NFS 43
Fundamentals of Nutrition
Fall 2018

Instructor: Lizzy Pope, PhD RD
Office: 254 Carrigan Wing
Email: efpope@uvm.edu
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/15min. 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: Tiffany Rounds, MPH: tiffany.rounds@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 diet and health. 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. Find and utilize the appropriate nutrition recommendations for a healthy adult.
3. Recognize how food becomes energy and explain how the food we eat supports or detracts from our health goals.
4. Assess the validity of nutrition-related popular press stories reporting on scientific papers.
5. Evaluate your current diet and how it does or does not meet the U.S. Dietary Guidelines
REQUIRED READINGS AND iCLICKERS

You are required to have the course textbook – Nutrition: Concepts and Controversies, 14th Edition by Frances Sizer & Ellie Whitney. The UVM bookstore carries a custom edition that only contains the chapters we will be covering. You are welcome to purchase the complete text online if you would like. 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.

iClicker - You will need to purchase an iClicker and then register your iClicker online, so I am able to record when you click in. To do this, go to Blackboard, and register your iClicker using the link in the middle of the Blackboard home page.

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.

COURSE GUIDELINES AND TIPS FOR SUCCESS

Coming Prepared for Class
To be prepared for each class you should come with your iClicker, a notebook, and a writing utensil you can use to take notes. I also will expect that you have done the assigned readings, and can reflect on them or use them in class if needed. Coming with an open mind and an intention to give class your best effort would also be great!

Computer and Other Electronic Devices Policy
There will be times where I will ask you to use Blackboard on your computer, tablet, or phone. Other than these specific activity times I strongly caution you against having your electronic devices open and available to distract you. Studies have shown that we are horrible multi-taskers. I’m sure you think you can resist the siren call of the internet for our 75-minute class period, but you cannot. Furthermore, if you use paper and pencil to take notes, you reinforce what you’re learning through the act of physically writing it down rather than typing it. The TAs and I also reserve the right to ask you to discontinue your computer use if we determine that it is distracting to ourselves or other students.

Missing Class
If you miss class, you are responsible for getting the material from another student. The TAs and I do not provide lecture notes, and will not “re-lecture” the material for you. Class outlines are posted on Blackboard, but you must be in class to get the full material. You get two “free” absences before missing class begins to impact your Participation grade.

Tips for Doing Well in NFS 43
The first key for success in NFS 43 is to come to class! I also recommend reading the assigned reading before class. If you do this, you will be familiar with the general topics we’ll be covering, and class lectures will build upon or reinforce this material. You will also
be better prepared to participate in any in-class activities. It can be very helpful to print out the class slides before class, and use them as an outline and to take notes during class time. Finally, after class you need to do something with the material covered in order to better remember it later. Rewriting your class notes and adding in any pertinent information from the readings is a great way to work with the material in between class times and organize it in your mind. As you’re rewriting your notes think about any questions you might have, and make sure to ask myself or the TAs during office hours. You can also use these rewritten notes to study for exams and/or complete the weekly quizzes. 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. Although coming to class is a great start to doing well in this course it is not sufficient. You must work with the material on your own to be maximally successful.

GRADING AND ASSIGNMENT OVERVIEW
Course grades will be based on participation, weekly reading comprehension quizzes, two reflections, three exam grades, and the dietary assessment assignment.

Your final grade will be determined based on the following percentages for each assignment type, more details about what composes each grading category can be found below:

Participation 10%
Exams – 20%
Final Exam – 15%
Dietary Assessment Assignment – 20%
Weekly Quizzes 20%
Reflections- 15%

Grade Cut-Offs
The grade cut-offs for NFS 43 are as follows. I will stick to these cut-offs and not round up. The only opportunity for extra credit will be any in-class activities that I decide to assign points to. Please do not ask for additional extra credit.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A+:</td>
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<tr>
<td>A</td>
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<tr>
<td>A-</td>
<td>90-92.9%</td>
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<tr>
<td>B+:</td>
<td>88-89.9%</td>
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<td>D-</td>
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<tr>
<td>F</td>
<td>&lt;60</td>
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</tbody>
</table>

Participation/Attendance (10% of grade) – It really, really bothers me when students don’t come to class. I know you have every right to decide what to do with your time, but you’re paying for the pleasure of being part of this class, the easiest thing you can do to do well is show up. It’s my experience that students who show up to class do much better than students who have many absences. To that end, I will be taking attendance each day using iClickers. I will also be providing credit for completion of some in-class activities. You will
get credit for attendance each day you register attendance using your iClicker, and for any
in-class activities you complete. If you leave class early or come late the TAs and I reserve
the right to take away any attendance credit.

There are 24 non-exam class periods, you will be able to earn iClicker credit for attending a
maximum of 22 classes, which allows you two “free” absences before you start losing
attendance credit. I would highly recommend saving these absences for times where you’re
sick with the flu and need to stay home, your brother’s getting married and you need to miss
a Thursday class, or you get a job interview and need to miss class. Do not waste these free
absences on days where you just aren’t feeling motivated to come to class, COME TO
CLASS!!

Weekly Comprehension Quizzes (20% of grade) – Almost every week on Blackboard you will
be expected to complete a reading comprehension quiz. These quizzes will assess your
understanding of that week’s reading material and will provide a nice practice opportunity
before exams to make sure you’re understanding the material. These quizzes are open
note, open book. Some quiz questions will reappear on exams. Quizzes will be released on
Blackboard each Thursday after class, you will have until 9AM on the following Tuesday to
complete the quiz. It is a violation of the class honor code to obtain quiz answers from a
friend, the quizzes should be completed independently. You will be able to drop your
lowest quiz grade.

Reflections (15% of grade) – You will need to complete two “Reflection” assignments
throughout the semester. These reflections are short writing assignments (no longer than
500 words) where you will be examining a class topic in more detail. All reflections will be
turned in via Blackboard, and are due by midnight on the assigned date. Specific directions
for each reflection can be found on Blackboard.

Dietary Assessment Assignment (20% of grade) – 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.

Exams (20% of grade) – There will be two 75-minute exams given throughout the semester.
These exams are not cumulative, meaning they will cover only the material we’ve covered in
class since the last exam. All exams will consist of fifty multiple choice questions. A study
guide will be provided before each exam, and the TAs will lead review sessions. Material
from the readings as well as class lectures will be fair-game for exam questions. You will be
able to look at an answer sheet and your scantron sheet in the Nutrition Department Office
after the exam, exams will not be returned to students. Reviewing any wrong answers is
highly recommended as the final exam will reuse some questions from previous exams.
Final Exam (15% of grade) - There will be a CUMULATIVE final exam given during the final exam period at the end of the course. The exam will cover material learned throughout the semester, and will take the form of multiple choice questions.

LATE POLICY, EXCUSED ABSENCES, and DISPUTING GRADES
Late quizzes and exams will not be accepted. For the Dietary Assessment assignment you will receive a 10-point penalty for each day the assignment is late. For the Reflection assignments you will receive a five-point penalty for each day the assignment is late. The final exam date is assigned by the UVM Registrar’s Office and is non-negotiable, no alternate date final exams will be provided, please plan your winter break travel plans accordingly. The only exception to this will be if a student has more than four exams in a 36-hour period. If this is the case, please discuss your final exam schedule with me at least two weeks in advance.

If you wish to dispute an exam 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.

The only reasons absences will be excused are if the Dean’s Office contacts me about a particular situation, or if there is a pre-approved Varsity Athletic or religious conflict. If you are going through a personal crisis of some sort please contact your College’s Dean’s Office to get support in contacting your professors. If you are sick, remember that you get two “free” class absences, it is good to stay home and rest if you could infect others, if the illness lasts more than a few days please go to the Student Health Center to document your illness and talk to your College’s Deans Office.

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 answers, 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 Tiffany.” 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 are one graduate TA and eight undergraduate TAs for this course. Based on your last name, you have a specific TA assigned to you. Your assigned TA can always be your first point of contact with any course issues.

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<thead>
<tr>
<th>Our Teaching Assistants</th>
<th>Their Email Address</th>
<th>Your Assigned TA Based on your last name</th>
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<tbody>
<tr>
<td>Graduate TA – Tiffany Rounds</td>
<td><a href="mailto:Tiffany.rounds@uvm.edu">Tiffany.rounds@uvm.edu</a></td>
<td>Ahearn-Cheng</td>
</tr>
<tr>
<td>Emily Callaghan</td>
<td><a href="mailto:Emily.Callaghan@uvm.edu">Emily.Callaghan@uvm.edu</a></td>
<td></td>
</tr>
<tr>
<td>Name</td>
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<td>Group</td>
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</tr>
<tr>
<td>Victoria Taormina</td>
<td><a href="mailto:Victoria.taormina@uvm.edu">Victoria.taormina@uvm.edu</a></td>
<td>Cioffi-Esserman</td>
</tr>
<tr>
<td>Mackenzie Burke</td>
<td><a href="mailto:Mburke21@uvm.edu">Mburke21@uvm.edu</a></td>
<td>Fahrner-Harris</td>
</tr>
<tr>
<td>Chris Irish</td>
<td><a href="mailto:Christopher.irish@uvm.edu">Christopher.irish@uvm.edu</a></td>
<td>Haselgard-Laine</td>
</tr>
<tr>
<td>Rachel Frankenfield</td>
<td><a href="mailto:Rachel.frankenfield@uvm.edu">Rachel.frankenfield@uvm.edu</a></td>
<td>Langevin-Nishizawa</td>
</tr>
<tr>
<td>Jesse Brinkman</td>
<td><a href="mailto:Jesse.brinkman@uvm.edu">Jesse.brinkman@uvm.edu</a></td>
<td>Nohl-Rappel</td>
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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](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/](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/
<table>
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<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignments Due</th>
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<tbody>
<tr>
<td>Aug 28</td>
<td>Course Introduction Why Does Nutrition Matter?</td>
<td>Course Syllabus</td>
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</table>
| Aug 30 | Science of Nutrition | • Course Syllabus  
• Sizer & Whitney Chapter 1  
• “Contradictory Media Messages About Nutrition Confuse People: Is Anyone Surprised?” – Mary Bradley |  |
| Sept 4 | Nutrition Guidelines | • Sizer & Whitney Chapter 2  
• “What’s New in the Dietary Guidelines” – Jane Brody  
• “Sweet Talk: FDA’s ‘Added Sugar’ Label hits Sour Note With Maple Syrup Makers – John Dillon | Quiz 1 Due 9AM |
| Sept 6 | Digestion | • Sizer & Whitney Chapter 3  
• “Obesity Surgery May Work by Remaking Your Gut Microbiome” – Megan Molteni | Reflection 1 Due by Midnight |
| Sept 11 | Digestion Cont. | • Sizer & Whitney Chapter 3  
• “Drink to your health? It depends on how much drinking you do, study shows” – Melisa Healy  
• “Cancer Doctors Cite Risks of Drinking Alcohol” – Roni Caryn Rabin | Quiz 2 Due 9AM |
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Reading Material</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Sept 13</td>
<td>Catch-Up and Review</td>
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<tr>
<td>Sept 18</td>
<td>Exam 1</td>
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</table>
| Sept 20 | Carbohydrates                | • Sizer & Whitney Chapter 4  
• “What the Fruc(tose)?” – Laura Thomas |                                   |
| Sept 25 | Carbohydrates Cont.          | • Sizer & Whitney Chapter 4  
• “We Need to Talk About ‘Refined Sugar Free’” – Laura Thomas | Quiz 3 Due 9AM                    |
| Sept 27 | Lipids                       | • Sizer & Whitney Chapter 5  
• “Trans Fats Should be Eliminated Worldwide by 2023, W.H.O. Says” – Andrew Jacobs |                                   |
| Oct 2  | Lipids                       | • Sizer & Whitney Chapter 5  
• “Coconut Oil is Over, RIP Coconut Oil” – Laura Thomas | Quiz 4 Due 9AM                    |
| Oct 4  | Proteins and Amino Acids     | • Sizer & Whitney Chapter 6  
• “Australian Bodybuilder with Rare Disorder Dies Eating High-Protein Diet” – Susan Scutti |                                   |
| Oct 9  | Proteins and Amino Acids     | • Sizer & Whitney Chapter 6  
• “So Will Processed Meat Give You Cancer?” – Anahad O’Connor | Quiz 5 Due 9AM                    |
<p>| Oct 11 | Catch-Up and Review          |                                                                                  |                                   |
| Oct 16 | Exam 2                        |                                                                                  |                                   |</p>
<table>
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<tr>
<th>Date</th>
<th>Topic</th>
<th>Notes</th>
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| Oct 18 | Water and Major Minerals       | - Sizer & Whitney Chapter 8  
                          - “Contaminants in Water are Legal but Still Pose Big Health Risks, Environmental Group Says” – Sarah Toy |
| Oct 23 | Major Minerals                | - Sizer & Whitney Chapter 8  
                          - “Magnesium is Essential to your Health, but Many People Don’t Get Enough of It” – Consumer Reports |
| Oct 25 | Trace Minerals                | - Sizer & Whitney Chapter 8  
                          - “Heads Up, Moscow Mule Lovers: That Copper Mug Could be Poisoning You” – Amy B. Wang |
| Oct 30 | Fat Soluble Vitamins          | - Sizer & Whitney Chapter 7  
                          - “Why Are So Many People Popping Vitamin D?” – Gina Kolata |
| Nov 1  | Fat Soluble Vitamins          | - Sizer & Whitney Chapter 7  
                          - “Is Roasting a Healthy Way to Cook Vegetables?” – Roni Caryn Rabin  
                          - Red, White and Blood: U.S. Soccer Uses Testing to Gain an Edge” – Jeré Longman |
| Nov 6 | Water Soluble Vitamins | • Sizer & Whitney Chapter 7  
• “The Vegetarian and the Puzzling Link Between Diet and Mood” – Alice Robb | Quiz 8 Due 9AM |
| Nov 8 | Water Soluble Vitamins | • Sizer & Whitney Chapter 7  
• “Which Supplements, if Any, May Be Worth Your Money” – Jane Brody |
| Nov 13 | Catch-Up, Review, and Dietary Assessment Assignment Final Questions | | Quiz 9 Due 9AM |
| Nov 15 | Energy Balance | • Sizer & Whitney Chapter 9  
• “Losing It in the Anti-Dieting Age” – Taffy Brodesser-Akner  
• “A Lesson From the Biggest Losers: Exercise Keeps Off the Weight” – Gina Kolata | Dietary Assessment Assignment Due! |
| Nov 20 | Thanksgiving Break, no class. Happy Thanksgiving! | | |
| Nov 22 | Energy Balance + Diet and Health | • Sizer & Whitney Chapters 9, 11 | |
| Nov 27 | Diet and Health – No More Fad Diets | • Sizer & Whitney Chapter 11  
• “Rediscovering the Kitchen, and Other Tips for Heart Health” – Jane E. Brody | Quiz 10 Due 9AM |
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>Dec 4</td>
<td>Diet and Health – Intuitive/Mindful Eating and Your Unanswered Questions</td>
<td>• “Relax, You Don’t Need to ‘Eat Clean’” – Aaron E. Carroll</td>
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<tr>
<td>Dec 6</td>
<td>Catch-Up and Final Exam Review</td>
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<tr>
<td>Dec 13</td>
<td>Final Exam</td>
<td>4:30-7:15 in MLS 235!</td>
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