

NUTRITION  
BIOL 1333 201

Lecture Syllabus Spring 2021

TR 2:00 PM – 3:20 PM, BOLIN 101

Instructor: Asma Javed, Bolin Science Hall, Rm 220B, 397-4523

E-mail: use D2L email or

MSU email; asma.javed@msutexas.edu

Lecture Text: Nutrition: An Applied Approach, 5th Edition, Thompson & Manore, Publisher; Pearson

**Course Information;**

This Nutrition course is set up on the assumption that the student has had some background in Biology and Chemistry. Concepts will be introduced and some review will be done. The course, however, is geared towards increasing the understanding of the concepts of a nutrient, healthy and complete diet.

This course will take into account the molecular, cellular, organismal level of nutrition. Lectures, assignments and discussions will revolve around determining how to achieve a healthier lifestyle with better nutrition and balanced physical activity. We will learn about the advantages and disadvantages of the excess and lack of essential and nonessential nutrients in the diet. Attention will be paid to nutrition as applicable at different age levels and the consequences if the right nutrition is not provided at the right time of growth of the individual.

**General Rules;**

1. You must be punctual. Roll will be taken every day by means as deemed appropriate by the instructor. If you miss a lecture, please make sure to get notes/information from another student or D2L, if applicable. Unless it is an authorized absence, the instructor will not provide notes or help.
2. A student with excessive or successive, unexcused absence may be dropped from the course with an “F” (student catalog; Instructor drop, pg. 84). I do expect to be given prior notification of an impending absence for it to be considered authorized or excused (You can always leave a message on my phone). Documentation is required. Email or phone message is not considered valid documentation but should be used to forewarn the instructor.
3. All exams must be taken.

#### 4. Exam Format:

Exams will have MC, TF, Case Studies and short essays.

Makeup exams will have to be scheduled ahead of time and will be given in case of an authorized absence only. The content & the type of makeup exam will be at the instructor's discretion.

5. There will be assignments and case studies.

6. Unexcused absences from the exams, quizzes and assignments will be recorded as zero.

7. You must follow the lecture outline and read the material ahead of time.

8. You must follow the university standards of conduct (Student handbook)

9. If you have questions and want to discuss course materials or problems, please see me during my office hours.

10. In accordance with the law, MSU provides students with documented disabilities academic accommodations. If you are a student with a disability, please contact me and the disability support services @ 397-4140.

#### **Strategies for Success.**

1. Come to class

2. Be prepared. Read information ahead of time. This will make the scientific vocabulary less alien.

3. Participate in class and ask questions

4. Form study groups

5. Answer questions at the end of each chapter. We will be using these during our discussions.

6. Add to your notes from the book as the lecture will give you an outline sketch of the material.

7. Hand in assignments on time

8. Get help early

9. Visit the online help materials offered by the book

#### **Grading:**

Exams = 60%

Exams 1-4; 40%

Final Exam; 20%

Homework Assignments/Case Studies = 15%

Quizzes= 10%

Class Assignments/labs = 15%

# NUTRITION LECTURE SYLLABUS

TOPIC	CHAPTER
Nutrition: Linking Food, Function, and Health	1
Designing a Healthful Diet	2
Human Body: Are We Really What We Eat?	3
<b>EXAM 1</b>	<b>Thursday January 28</b>
Carbohydrates; Plant-Derived Energy Nutrients	4
Fats; Essential Energy-Supplying Nutrient	5
Proteins; Crucial Components of all Body Tissues	6
<b>EXAM 2</b>	<b>Thursday February 18</b>
Nutrients involved in Fluid & Electrolyte Balance	7
Nutrients involved in Antioxidant Function	8
Nutrients involved in Bone Health	9
<b>EXAM 3</b>	<b>Thursday March 18</b>
Nutrients involved in Energy Metabolism and Blood Health	10
Achieving and Maintaining a Healthful Body Weight	11
Nutrition and Physical Activity: Keys to Good Health	12
<b>EXAM 4</b>	<b>Thursday April 8</b>
Food Safety and Technology: Impact on Consumers	13
Nutrition through the Life Cycle: Pregnancy and the First Year of Life	14
Nutrition through the Life Cycle: Childhood to Late Adulthood	15

Final exam will consist of multiple-choice questions from Ch 13-15 & in-depth sections of Chapters 1-15

Students will do presentations based upon the in-depth sections of chapters 1-15

## IN DEPTH SECTIONS

- Chapter. 1.5 In Depth: New Frontiers in Nutrition and Health
- Chapter. 2.5 In Depth: Eating Wisely
- Chapter. 3.5 In Depth: Disorders Related to Specific Foods
- Chapter. 4.5 In Depth: Diabetes
- Chapter. 5.5 In Depth: Cardiovascular Disease
- Chapter. 6.5 In Depth: Vitamins and Minerals: Micronutrients with Macro Powers
- Chapter. 7.5 In Depth: Alcohol
- Chapter. 8.5 In Depth: Cancer
- Chapter. 9.5 In Depth: Osteoporosis
- Chapter. 10.5 In Depth: Dietary Supplements: Necessity or Waste?
- Chapter. 11.5 In Depth: Disordered Eating
- Chapter. 12.5 In Depth: Do Active People Need Ergogenic Aids?
- Chapter. 13.5 In Depth: Food Ethics: Sustainability, Equity, and the New Food Movement
- Chapter. 14.5 In Depth: The Fetal Environment: A Lasting Impression
- Chapter. 15.5 In Depth: Searching for the Fountain of Youth

**FINAL EXAM DATE THURSDAY APRIL 29 1:00 PM – 3:00 PM**