection of our own diets, and understanding the mechanisms of action and interactions of nutrients.
Text:

Additional readings:
Overview of Nutrition (Jan 13):

Pages 9-10 of: International Food Information Council (IFIC) Foundation. How to Understand and Interpret Food and Health-Related Scientific Studies. 9/01.

Iatrogenic Nutrition (Feb 26):

Phytochemicals (Apr 16):


Project 2:
International Food Information Council (IFIC) Foundation. How to Understand and Interpret Food and Health-Related Scientific Studies. 9/01.

Grading:

*Examinations:* A total of 4 exams will be given in this course. The first three exams will be given during the semester on the indicated dates. The fourth exam will be given during finals week at the assigned time (TBA). No examination will be comprehensive. Each exam is worth 200 points. Exams will be given at indicated times ONLY. In the event of an extreme situation please contact the instructors ahead of time (if possible) and alternative examination times will be considered on an individual basis.

*Quizzes:* There will be 4 quizzes. The quizzes are worth 10 points each.

*Projects:* There will be two projects worth 100 points each during the semester due on the indicated dates. Each project is designed around a specific topic. The answers need to be submitted in typed (or word processor) form. If the project is late, 3 points will be subtracted for each day. You may use any resources available; however, the answer must be in your own words (no plagiarism of sources or your colleagues, including information from the internet).

*Discussion on 2/26:* Attendance points (5) will be given for those who attend the entire class this day.
Individuals arriving late (any time after the instructor begins the class that day) will not qualify for the attendance points. In addition, up to 5 points will be given at the instructors’ discretion for constructive contribution to the discussion that day.

**Grading:** Grades will be based on performance on projects and examinations:

- **Quizzes:** 10 points each x 4 quizzes = 40 points
- **Discussion 2/26:** 5 points (attendance) + 5 points (discussion contribution) = 10 points
- **Projects:** 100 points each x 2 projects = 200 points
- **Exams:** 200 points each x 4 exams = 800 points
- **Total:** 1050 points

Tentatively, the grading scale will be:

- 97-100% = A+
- 93-96% = A
- 90-92% = A-
- 87-89% = B+
- 83-86% = B
- 80-82% = B-
- 77-79% = C+
- 73-76% = C
- 70-72% = C-
- 67-69% = D+
- 63-66% = D
- 60-62% = D-
- <60% = F

**Policies:**

**General:**
This course and its instructors will follow policies as provided in *University Regulations*.

Dishonesty (cheating, plagiarism, or providing false information) will not be tolerated in this course and will subject the student(s) involved to disciplinary action and/or failure in this course.

It is the policy of the instructors in this course (as well as the department, school and University) not to discriminate against any person based on their race, religion, sex, age, national origin or ancestry, disability, or status as a disabled or Vietnam era veteran.

Discrimination, harassment, or intimidation of any person for any reason will not be tolerated in this class.

**Regrading:**
Regrade requests of exams, projects and quizzes will be considered on an individual basis. Students’ requests for regrading must be submitted in writing to one of the instructors (McCorry or Teegarden) no later than 1 week after the scores are returned to the students.

Exams and quizzes: The written request should indicate the question number, the answer you gave, and why you think your answer is correct.

Projects: The written request should indicate the question number, the answer you gave, and why you think your answer is correct. The entire project will be regarded regardless of which part you are requesting we regrade, and the regarded score will be the final score.

**Disturbances in class:**
It is expected that students will arrive to class on time, not talk on cell phones or send text messages in class, and not converse with others during lecture time except when encouraged to do so by the
instructors.