

University of New Mexico, Valencia campus

Nutrition for Health NUTR 120-501, Spring 2016

Course: NUTR 120, Section 501, Nutrition for Health

Credit hours: 3

Instructor: Detria Branch, MS

Class meets: Tuesdays & Thursdays from 10:30-11:45 am between January 19th to May 12th.

Location: Arts & Science Building, Room 129

Office hours: Tuesdays & Thursdays from 11:45 am – 12:15 pm

Office: Arts & Science Building - Academic Affairs Office, office of the Adjunct Faculty

Email: dbranch7@unm.edu ; *please include your name and course number in any emails*

Phone: 505.925.8600

Course description: This course provides an overview of general concepts of nutrition applied to food choices that encourage a healthful diet. Cultural, psychological and economic implications of food choices are stressed.

Required text: *Nutrition & You*, 2nd Edition; Blake, Joan,

Teaching & Learning Objectives:

Upon successful completion of this course, students will be able to:

- Interpret and use food guides to plan a healthful diet.
- Evaluate his/her diet and activity plan and set realistic goals for change.
- Identify essential nutrients in the diet and ways to meet requirements.
- Evaluate current nutritional information available through various forms of media.
- Describe the value of nutrition as it applies to both individual and community health.

UNM Learn

Course syllabus, announcements, and assignments will be posted on UNM Learn. Log on at <http://learn.unm.edu>. *You will need an UNM net ID to use UNM Learn.* Obtain UNM Net ID at <http://my.unm.edu>.

Check UNM Learn at least three times a week for updates. All course materials will be posted to UNM Learn including syllabus, assignments, slides, and in-class activities. If slides are not posted by 6:00pm the day before class, copies will be brought for you to class.

Course policies

- Class format will include lecture, discussion, and in-class activities
 - Class attendance:
 - Is necessary in order to succeed in this course—**attendance is part of the grade.**
 - Students who miss three or more classes may have difficulty achieving a good grade.
 - Students who miss **three or more consecutive days of class** will be dropped if no reason for an extended absence is given **prior** to the absence.
 - Absent students are **responsible for all** lecture notes, assignments, handouts, and any other missed materials.
 - Any missed exams cannot be made up—no matter the reason for the absence.**
- Participation points:**
Students earn points for all in-class assignments

Students must earn 25 points worth of participation points as these are incorporated into the final grade

After earning 25 participation points, students earn extra credit for completing in-class assignment which is applied to the final grade

Participation points cannot be made up if the student is absent—no matter the reason for the absence.

- Class expectations:
Cell phones, MP3 players, pagers, etc are to be on silent during class
Disruptive behaviors such as excessive talking, listening to music, sleeping, talking on cell phones, etc will result in the deduction of 10 points and the student leaving the class. Continued disruptive behavior could result in being dropped from the class. It is not acceptable to leave the class to take a phone call unless in case of emergency (and you need to inform me before class starts)
- In accordance with University policies, reasonable accommodations will be made for qualified students with special needs. If you have a documented disability, please provide me with a copy of your letter from Equal Access Services as soon as possible to ensure that your accommodations are provided for in a timely manner.
- Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, including dismissal, against any student who is found responsible for academic dishonesty. Any student who has been judged to engage in academic dishonesty in coursework may receive a reduced or failing grade for work in question and/or for the course.
- Academic dishonesty includes, but is not limited to, dishonesty in quizzes, tests or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; and misrepresenting academic or professional qualifications within or outside the university
- All students are expected to conduct themselves in a professional and collegial manner at all times

Grading Procedures: NUTR 120-501

There will be five chapter exams given throughout the semester and a mandatory final reflection paper. The lowest grade of the first four exams will be dropped. Tests will include multiple choice, true-false, matching, fill-in-the blank, short answer questions, and case studies. The exams will be worth 30 points each. The final reflection paper is worth 35 points. If you are absent during an exam—*no matter what the reason for the absence*—this is the test that will be dropped.

Assignments

- Fast Food Assignment worth 25 points (meets objective 2 & 4)
- Food Label Assignment worth 25 points (meets objective 2 & 4)
- Diet Analysis Assignment (2-part assignment) worth 40 points (meets objectives 1)
- Evaluate a Research Article Assignment worth 25 points (meets objective 4 & 5)
- Final Reflection Paper 35 points (meets objectives 1, 2 & 5)

Assignment/paper policies:

- Assignments are posted on LoboMail and UNM Learn. *Late papers and assignments will be penalized*
- Assignments are accepted via email, UNM Learn, turned into the Academic Office, or can be turned in during class.
- 10% of total points will be taken for each day late.

- Make sure to set your email account to save all *sent* messages—if a paper or project sent via email does not go through, I will still take it if you *forward* me the original email you sent

Grading Summary

4 exams @ 30 points each:	120 points
Final: Reflection Paper	35 points
Fast Food Assignment	25 points
Food Label Assignment	25 points
Diet Analysis Assignment	45 points total
Part 1	10 points
Part 2	35 points
Research Assignment	25 points total
Participation Points	25 points total
Total points possible:	300 points

Final Grade Calculations

A+: 100% or higher, A: 94-99%, A-:90-93%; B+:87-89%, B:83-86%, B-:80-82%; C+:77-79%, C:73-76%, C-:70-72%; D+:67-69%, D:63-66%, D-:60-62%; F:59% or less

Academic Calendar:

2016 Spring Semester	
Tuesday, January 19 th .	New semester begins
Friday, January 29 th	Last day to add or change classes
Friday, February 5 th	Last day to drop a course without a grade
March 13 th – March 20 th	Spring Break, no class
Friday, April 15 th	Last day to drop a course without approval from the Director, Student Affairs, or Dean of Instruction
Friday, May 6 th	Last day to drop a course with approval from the Director, Student Affairs, or Dean of Instruction
Saturday, May 7 th	Last day of instruction
May 9 th - May 14 th	Final examination period
Friday, May 13 th	Last day for report of removal of incomplete grade
Saturday, May 14 th	Semester ends

Proposed class schedule*

Semester week	Date	Topic	Assigned Readings	Assignments due
Week 1	Tuesday, January 19 th	Course introduction, syllabus review		
	Thursday, January 21 st	What is Nutrition?	Chapter 1	
Week 2	Tuesday, January 26 th	Tools for Healthy Eating	Chapter 2	Bring one (1) nutrition label to class. Complete Food Label Assignment in class
	Thursday, January 28 th	The Basics of Digestion	Chapter 3	
Week 3	Tuesday, February 2 nd	Carbohydrates	Chapter 4	
	Thursday, February 4 th	Review for exam		
Week 4	Tuesday, February 9 th	Exam 1	Chapters 1, 2, 3 and 4	
	Thursday, February 11 th	Fats, Oils and Other Lipids	Chapter 5	
Week 5	Tuesday, February 16 th	Proteins and Amino Acids	Chapter 6	
	Thursday, February 18 th	Vitamins	Chapter 7	
Week 6	Tuesday, February 23 rd	Review for exam		
	Thursday, February 25 th	Exam 2	Chapters 5, 6, 7 and 8	
Week 7	Tuesday, March 1 st	Weight Management and Energy Balance	Chapter 10	Fast Food Assignment due.
	Thursday, March 3 rd	Nutrition and Fitness	Chapter 11	
Week 8	Tuesday, March 8 th	Alcohol	Chapter 9	
	Thursday, March 10 th	Review for exam		Dietary Analysis Assignment Part 1 due by midnight.
Week 9	Tuesday, March 15 th	Spring Break		
	Thursday,	Spring Break		

	March 17 th			
Week 10	Tuesday, March 22 nd	Exam 3 – Online (no class)	Chapters 9, 10, and 11	
	Thursday, March 24 th	Life Cycle Nutrition: Pregnancy through infancy	Chapter 14	
Week 11	Tuesday, March 29 th	Life Cycle Nutrition continued	Chapter 14	
	Thursday, March 31 st	Life Cycle Nutrition: Toddlers through Later Years	Chapter 15	
Week 12	Tuesday, April 5 th	Life Cycle Nutrition continued	Chapter 15	Dietary Analysis Assignment Part 2 due by midnight.
	Thursday, April 7 th	Exam 4	Chapter 14 and 15	
Week 13	Tuesday, April 12 th	Farm to Table	Chapter 12	
	Thursday, April 14 th	Farm to Table	Chapter 12	
Week 14	Tuesday, April 19 th	Food Safety and Technology	Chapter 13	
	Thursday, April 21 st	Food Safety and Technology	Chapter 13	
Week 15	Tuesday, April 26 th	Hunger at Home and Abroad	Chapter 16	
	Thursday, April 28 th	Review for exam		
Week 16	Tuesday, May 3 rd	Exam 5	Chapters 12, 13, and 16	
	Thursday, May 5 th	Present Articles		Analyze a Research Article Assignment is due
Finals Week	May 9 th – May 12 th	Final Reflection Paper due Thursday, May 12th by midnight.		

*the schedule is subject to change, you will be given adequate notice