



RHODE ISLAND COLLEGE

FEINSTEIN SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT

HED 221- INTRODUCTION TO NUTRITION (3)

Instructors: Andrea Vastis, Carol Cummings, Coreyann Poly

Department: Health and Physical Education Department, Chair: Dr. Betty Rauhe; 401-456-9787

1. COURSE INFORMATION

Catalogue: The fundamental principles of human nutrition are presented, with application to the planning of dietaries. 3 credit hours; Prerequisite: HED 102 or consent of department chair.

Extended: This course is an exploration of basic nutrition concepts and their application to various populations and to the field of health education. The role of nutrition will be explored in connection to: disease prevention, healthy eating behaviors, economics, social issues, health care and school nutrition programs.

Relationship to Professional Program (FSEHD):

This course is required of all health education majors, designed to focus on the multi-dimensional aspects of nutrition and wellness. Throughout the course students will apply the concepts of nutrition both personally and professionally. Topics such as community nutrition needs, school nutrition programs and nutrition resources all prepare the students to act accordingly in their future professional roles.

Relationship to Conceptual Framework (Knowledge Base): The course furnishes students with the basics of nutrition science and how they are interrelated in health education. Throughout the course, the students will have opportunities to reflect upon: the impact nutrition has on health issues in society, the need for healthy school nutrition programs and the disparities in nutritional levels among populations. Additionally, students will collaborate with each other and outside agencies to analyze the impact nutrition has on current health issues.

<i>Learning Objective</i>	<i>Standards (RIPTS, SPA or NCATE, FSEHD Conceptual Framework)</i>	<i>How is it assessed?</i>
1. Describe the fundamental principles of human nutrition with application to promoting personal wellness and wellness in schools and communities	RIPTS 2; Lifelong Learning	Class Activities; Exam; Digestion Story; Online Assignments
2. <u>Analyze and communicate</u> the role of nutrition in the development and prevention of disease	RIPTS 2, 5; AAHE 4, 7; Self-Reflection	Class Activities; Exam; Diet Analysis Project
3. <u>Develop</u> a personal nutrition plan	RIPTS 2, 5; Self-Reflection)	Diet Analysis Project
4. <u>Assess</u> school and community nutrition needs	RIPTS 2, 7; AAHE 1; Collaboration	Class Activities, Online Assignments

5. <u>Apply</u> nutrition principles to current social health issues	RIPTS 1, 2, 5; AAHE 2; Lifelong Learning	RI Food Bank Field Trip & Reflection; Class Activities; Guest Speaker; Exam
6. <u>Evaluate</u> the validity of nutrition resources	RIPTS 2, 5; AAHE 6; Lifelong Learning	Class Activities; Online Assignment
7. <u>Discuss</u> the nutritional needs of various populations	RIPTS 1, 2; Diversity	Class Activities; Online Assignment; Guest Speaker; Exam

2. COURSE TEXTS AND MATERIALS

Blake, J.S. (2008). Nutrition & You. San Francisco, CA: Pearson Benjamin Cummings.

3. COURSE CALENDAR

<u>Date</u>	<u>Topic/Today's Events</u>	<u>Assignments & Readings</u>
Thu 9/02	Introductions, Course Overview What is Nutrition?	Ch. 1; Assignment – Online Activity
Thu 9/09	Contemporary Issues in Nutrition On-line Nutrition Resources	Food Pyramid Comparison Activity Ch 2
Thu 9/16	Tools for Healthy Eating The basics of Digestion	Ch. 3; Assignment- Digestion Story
Thu 9/23	Carbohydrates: Sugars, Starches, & Fiber Proteins and Amino Acids	Ch. 4 & 6; Assignment – Online Activity
Thu 9/30	Fats, Oils, and Other Lipids	Ch. 5; Assignment – Online Activity
Thu 10/07	Current Health Issue: Hunger/Malnutrition in RI	Ch. 15, Handout, Guest Speaker or Field Trip to RI Food Bank
Thu 10/14	How Can We Eradicate Hunger? Developing a Plan to Assess & Impact Hunger/Malnutrition Catch Up and Exam Review	Assignment – Food Bank Reflection
Tue 10/21	Exam #1, Ch. 1-6 & 15 Vitamins, Minerals & Water Diet Analysis Project - Distributed	Ch 7
Thu 10/28	Vitamins, Minerals & Water Weight Management, Body Image & Disordered Eating Computer Center – Diet Analysis Project	Ch. 8; Assignment – Vitamin/Mineral Table Activity; Ch. 10
Thu 11/04	Life Cycle Nutrition: - Pregnancy through infancy - Toddlers - Adolescents - Adults & Older Adults	Ch. 12 & 13
Wed 11/10	Life Cycle Nutrition:	Ch. 12 & 13

- Pregnancy through infancy
- Toddlers
- Adolescents
- Adults & Older Adults

Thu 11/11 Veterans' Day – College Closed

Thu 11/18 Life Cycle Nutrition: School Nutrition Issues Guest Speaker
Alcohol: Role in Dietary Behaviors & Health Ch. 9; Assignment – Online Activity

Thu 11/25 Thanksgiving – College Closed

Thu 12/02 Nutrition and Fitness Ch. 11 & 14; Guest Speaker
Food Safety & Technology

Thu 12/09 Allergies, Disorders & Diseases Handouts
Nutrition: Careers
Final Exam: Review

Final Exam: TBA

4. REQUIREMENTS

1. Participation, Homework Assignments & Attendance - 20% of your final grade will be based upon your participation in class discussions and activities, attendance and homework assignments.

Participation: *This class relies on students' participation in discussions, activities and assignments. If a student is absent, he/she cannot participate and build the necessary trust for a comfortable exchange. The discussion is also an opportunity for each student to demonstrate her or his knowledge of the assignments and preparedness for class. It is recommended that you exchange email/phone information with other students in the class to get any information missed if you are absent. Class activities will focus on applying nutritional concepts to school and community health promotion efforts that support healthy eating and prevention of nutrition issues (eating disorders, obesity, hunger and malnutrition among various populations).*

Preparedness – In many cases, class time will be spent analyzing, synthesizing, and evaluating material from the required reading rather than restating the information. Therefore, it is vital that each student complete the readings due for each class.

Online Learning Center - *In addition to completing the reading, it is strongly suggested that students make use of the online learning center related to our text. This can be accessed at the following web address:*

<http://www.pearsonhighered.com/blake/> *Click on the picture of our text (Nutrition and You) and select chapters as needed.*

Attendance - Students are allowed **1 absence**. Each absence thereafter will result in a 5 point deduction from your participation grade. Students are expected to get material from classes missed. Early departures/late arrivals will be counted toward absences (3 = 1 absence).

Homework – A number of homework s will be given and they will be due the following class meeting. These assignments will include accessing the online nutrition center, applying information from the readings and completing chapter outlines.

2. Nutrition Assignments – 20% of your final grade will be the completion of 3 nutrition assignments.

Topics to be covered will include: (a.) Creating a Digestion Story for a school-age or community population; (b.) Vitamin/Mineral analysis; and (c.) RI Food Bank Reflection. It is the students' responsibility to obtain these assignments if they are absent from class. These assignments are due on the following class period unless otherwise stated. Late submissions will result in partial credit for the assignment. (RIPTS #2, Conceptual Framework: Self-Reflection; Professionalism)

3. Exams: Two exams will be given during this semester, each worth 20% of your final grade (40% total).

Exams will be given in class on the dates listed in the syllabus. Students are expected to take the exam on the day given. A mid-term and a final exam will be given. Exams will not be cumulative; however, they do build on prior knowledge, and will cover material from class lectures, activities and readings. The format of the exams will likely be a combination of objective-style (multiple choice, true-false) and subjective (open-ended) questions. Exams are designed to measure knowledge and skills related to health content covered in the readings and during class.

4. **Project: Diet Analysis – 20% of final grade.** Students will track their diet and physical activity and generate reports depicting macronutrient, micronutrient, sodium, and calorie and water intake. They will examine personal nutrient choices based on My Pyramid recommendations, actual-vs.-recommended intake and energy balance. Students will reflect on meal assessments and formulate nutritional recommendations to support health.

Grading:

Participation & Attendance	20%
Nutrition Assignments	20%
Exams – 2 @ 20% each	40%
<u>Hunger Project</u>	<u>20%</u>
Total	100%

Grading Scale:

A=94-100	B+=87-89	C+=77-79	D+=67-69
A-=90-93	B=84-86	C=74-76	D=64-66
B-=80-83	C-=70-73	D-=60-63	F=<59

5. RIC POLICIES

- Academic Dishonesty Policy (*Rhode Island College Handbook of Policies, Practices, and Regulations* (Spring 2010), Chapter 3: Academic policies and procedures. Pp. 32-34, section 3.9.1.): http://www.ric.edu/administration/pdf/College_handbook_Chapter_3.pdf#28
- Request for Reasonable Accommodations for Students with Disabilities: <http://www.ric.edu/disabilityservices/faq.php>
- The instructor reserves the right to change the syllabus at any point in the semester to accommodate learners' needs and pace of progress. Students will be notified in class of any changes.
- Students' assignments may be duplicated and utilized anonymously for the Department's program folios, for purposes of accreditation. All information that identifies a document as belonging to a particular student will be removed before it is used.