

**NFS 43**  
**Fundamentals of Nutrition**  
**Fall 2021, 3-credits**  
**2:50-4:05 T/Th Marsh Life Science 235**

Instructor: Lizzy Pope, PhD RDN

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Phone: 802-656-4262

Office Hours: Each week I post my available meeting times on Calendly which you can find here: <https://calendly.com/efpope/lizzy-s-office-hours> If you want to meet with me outside of these times, please send me an email with THREE possible times you are available to meet, and we will schedule a meeting.

Graduate Teaching Assistant: Jennilee Stocker

Email: [jmstocke@uvm.edu](mailto:jmstocke@uvm.edu)

### **COURSE OVERVIEW**

NFS 43: Fundamentals of Nutrition is designed to introduce you to the fascinating world of nutrition! The course will begin by discussing sources of nutrition information and the guidelines one should follow for optimal health. The process of digestion will be introduced, so you'll learn how we convert food to useful energy. We'll then discuss the three categories of macronutrients - carbohydrates, proteins, and lipids. From the macronutrients we'll transition to the micronutrients - vitamins and minerals. The final section of the course will help you synthesize what you've learned and probably answer some frequently asked questions you're bound to get when people find out you're studying nutrition. We'll talk about energy balance as well as weight inclusivity. Once you've completed NFS 43, you'll have the foundation you need to continue your study of nutrition, interpret the plethora of nutrition-related news in the media, and/or reflect meaningfully on your own diet and how it can optimally fuel you for success!

### **LEARNING OBJECTIVES**

At the end of this course students should be able to meet the following objectives:

1. Define and identify basic nutrition-related terms and concepts.
2. Recognize how food becomes energy and explain basic information about the macro and micronutrients.
3. Demonstrate the ability to find and use scientific articles pertaining to nutrition.
4. Evaluate your current diet and how it does or does not align with the U.S. Dietary Guidelines, as well as your goals for your relationship with food.
5. Compare the weight inclusive with the weight normative approach to health, and demonstrate the use of weight-inclusive language.

## **REQUIRED MATERIALS**

Nutrition: Concepts and Controversies, 15<sup>th</sup> Edition by Frances Sizer & Ellie Whitney. If you choose to purchase an earlier edition, beware that it may not contain the most up-to-date nutrition guidelines and recommendations, although the majority of the content is similar (especially in the 14<sup>th</sup> Edition which is VERY similar).

iClicker – You will need to sign up for iClicker REEF. UVM has a site license you can use to sign-up for free, more information will be forthcoming in class. You DO NOT need to purchase an iClicker REEF subscription.

To do several of the Nutrition in Action Activities as well as one of the final project options you will need to use the ASA24 Nutrient Tracking program. Your account information and more details about how to use this software will be provided in class.

There are some additional readings posted on Blackboard for specific class periods. You will be responsible for the material in these readings, so please check the syllabus and Blackboard frequently.

## **TECHNICAL SUPPORT FOR STUDENTS**

Please read this technology checklist to make sure you are ready for classes.

<https://www.uvm.edu/it/kb/student-technology-resources/>

Students should contact the Helpline (802-656-2604) for support with technical issues.

## **COURSE GUIDELINES AND TIPS FOR SUCCESS**

- The first key for success in NFS 43 is to read the assigned readings and come to class each week!
- You'll want to take notes on the content videos. Watch them like you'd listen to an in-class lecture, take notes, respond to rhetorical questions I pose. Unlike a class lecture you can even rewind and watch again if something doesn't make sense! In the content videos, I highlight the most important parts of the chapter, so you can organize your chapter reading by what the content videos highlight.
- You can quiz yourself using the questions at the end of each book chapter, and go over the answers with a friend. To do well in this class, you will need to put in the time to learn the material.

## **GRADING AND ASSIGNMENT OVERVIEW**

In this course you can make many choices regarding which assessments and assignments you'd like to complete. This is nice because it really lets you demonstrate your learning in a way that is exciting to you. However, there are still deadlines, and you still want to have consistent engagement with the material. I would suggest that at the beginning of the course you use the Points Tracker on Blackboard to map out which assignments from each category you'd like to complete. You should also plan which assignments you will add if you

earn less than perfect points on a quiz or assignment and need to accumulate additional points to reach the grade you'd like. Really understanding the syllabus and using the Points Tracker will help you to stay on course and not miss opportunities for earning points.

There are three main categories of assignments, Quizzes/Participation, Nutrition in Action Activities, and Bringing it All Together. You will build points by completing assignments within each category but will have choices along the way. There is a minimum number of points that you need to accumulate in each category, but you can choose to do more or less of the assignments in a category to accumulate the rest of your points. Your objective is to build points continuously towards your final grade.

**Quizzes – Need to Earn at Least 180 Quiz Points (6 Quizzes). NOTE: If you want an A in the course, you will have to complete more than 6 quizzes, 6 is a MINIMUM.**

**Weekly Quiz** – Each week there will be a quiz posted on blackboard worth 30 points that will cover the readings and class content for the week. This quiz will be based on the textbook and any additional readings assigned for the week, as well as information in class.

1. You only get one chance on the quiz to earn points, you cannot retake these quizzes.
2. You must get at least a 50% on these quizzes to receive any points. If you get fewer than half the questions right it's likely that you were just guessing, so no points.
3. You can complete the quizzes over multiple sittings, so you can go check out the questions, do the readings, come to class, and then go back in and finalize your answers before submitting.
4. You will be able to see the correct answers to each quiz after the quiz due date.
5. Quizzes will be released every Saturday morning at 9AM and then . . .

## **QUIZZES ARE DUE EACH FRIDAY BY MIDNIGHT**

### **Participation**

You will receive 5 points for each Tuesday or Thursday class you come to, and register your attendance by completing the iClicker questions. You do not have to attend any classes, but they are an easy way to get points and solidify your understanding of the material. **You must have participated in at least half of the iClicker questions each class session to get any iClicker points for that session.** If you are sick and can't attend the class, that's ok, you can excel in NFS 43 without getting participation points, and you can watch the content videos on Blackboard to catchup on material. The points are an incentive for coming and being part of the NFS 43 community.

UVM expects students, faculty, and staff to remain compliant with all COVID-19 recommendations and measures in place for UVM, the State of Vermont, and the City of Burlington. This includes following all rules regarding facial coverings when attending class and generally in indoor spaces. If you do not follow these guidelines, I will ask you to leave

the class, and you will not receive participation points. **If you forget your mask, you cannot enter the class and should go back and retrieve your mask.** [The Code of Student Conduct](#) outlines policies related to violations of University policies that protect health and safety on campus.

### **Nutrition In Action Activities**

**You need to earn at least 180 points from the Nutrition in Action assignment category, and each activity is worth 30 points (so you have to complete at least 6 activities). NOTE: If you want an A in the course, we will have to complete more than 6 Nutrition in Actions, 6 is a MINIMUM.**

Each assignment in the Nutrition in Action category asks you to apply the information you've learned in the class to yourself or others. These are short (500 words or less) activities that you can choose to complete to illustrate your achievement of course objectives. The specific directions for each Activity can be found on Blackboard.

**ALL NUTRITION IN ACTION ACTIVITIES ARE DUE BY MIDNIGHT ON SUNDAY OF EACH WEEK**

**The following are examples of the type of assignments you'll find in the Nutrition in Action category:**

- What Do You Already Know About Nutrition?
- Find a Scientific Article
- Debunk a Popular Diet
- Social Media Response Activity
- Search for Weight Normativity/Weight Inclusivity
- Favorite Food/Meal Breakdown Activities

### **Bringing It All Together**

To bring together everything you've learned in NFS 43, you'll have the choice of completing **ONE** of three final assignments. You must complete at least one of the Final Assignment options. You can complete either the Dietary Assessment Assignment, the Family/Friend Food Interview Assignment, or the TikTok for Truthful Nutrition Assignment.

#### **Dietary Assessment Assignment**

You will be asked to record your food intake for two weekdays and one weekend day, analyze your intake using a nutrient analysis program, and answer several questions about what your analysis revealed. More information and specific instructions for this assignment can be found on Blackboard.

#### **Family/Friend Food Interview Assignment**

You will choose a family member or friend to interview about their relationship with food. You're trying to get a sense for how someone else views and relates to food. What was their relationship with food growing up? Did it change over time? Have they ever been on a diet? Have they ever felt pressure to be a certain weight? How do they eat now? Do they

feel satisfied? What do they think a nutritious diet is? If you find that your family/friend has some misconceptions about food, you can indicate how you might correct them (gently). Did you learn anything from talking to someone else about how they relate to food? More specific instructions about this assignment can be found on Blackboard.

### **TikTok for Truthful Nutrition Assignment**

TikTok is a social media site where people post videos of all sorts, but some of them are nutrition related. Many of these food/nutrition videos on TikTok are fat phobic, fad diet, and encourage a disordered relationship with food. In this assignment you need to think about what you believe a nutritious diet is based on what you've learned in class. You then must use TikTok to portray what you believe a nutritious diet is. Finally, you will summarize any comments you receive on your post. More specific instructions about this assignment can be found on Blackboard. Yes, you can use Instagram Reels if you must.

### **Final Grades**

Your final grade will be based on the following criteria:

1. Points Available
  - a. Weekly Quizzes: 13 quizzes, 30 points/quiz = 390 points
  - b. Nutrition in Action Activities: 12 Activities, 30 points/activity = 360 points
  - c. Synchronous Meeting Participation: At least 27 meetings, 5 points/meeting = 135 points minimum
  - d. Final Activity: 200 PointsTotal Points Available = 1085 points
2. You must have accumulated the minimum number of points required in each category
  - a. Quizzes – 180 Points
  - b. Nutrition in Action Activities – 180 Points
  - c. Complete a Final Project

#### 3. Grade Cut-Offs

The following represent the point cut-offs for each letter grade. There will be no negotiating on these cut-offs

560 Points = D-  
600 Points = D  
640 Points = D+  
680 Points = C-  
720 Points = C  
760 Points = C+  
800 Points = B-  
840 Points = B  
880 Points = B+  
920 Points = A-  
960 Points = A

Grades of A+ will be awarded at the instructor's discretion for outstanding engagement and performance in the course.

### **How to Best Operate in this Points Menu System**

Ok, so how can you operate in the points menu system to get the grade you want? First, you want to recognize that there are more total points available – 1085, than the number you need to get an A – 960. So you don't need to do every assignment even to get an A, and you don't need to do every assignment perfectly to get an A. But, you will need to stay engaged throughout the course, and you will need to do many of the assignments.

The following is an example of how you could earn 960 points:

1. You come to all classes and contribute, so that's 135 points
2. You do the final project which is 200 points, so you're up to 335 points and you need 750 more.
3. To meet the Nutrition in Action points minimum, you have to do at least 6 Activities for 180 points, so you're up to 515 points
4. To meet the quiz minimum points you need to do at least 6 quizzes for 180 points. So, you're then up to 695 points.
5. You now need 265 points to get an A. Both the quizzes and Nutrition in Action activities are worth 30 points. 265 divided by 30 is 8.83 which means you need to do at least 9 more quizzes OR Nutrition in Action activities to get an A. So, you could do 4 more quizzes, and 5 more activities, or 7 more quizzes and 2 more activities. You can do any combination of quizzes and Nutrition in Action activities that equal 9.
6. Keep in mind that you probably won't get full points on every activity/quiz you do, so instead of doing 9 quizzes or activities to get to the number of points needed for an A, you might need to do 10 for some "point insurance."
7. Notice that there are 13 total quizzes that you could take, but to get an A in this example, you only had to take 10 of the 13 quizzes because you did some Nutrition in Action Activities. Conversely, you could take all of the quizzes, and only do the minimum number of Nutrition in Action activities, it's really up to you!

You want to keep track of the points you've earned throughout the semester (the Points Tracker on Blackboard will help with this), and just consistently work towards the number of points that equates to the grade you want. **The worst thing you can do is to wait too long to start accumulating points. I'd recommend being highly engaged with quizzes and Nutrition in Action activities at the beginning of the semester, and then you can skip some in the middle or later on in the course when you have a clear idea of how many points you have and how many points you need.**

### **Class Evaluation**

A course evaluation will be administered in-class at the end of the semester. The evaluation is anonymous and used to help improve the course as well as for promotion and tenure decisions for the instructor. It is my expectation that you will complete the evaluation.

## **LATE POLICY, EXCUSED ABSENCES, and DISPUTING GRADES**

This is going to be a crazy semester. To honor the fact that “life happens,” you can extend the due date for TWO quizzes or Nutrition in Action activities by 48 hours. To activate this extension, you need to contact your assigned TA and let them know that you are using one of your “Life Happens” extensions. Beyond these two opportunities for extensions, late quizzes and Nutrition in Action Assignments will not be accepted. If you’re having a tough week, and forget to do a quiz or Nutrition in Action assignment, it’s not a huge deal because you can make up those points another week. For the Final Assignments you will receive a 10-point penalty for each day the assignment is late.

If you wish to dispute a quiz or assignment grade, you must do that within one week of when grades are posted. To dispute a grade you need to write a brief explanation of why you believe your answer was correct and email it to the graduate TA within one week of grades being posted.

There is no mandatory attendance in this class, so if you’re not able to come to class, you are not penalized. If you do come to class and engage, you can earn 5 points per class, but there are other ways to earn points if you miss class, and therefore there is no excused absence policy for missing class. **Please do not come to class if you are feeling at all unwell.** We need to take care of each other, and until you know you’re not sick with something contagious, it’s a good idea to miss class and catchup with the videos on blackboard. Missing 5 points is not a big deal at all, and is easily made up by doing a quiz or Nutrition in Action.

If I need to be absent because of COVID-symptoms I reserve the right to either adjust our schedule to accommodate a cancelled class, or to convene the class remotely on Teams. If I need to be absent or convene a remote session, I will communicate with you as early as possible. It is my hope and intention to stay healthy all semester, but it’s good to have contingency plans!

## **COMMUNICATION AND COURSE TA’S**

### **Communication**

There is lots of support available in this course! **Each of you has been assigned to an undergraduate TA, who you should contact first if you’re having an issue in the course.** There is also a graduate TA who you can email for help. I want to facilitate your success in the course and will be happy to meet with you during office hours, or schedule an appointment as needed. **Please try to come to office hours to get your questions answered, if it’s impossible for you to come to office hours, and you want to set up an appointment with me, email me three possible times you can meet.** Also, I do not generally answer emails during the evenings or weekends (work-life balance is important for health!), but I do promise to do my absolute best to get back to you within 1 working day.

## How to Write an Email to a Professor or TA

Sometimes students are confused about how to write an email to a professor or TA. Using professional communication is important, and this class is a good chance to practice. A nice starting point is to say “Hi” or “Dear” and then the professor or TA’s name, ex: “Hi Dr. Lizzy,” or “Hi Prof. Pope,” or “Hi Lizzy.” Examples of non-professional salutations would be “hey there,” “hey,” or “what’s up.” It’s also not professional to send an email without a greeting AND a name. After your greeting, you then want to succinctly state your question or issue. If you need to meet with the email recipient, suggest three meeting times that would work for you. You can then close by writing your name. Below is an example of an appropriate email from a student to a professor.

“Hi Dr. Pope,  
I was wondering if I could come meet with you to better understand the main types of carbohydrates. I can’t make it to your office hours this week, but could meet on Monday from 12-1, Tuesday from 2-3, or Wednesday from 4-4:30.  
Thank you,  
Sarah Student”

## Course Teaching Assistants

There is one graduate TA and nine undergraduate TAs for this course. You are assigned a particular TA, but can contact any of the TAs for course issues.

<b>Our Teaching Assistants</b>	<b>Email Address</b>
Jennilee Stocker – Graduate TA	<a href="mailto:jmstocke@uvm.edu">jmstocke@uvm.edu</a>
Reem Bou-Nacklie – Assistant Graduate TA	rbounack@uvm.edu
Erin Greer	emgreer@uvm.edu
Laurel Houle	lhoule@uvm.edu
Carlin Molander	cmolande@uvm.edu
Jami Procanik	jprocani@uvm.edu
Clara Schultz	cschultz@uvm.edu
Cayden Shaw	cshaw9@uvm.edu
Clara Small	csmall@uvm.edu
Maddie Souza	mrsouza@uvm.edu



## **RESEARCH**

Dr. Pope is taking part in a UVM Center for Teaching and Learning initiative on the Scholarship of Teaching and Learning. She is working with several other professors and CTL personnel to investigate engagement in large enrollment courses. To do this, we'll be asking you for feedback throughout the course in the form of short electronic surveys. We'll also be reviewing overall class performance on assignments. There is nothing extra you need to do to participate in this research. Your name will never be mentioned and your work will always remain anonymous. We're assessing how elements of the course help or hinder student learning, not the performance of individual students. If you do not feel comfortable participating, you do not need to complete any research surveys. Please feel free to talk with me about any questions you have.

## **RECORDING CLASS SESSIONS**

Our class sessions may occasionally be audio-visually recorded for students in the class to refer back to, and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the chat feature, which allows students to type questions and comments live.

## **POTENTIAL CHANGES DURING THE SEMESTER**

The University of Vermont reserves the right to make changes in the course offerings, mode of delivery, degree requirements, charges, regulations, and procedures contained herein as educational, financial, and health, safety, and welfare considerations require, or as necessary to be compliant with governmental, accreditation, or public health directives.

## **PROHIBITION ON SHARING ACADEMIC MATERIALS**

Students are prohibited from publicly sharing or selling academic materials that they did not author (for example: class syllabus, outlines or class presentations authored by the professor, practice questions, text from the textbook or other copyrighted class materials, etc.); and students are prohibited from sharing assessments (for example homework or a take-home examination). Violations will be handled under UVM's Intellectual Property policy and Code of Academic Integrity.

## **ACADEMIC INTEGRITY**

UVM has an Academic Integrity policy that should be adhered to during this course. You can find a copy of the policy here: <http://www.uvm.edu/policies/student/acadintegrity.pdf>.

## **RELIGIOUS HOLIDAYS**

Students have the right to practice the religion of their choice. Each semester students should submit, in writing to their instructors, by the end of the second full week of class,

their documented religious holiday schedule for the semester. Faculty must permit students who miss work for the purpose of religious observance to make up this work.

### **DISABILITY ACCOMMODATIONS**

Students requiring special assistance due to a disability are asked to contact the instructor during the first week of classes so that reasonable accommodation for the disability can be determined and arranged. Disability documentation, testing, and accommodations are coordinated through the Student Accessibility Services office on campus:

<http://www.uvm.edu/~access/>.

### **ACADEMIC-ATHLETIC CONFLICTS**

Student athletes need to notify me of any classes they may miss due to documented athletic conflicts by the end of the second week of the semester. We will then work on a plan to allow the student-athlete to make-up any work they miss because of an athletic conflict.

### **UVM FINAL EXAM POLICY**

This course will abide by the UVM Final Exam Policy:

<http://catalogue.uvm.edu/undergraduate/academicinfo/examsandgrading/>.

### **STUDENT SUPPORT SERVICES**

There are many student support services available to UVM students. You may find the following to be helpful throughout the semester and your time at UVM.

**UVM Counseling and Psychological Services (CAPS) Office:**

<http://www.uvm.edu/~chwb/psych/>

**UVM Living Well:** <http://www.uvm.edu/~chwb/psych/?Page=outreach.html>

**UVM Center for Health and Wellbeing:** <http://www.uvm.edu/~chwb/>

**Student Accessibility Services:**

[https://www.uvm.edu/academicsuccess/student\\_accessibility\\_services](https://www.uvm.edu/academicsuccess/student_accessibility_services)

**UVM Tutoring Center:** [https://www.uvm.edu/academicsuccess/tutoring\\_center](https://www.uvm.edu/academicsuccess/tutoring_center)

**UVM Writing Center:** <http://www.uvm.edu/wid/writingcenter/>

**C.A.R.E.:** If you are concerned about a UVM community member or are concerned about a specific event, we encourage you to contact the Dean of Students Office (802-656-3380). If you would like to remain anonymous, you can report your concerns online by visiting the Dean of Students website at <https://www.uvm.edu/studentaffairs>

**Alcohol and Cannabis Statement:** As a faculty member, I want you to get the most you can out of this course. You play a crucial role in your education and in your readiness to learn and fully engage with the course material. It is important to note that alcohol and cannabis have no place in an academic environment. They can seriously impair your ability to learn and retain information not only in the moment you may be using, but up to 48 hours or more afterwards. In addition, alcohol and cannabis can:

- Cause issues with attention, memory and concentration
- Negatively impact the quality of how information is processed and ultimately stored
- Affect sleep patterns, which interferes with long-term memory formation

It is my expectation that you will do everything you can to optimize your learning and to fully participate in this course.

## COURSE SCHEDULE

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### Week 1 – August 31<sup>st</sup> and September 2<sup>nd</sup> – Introduction to NFS 43

**Readings** – Course Syllabus

**Class Focus** - Introductions, Expectations, Technology Testing

**Assessments**

- Quiz 1 – Syllabus quiz – Due by Midnight on Friday September 3<sup>rd</sup>
- Nutrition in Action 1 – Who Are You, and What Do You Know? – Due by Midnight on Sunday September 5<sup>th</sup>

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### Week 2 – September 7<sup>th</sup> and September 9<sup>th</sup> – The Science of Nutrition, Nutritious Diet, Weight-Inclusivity

**Readings**

- Sizer & Whitney Chapter 1
- “Contradictory Media Messages About Nutrition Confuse People: Is Anyone Surprised?” – Mary Bradley”
- Optional: Podcast – Food Psych by Christy Harrison Episode 238: Appetite and CoVID-19, Plus How Diet Culture Influences the Nutrition and Dietetics Field with Taylor Chan

**Class Focus** – The Scientific Method, PubMed, Nutritious Diet Components, Weight Inclusivity/Weight Normativity

**Assessments** –

- Quiz 2 – Due by Midnight on Friday September 10<sup>th</sup>
- Nutrition in Action 2 - Find a Scientific Article – Due by Midnight on Sunday September 12<sup>th</sup>

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### Week 3 – September 14<sup>th</sup> and September 16<sup>th</sup> - Nutrition Guidelines

**Readings**

- Sizer & Whitney Chapter 2
- “New food guide unveiled without food groups or recommended servings” – CBC News
- “Should the Dietary Guidelines Help Fight Systemic Racism?” – Civil Eats
- U.S. Diet Guidelines Sidestep Scientific Advice to Cut Sugar and Alcohol - NYTimes

**Class Focus** – Dietary Reference Intakes, Dietary Guidelines, Nutrition Facts Panels, USDA Nutritional Equivalents, Using the Nutrition Facts Panels and AMDRs to calculate nutrition needs, Math!!

### **Assessments**

- Quiz 3 – Due by Midnight on Friday September 17<sup>th</sup>
  - Nutrition in Action 3 – Checking Out Nutrition Facts – Due by Midnight on Sunday September 19<sup>th</sup>
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### **Week 4 – September 21<sup>st</sup> and September 23<sup>rd</sup> - Digestion**

#### **Readings**

- Sizer & Whitney Chapter 3
- “Should We Be Drinking Less?” – Anahad O’Connor

**Class Focus** – Cells, Hormones, Nervous System, Digestion, Alcohol

#### **Assessments**

- Quiz 4 – Due by Midnight on Friday September 24<sup>th</sup>
  - Nutrition in Action 4 – Following Your Favorite Food Down Your Digestive Tract – Due by Midnight on Sunday September 26<sup>th</sup>
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### **Week 5 – September 28<sup>th</sup> and September 30<sup>th</sup> - Carbohydrates**

#### **Readings**

- Sizer & Whitney Chapter 4
- “Is Sugar Addiction Real and Is Sugar Inflammatory?” – Robyn Nohling RDN NP

**Class Focus** – All things carbohydrate! Recommendations, metabolism, frequently asked questions, myth debunking, carbohydrate love fest!

#### **Assessments**

- Quiz 5 – Due by Midnight on Friday October 1<sup>st</sup>
  - Nutrition in Action 5 – Asking and Answering Questions about Carbohydrates – Due by midnight on Sunday October 3<sup>rd</sup>
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### **Week 6 – October 5<sup>th</sup> and October 7<sup>th</sup> – Lipids**

#### **Readings**

- Sizer & Whitney Chapter 5
- “Trans Fats Should be Eliminated Worldwide by 2023 W.H.O. Says” – Andrew Jacobs
- “Ask the Doctor: Coconut Oil and Health” – Walter Willet

#### **Content Videos**

- The One About Types of Fat

- The One About Fat Digestion, Absorption, and Transportation

**Class Focus** – Types of Fat in the Diet, Fat Digestion, Absorption, Transportation

**Assessments**

- Quiz 6 – Due by Midnight on Friday October 8<sup>th</sup>
  - Nutrition in Action Activity 6 - Debunk a Popular Diet Activity Due by Midnight on Sunday October 10<sup>th</sup>
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**Week 7 – October 12<sup>th</sup> and October 14<sup>th</sup> – Protein and Amino Acids**

**Readings**

- Sizer & Whitney Chapter 6
- “So Will Processed Meat Give You Cancer?” – Anahad O’Connor

**Class Focus** – Protein Function, Structure, and Digestion, Applying Protein Recommendations, Protein Supplements

**Assessments**

- Quiz 7 Due by Midnight on Friday October 15<sup>th</sup>
  - Nutrition in Action 7 - Favorite Food Activity 2 Due by Midnight on Sunday October 17<sup>th</sup>
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**Week 8 – October 19<sup>th</sup> and October 21<sup>st</sup> – Water and Major Minerals**

**Readings**

- Sizer & Whitney Chapter 8, p. 270-294 and 307-316 – This page range covers water and all material related to the major minerals including the calcium-related “bonus” sections at the end of the chapter.
- “Magnesium is Essential to Your Health, but Many People Don’t Get Enough of It” – Consumer Reports

**Class Focus** – Water, Major Minerals, Looking at Calcium Sources, How Big of a Deal is Sodium Really? Fun Personal Stories About Magnesium!

**Assessments**

- Quiz 8 – Due by midnight on Friday October 22<sup>nd</sup>
  - Nutrition in Action 8 – Hydration Check – Due by midnight on Sunday October 24<sup>th</sup>
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## **Week 9 – October 26<sup>th</sup> and October 28<sup>th</sup> – Trace Minerals and Fat-Soluble Vitamins**

### **Readings**

- Sizer & Whitney Chapter 8 p. 294-306, Chapter 7 p. 218-236 – These sections in the book cover the trace minerals and the fat-soluble vitamins
- “Why Are So Many People Popping Vitamin D?” – Gina Kolata
- “Is Roasting a Healthy Way to Cook Vegetables?” – Roni Caryn Rabin

**Class Focus** – Trace Minerals, Fat-Soluble Vitamins

### **Assessments**

- Reading Quiz 9 – Due by midnight Friday October 29<sup>th</sup>
  - Nutrition in Action 9 – Favorite Food Breakdown Activity 3 – Vitamins/Minerals - Due by midnight Sunday October 31<sup>st</sup>
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## **Week 10 – November 2<sup>nd</sup> and November 4<sup>th</sup> – Water-Soluble Vitamins and Vitamin & Mineral Supplements**

### **Readings**

- Sizer & Whitney Chapter 7 p. 236-269
- “Which Supplements, if Any, May Be Worth Your Money” – Jane Brody

**Class Focus** – Hitting the water-soluble vitamin highlights, and a discussion of supplements

### **Assessments**

- Reading Quiz 10 – Due by midnight Friday November 5<sup>th</sup>
  - Nutrition in Action 10 – Investigate A Supplement – Due by midnight Sunday November 7<sup>th</sup>
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## **Week 11 – November 9<sup>th</sup> and November 11<sup>th</sup> – Energy Balance and Theories About Weight**

### **Readings**

- Sizer & Whitney Chapter 9
- “Losing It In the Anti-Dieting Age” – Taffy Brodesser-Akner
- “Weight bias: a call to action” – Alberga et al.
- “Ask a Fat Girl: Eating Disorders Happen at Any Size” – Charlotte Zoller
- “What We Think We Know About Metabolism May Be Wrong” – Gina Kolata

**Class Focus** – Talking about energy balance and weight without moral judgement, working towards a place of body respect, and away from fat phobia and weight bias, discussion of eating disorders

### **Assessments**

- Reading Quiz 11 – Due at midnight on Friday November 12<sup>th</sup>

- Nutrition in Action 11 – Identifying fat phobia and weight bias – Due by midnight on Sunday November 14<sup>th</sup>
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## **Week 12 – November 16<sup>th</sup> and November 18<sup>th</sup> – Diet Culture and Health At Every Size**

### **Readings**

- Anti Diet – Christy Harrison - Chapter 1
- “Weight Science: Evaluating the Evidence for a Paradigm Shift” – Linda Bacon and Lucy Aphramor
- “Smash the Wellness Industry” – Jessica Knoll
- “Relax, You Don’t Need to ‘Eat Clean’” – Aaron E. Carroll
- “Why Aren’t Fat People Allowed to Be Trendy?” – Amanda Richards
- “Montpelier Endurance Athlete and Advocate Mirna Valerio is Taking Up Space” – Chelsea Edgar

**Class Focus** – Discussing diet culture, how has it impacted you? Does health at every size make sense to you?

### **Assessments**

- Reading Quiz 12 – Due at midnight on Friday November 19<sup>th</sup>
  - Final Project due at midnight on Tuesday November 23<sup>rd</sup>
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## **Week 13 – November 23<sup>rd</sup> and November 25<sup>th</sup> - Final Projects and Thanksgiving!**

### **Readings**

- No Readings this week

**Class Focus** – No classes this week, Happy Thanksgiving!

### **Assessments**

- **Final Project due Tuesday November 23<sup>rd</sup> at Midnight!**
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## **Week 14 – November 30<sup>th</sup> and December 2<sup>nd</sup> - Building a Healthy Relationship with Food and Your Body – Intuitive Eating**

### **Readings**

- Just Eat It Chapter 1 – Laura Thomas
- Excerpt from Intuitive Eating – Evelyn Tribole and Elise Resch
- “6 Myths About Intuitive Eating – And What It Can Actually Do For You” – Christy Harrison
- “Intuitive Eating: Research Update” – Evelyn Tribole



**Class Focus** – Working through the ten principles of intuitive eating

**Assessments**

- Quiz 13 Due by midnight on Friday December 3<sup>rd</sup>
- Nutrition in Action 12 – Search for Weight Normativity/Weight Inclusivity – Due by midnight on Sunday December 5th

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**Week 15 – December 7<sup>th</sup> and 9<sup>th</sup> –Catch Up, Wrap Up, Final Big Questions**

We will design the final week together and it will include:

- Catch-up (inevitably I will fall behind throughout the semester)
- Final Big Questions you still have that we should discuss
- Class Evaluation
- Take Home Messages