

NFS 1043
Fundamentals of Nutrition
Fall 2023, 3-credits
4:25-5:40 T/Th Marsh Life Science 235

Instructor: Lizzy Pope, PhD RDN

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Times to get help or chat: 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: Chelsey Patch

Email: Chelsey.Patch@uvm.edu

COURSE OVERVIEW

NFS 1043: 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 government guidelines 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 hopefully help you reexamine the connections between nutrition, weight, health, and justice. We'll talk about energy utilization/storage as well as weight inclusivity, anti-fat bias, and intuitive eating. Once you've completed NFS 1043, 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 relationship with food and body!

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.

CLASS PLAN

NFS 1043 will follow a weekly class plan that hopefully will allow you to learn the basics of nutrition, as well as feel comfortable applying the information you've learned and going a bit beyond the basics. Each week there will be assigned readings that will cover the material of the week. Your learning in class will be enhanced if you can read the majority of weekly readings. You can use the readings as references for class time and to complete the weekly quiz and Nutrition in Action assignment.

It is my hope that you will start the readings by Tuesday's class and finish them by Thursday's class. On Tuesday in class I will highlight some of the biggest points of the week, but I will not touch on everything that is in the readings. We will use our iClickers to review the material. By Friday you will complete a quiz to show me that you've learned the week's content.

During Thursday's class we will begin the week's Nutrition in Action activity which is an activity designed to help you apply the information you've learned that week. We will also answer application questions together and generally focus on applying the material we've learned to "real world" situations. You will then finish the Nutrition in Action at home and submit it on Brightspace by the following Tuesday's class. My hope is to spend much of our class time actively engaging with the material and each other. I think this will help further your learning and be most interesting.

REQUIRED MATERIALS

Nutrition: Concepts and Controversies, 16th 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 15th Edition which is quite similar).

iClicker – You will need to sign up for iClicker cloud. 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 cloud subscription.

Laptop or tablet – Especially on Thursdays please bring your laptop or tablet so you can work on the Nutrition in Action activities in class.

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

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

GRADING AND ASSIGNMENT OVERVIEW

There are four main categories of assignments: Quizzes/Participation, Nutrition in Action Activities, Application Questions, and Bringing it All Together. You will build points by completing assignments within each category. Your objective is to build points continuously towards your final grade.

Quizzes

Weekly Quiz – Each week there will be a quiz posted on Brightspace worth 40 points that will cover the readings and class content for the week. The majority of quiz questions will be based on the textbook and any additional readings assigned for the week. There will be several questions on each quiz that address material from previous weeks.

1. You only get one chance on the quiz to earn points, you cannot retake these quizzes.
2. You can complete the quizzes over multiple sittings, so you can go check out the questions, come to class, do the readings, consult your notes, and then go back in and finalize your answers before submitting.
3. You will be able to see the correct answers to each quiz after the quiz due date.
4. Quizzes will be released every Friday at midnight and you'll have until the following Friday at 5PM to complete the quiz

QUIZZES ARE DUE EACH FRIDAY BY 5PM

Participation

You will receive 10 points for each Tuesday and Thursday. Attendance will be determined by participating in iClicker questions. **You must have participated in at least half of the iClicker questions each class session to get any iClicker points for that session.** I EXPECT you to be in class, attendance is mandatory in NFS 1043. Obviously, there may be times when you are sick or have a conflict and **missing up to two classes is not a big deal, you'll still be able to do well in the course.** But otherwise you need to plan to be in class with me on Tuesdays and Thursdays.

Excused absences – If you have a letter from your Dean's office verifying an illness or family emergency, a verified athletic absence, or a religious accommodation absence you can be eligible to "makeup" class attendance points for a missed class. This means that you will complete a short additional assignment to verify that you engaged with the material from the class you missed. Our graduate TA will administer these assignments, so you will need to be in contact with Chelsey to receive access to the makeup assignment. **The opportunity to makeup attendance points from missed classes is only available to those with the above forms of absence verification. You need to contact Chelsey within two weeks of returning to school to have access to the makeup option.**

Application Questions

Each week you'll be asked to generate one application question. This is just a question you have that relates to how the material we're covering that week might be applied to actual life. For submitting a relevant application question you'll get 5 points.

APPLICATION QUESTIONS ARE DUE EACH TUESDAY BY CLASSTIME – 4:25PM

Nutrition In Action Activities

Each assignment in the Nutrition in Action category asks you to apply the information you've learned in the class to yourself or others. Each Nutrition in Action is worth 40 points. We will begin each Nutrition in Action activity during class on Thursdays. This will give you a chance to work with peers and me to start the activity. You will then finish the activity outside of class time and submit it on Brightspace. The specific directions for each activity can be found on Brightspace beginning each Thursday at 4:25PM.

ALL NUTRITION IN ACTION ACTIVITIES ARE DUE BY CLASSTIME – 4:25PM – on TUESDAY 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
- Search for Weight Normativity/Weight Inclusivity
- Favorite Food/Meal Breakdown Activities

Bringing It All Together

To bring together everything you've learned in NFS 1043, 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 Overall Nutrition Case Study Assignment, or the TikTok for Truthful Nutrition Assignment. You will be able to find more information about all of these assignments on Brightspace.

Final Grades

Your final grade will be based on the following criteria:

1. Points Available
 - a. Weekly Quizzes: 13 quizzes, 40 points/quiz = 520 points
 - b. Weekly Application Questions: 14 questions, 5 points/question = 70 points
 - c. Nutrition in Action Activities: 12 Activities, 40 points/activity = 480 points
 - d. Class Attendance: At least 28 classes, 10 points/meeting = 280 points
 - e. Final Activity: 200 PointsTotal Points Available = 1550 points
2. You **MUST** complete a final project, you can choose how to accumulate the remainder of your points.
3. Grade Cut-Offs
The following represent the point cut-offs for each letter grade. There will be no negotiating on these cut-offs

930-979 Points = D-
980-1049 Points = D
1050-1079 Points = D+
1080-1129 Points = C-
1130-1189 Points = C
1190-1239 Points = C+
1240-1279 Points = B-
1280-1359 Points = B
1360-1399 Points = B+
1400-1439 Points = A-
1440+ 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 System

Ok, so how can you operate in the points system to get the grade you want? First, you want to recognize that there are more total points available – 1550 than the number you need to get an A – 1440. This means you have a 110 point “buffer” between the points available and the points needed to get an A. 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 and come to class frequently.

There are different ways you can use the point buffer. You might miss two classes (lose 20 points), and then choose to skip two quizzes (lose 80 points).

You might choose to miss two Nutrition in Action activities (lose 80 points) and then have 30 points that are spent on not doing perfectly on all the quizzes.

Basically, you have 110 points you can play with. **I would HIGHLY suggest missing no more than 20 points from attendance.** Past experience has shown me that students who come to class do very well in this course. Students who have many absences often do not do well. Even though it would be theoretically possible to miss 11 classes (110 points) and get an A, it is not a smart way to spend your points buffer. When you come to class we do Nutrition in Action activities together, so not only do you get participation points, you get NIA points too. You also will have an easier time on the weekly quizzes, and I often remind you to turn in your Application Questions. Basically, spending the 2.5 hours/week with me in class is one of the best ways to do well in the course because it gives you a boost on all aspects of what we're learning.

You want to keep track of the points you've earned throughout the semester (the Points Tracker on Brightspace 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, application questions, class attendance, 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

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.

You do not need to let me know when you won't be in class. I trust that if you're not in class, you have a good reason and you're managing your life in a way that works for you. **If you miss class and have documentation for an excused absence you can share that with our graduate TA to have access to the task for that week that will allow you to make up participation points.**

If I need to be absent because of illness 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 eleven undergraduate TAs for this course. You are assigned a particular TA, but can contact any of the TAs for course issues.

Our Undergraduate Teaching Assistants	Email Address
Andrea Beard	aebeard@uvm.edu
Lydia Bunszel	lbunszel@uvm.edu
Kathleen Fahey	kefahey@uvm.edu
Sofia Garcia-Miller	sogarcia@uvm.edu
Estella Guerin	emguerin@uvm.edu
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Anna Wilkinson	arwilkin@uvm.edu
Brooke Woods	bffwoods@uvm.edu
Zadie Young	zcyoung@uvm.edu

CLASSROOM ENVIRONMENT EXPECTATIONS

In this class, we will work together to develop a learning community that is inclusive and respectful. As a learning community we will seek to encourage and appreciate expressions of different ideas, opinions, and beliefs in the spirit of Our Common Ground. Meaningful and constructive dialogue is encouraged in this class. This requires mutual respect, willingness to listen, and open-mindedness to opposing points of view. Respect for individual differences and alternative viewpoints will be maintained at all times in this class. Conduct that substantially or repeatedly disrupts the ability of faculty and instructors to teach and the ability of students to engage may result in my asking a student to temporarily leave the classroom. [See Undergraduate Catalogue - Classroom Code of Conduct \(p. 443-444\).](#)

Statement on weight inclusivity:

This course will take a weight-inclusive approach with the intention of improving access to health care that is non-stigmatizing. This approach is built on scientific evidence that individuals can maintain a healthy body and achieve a state of well-being independent of their weight. This approach moves away from blaming the individual for being unable to lose weight. It allows for a decrease in anti-fat bias and body shaming, while increasing focus on overall improvement in psychological well-being and social determinants of health. In this course, a weight-inclusive approach will be applied to all facets of dietetics & nutrition practice. This approach is consistent with CALS commitment to Diversity, Equity, and Inclusion.

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.

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

UVM 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

COURSE SCHEDULE

Week 1 – August 29th and August 31st – Introduction to NFS 43

Readings – Course Syllabus

Content Videos – No videos this week

Class Focus - Introductions, Expectations, Technology Testing

Assessments

- Application Question 1 – Due by 4:25PM on Thursday August 31st
- Quiz 1 – Syllabus quiz – Due by 5:00PM on Friday September 1st
- Nutrition in Action 1 – Who Are You, and What Do You Know? – Due by 4:25PM on Tuesday September 5th

Week 2 – September 5th and September 7th – The Science of Nutrition, Nutritious Diet, Weight-Inclusivity

Readings

- Sizer & Whitney Chapter 1
- “Weight-Inclusive Care: Evidence and Best Practices” – Janice Dada
- “What Even is Health?” – Laura Thomas

Content Videos

- The One About The Scientific Method
- The One About A Nutritious Diet
- Optional: John Oliver – Scientific Method Issues

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

Assessments –

- Application Question 2 – Due by 4:25PM on Tuesday September 5th
- Quiz 2 – Due by 5:00PM on Friday September 8th
- Nutrition in Action 2 - Find a Scientific Article – Due by 4:25PM on Tuesday September 12th

Week 3 – September 12th and September 14th - 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

Content Videos

- The One About Dietary Reference Intakes
- The One About the Dietary Guidelines
- The One About Nutrition Facts Panels
- The One About USDA Nutritional Equivalents

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

- Application Question 3 – Due by 4:25PM on Tuesday September 12th
 - Quiz 3 – Due by 5:00PM on Friday September 15th
 - Nutrition in Action 3 – Checking Out Nutrition Facts – Due by 4:25PM on Tuesday September 19th
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Week 4 – September 19th and September 21st - Digestion

Readings

- Sizer & Whitney Chapter 3
- “No, Moderate Drinking Isn’t Good For Your Health” – Marlene Cimonis

Content Videos

- The One About Cells, Hormones, and The Nervous System
- The One About Digestion
- The One About Alcohol

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

Assessments

- Application Question 4 – Due by 4:25PM on Tuesday September 19th
 - Quiz 4 – Due by 5:00PM on Friday September 22nd
 - Nutrition in Action 4 – Following Your Favorite Food Down Your Digestive Tract – Due by 4:25PM on Tuesday September 26th
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Week 5 – September 26th and September 28th - Carbohydrates

Readings

- Sizer & Whitney Chapter 4
- “Sweet Little Lies” – Laura Thomas
- “What Are Whole Grains, Anyway?” – Hannah Seo

Content Videos

- The One About Carbohydrate Metabolism
- The One About Carbohydrate Frequently Asked Questions

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

Assessments

- Application Question 5 – Due by 4:25PM on Tuesday September 26th
 - Quiz 5 – Due by 5:00PM on Friday September 29th
 - Nutrition in Action 5 – Asking and Answering Questions about Carbohydrates – Due by 4:25PM on Tuesday October 3rd
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Week 6 – October 3rd and October 5th – Lipids

Readings

- Sizer & Whitney Chapter 5
- “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

- Application Question 6 – Due by 4:25PM on Tuesday October 3rd
 - Quiz 6 – Due by 5:00PM on Friday October 6th
 - Nutrition in Action Activity 6 – Debunk a Popular Diet Due by 4:25PM on Tuesday October 10th
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Week 7 – October 10th and October 12th - Protein & Amino Acids

Readings

- Sizer & Whitney Chapter 6
- “The Health Menace Inside Your Sandwich” – Andrea Petersen

Content Videos

- The One About Protein Function, Structure, and Digestion
- The One About Protein Recommendations, Sources, and Quality
- Optional: The One About Celiac Disease

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

Assessments

- Application Question 7 – Due by 4:25PM on Tuesday October 10th
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Week 8 – October 17th and October 19th – Protein & Amino Acids Finale, Macronutrient Wrap-Up

Readings

- Sizer & Whitney Chapter 6
- “The Health Menace Inside Your Sandwich” – Andrea Petersen

Content Videos

- The One About Protein Function, Structure, and Digestion
- The One About Protein Recommendations, Sources, and Quality
- Optional: The One About Celiac Disease

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

Assessments

- Application Question 8 – Due by 4:25PM on Tuesday October 17th
 - Quiz 7 Due by 5:00PM on Friday October 20th
 - Nutrition in Action 7 - Favorite Food Activity 2 Due by 4:25PM on Tuesday October 24th
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Week 9 – October 24th and October 26th – 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.
- “TikTok Wellness Influencers Are Obsessed with Magnesium. Health Experts Actually Agree With Them” – Hannah Yasharoff

Content Videos

- The One About Water
- The One About the Major Minerals

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

Assessments

- Application Question 9 – Due by 4:25PM on Tuesday October 24th
 - Quiz 8 – Due by 5:00PM on Friday October 27th
 - Nutrition in Action 8 – Majoring in Major Minerals – Due by 4:25PM on Tuesday October 31st
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Week 10 – October 31st and November 2nd – 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

- [“Is This Vegetable Healthier Raw or Cooked?” Quiz](#)

Content Videos

- The One About Trace Minerals
- The One About Fat-Soluble Vitamins

Class Focus – Trace Minerals, Fat-Soluble Vitamins

Assessments

- Application Question 10 – Due by 4:25PM on Tuesday October 31st
 - Quiz 9 – Due by 5:00PM on Friday November 3rd
 - Nutrition in Action 9 – Favorite Food Activity 3 – Vitamins/Minerals - Due by 4:25PM on Tuesday November 7th
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Week 11 – November 7th and November 9th – Water-Soluble Vitamins and Vitamin & Mineral Supplements

Readings

- Sizer & Whitney Chapter 7 p. 236-269
- “Are Common Multivitamins Worth the Money? New Study Explores the Benefits, Harms” – Dr. Michael Daignault

Content Videos

- The One About Water-Soluble Vitamins
- The One About Vitamin and Mineral Supplements
- John Oliver - Supplements

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

Assessments

- Application Question 11 – Due by 4:25PM on Tuesday November 7th
 - Quiz 10 – Due by 5:00PM on Friday November 10th
 - Nutrition in Action 10 – Investigate A Supplement – Due by 4:25PM on Tuesday November 14th
-

Week 12 – November 14th and November 16th – Diet Culture and Anti-Fat Bias

Readings

- [Anti Diet](#) – Christy Harrison - Chapter 1
- [“The Obesity Epidemic”](#) – Maintenance Phase Podcast
- “Diet Culture Interrupts Our Relationship To Culturally Relevant Foods” – Virgie Tovar
- “Why Aren’t Fat People Allowed to Be Trendy?” – Amanda Richards
- “Montpelier Endurance Athlete and Advocate Mirna Valerio is Taking Up Space” – Chelsea Edgar
- “Weight bias: a Call to Action” - Alberga et al., 2016
- [What We Don’t Talk About When We Talk About Fat](#) Chapter 1 – Aubrey Gordon

Content Videos

- The One About Diet Culture
- The One About Fat Bias

Class Focus – Discussing diet culture, how has it impacted you? Identifying anti-fat bias, the different types of anti-fat bias, and how we can combat anti-fat bias in various parts of our lives.

Assessments

- Application Question 12 – Due by 4:25PM on Tuesday November 14th
- Quiz 11 – Due by 5:00PM on Friday November 17th
- Nutrition in Action 11 - Identifying Anti-Fat Bias – Due by 4:25PM on Tuesday November 28th

Week 13 – November 21st and November 23rd - Final Projects and Thanksgiving!

Readings

- No Readings this week

Class Focus – No classes this week, Happy Thanksgiving!

Assessments

- None

Week 14 – November 28th and November 30th – Weight Science and Energy Balance

Readings

- Sizer & Whitney Chapter 9 – Full of weight-normative language
- “Why BMI is Bullshit” – Laura Thomas
- “What We Think We Know About Metabolism May Be Wrong” – Gina Kolata
- “Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks.” – Gaesser & Angadi, 2021
- “The Weight-Inclusive versus Weight-Normative Approach to Health: Evaluating the Evidence for Prioritizing Well-Being Over Weight Loss” – Tracy Tylka et al., 2014
- Optional Podcast: [“The Body Mass Index”](#) – Maintenance Phase

Content Videos

- The One About Weight Science
- The One About Energy Balance

Class Focus – Talking about energy balance and weight without moral judgement, critically evaluating the science on connections between weight and health. What are the differences between a weight-normative and a weight-inclusive perspective?

Assessments

- **Final Projects Due by midnight on Tuesday November 28th**
- Application Question 13 – Due by 4:25PM on Tuesday November 28th
- Quiz 12 – Due by 5:00PM on Friday December 1st

- Nutrition in Action 12 – Search for Weight Normativity/Weight Inclusivity - Due by 4:25PM on Tuesday December 5th
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Week 15 – December 5th and December 7th – Eating Disorders and Building a Health 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
- “Ask a Fat Girl: Eating Disorders Happen at Any Size” – Charlotte Zoller
- Sizer & Whitney Chapter 9 – Controversy 9 – “The Perils of Eating Disorders”

Content Videos

- The One About Intuitive Eating
- The One About Eating Disorders

Class Focus – Working through the ten principles of intuitive eating and discussing the characteristics of several eating disorders.

Assessments

- Application Question 14 – Due by 4:25PM on Tuesday December 5th
 - Quiz 13 – Due by 5:00PM on Friday December 8th
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