EIU 4151: Nutrition Dilemmas and Decisions

Course Syllabus
Eastern Illinois University
Summer (4-week), 2012

Instructor: Sara Namken, MS, RD, (office located at 2301 Klehm Hall)

Office Hours: By appointment only

Contact Information: 217-581-7571 (office)
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Classroom: 2040 Klehm Hall

Class Schedule: 4:00 pm – 6:30 pm, MTWR

**** Help using APA format can be found at http://owl.english.purdue.edu/owl/resource/560/01/

Catalog Description: Through a comprehensive approach, this course will examine the relationship of food and nutrition to multi-cultural practices, origins of food preparation and consumption habits, dietary trends, individual dietary intake, quality of life, and disease incidence.

Course Objectives: Upon completion of this course, students will be able to:

1.) Discuss current food and nutrition issues, and identify how personal nutrition choices and views impact quality of life.

2.) Evaluate the validity and reliability of nutrition information from a variety of sources, and demonstrate the ability to make informed decisions regarding diet and lifestyle.

3.) Compare multicultural behaviors and eating habits, and their impact on societal diversity.

4.) Communicate in written and oral form controversial issues surrounding current nutrition topics.

5.) Integrate concepts and interrelationships among food, nutrition, health, economics, politics, ecology, and lifestyle that pose significant challenges to individuals and society.

Disabilities: Students with documented disabilities or other special needs should contact the Office of Student Disability Services http://www.eiu.edu/~disablty/ at 581-6583.

Attendance: Per University Policy, attendance is expected at all class sessions. If an absence does occur, the student is responsible for material covered during the absence. Work can ONLY be made up if the absence is excused by the professor for properly verified reasons such as an illness, emergency, or participation in an official University activity. It is the student's responsibility to initiate plans for make-up work in these instances. However, participation points are unable to be made up whether the absence is excused or unexcused.

Course Assignments

Assignment #1: Participation
You will receive 2 points each day for attending class AND participating in discussions, classroom activities, and other in-class assignments. Points will not be given to those students who come to class, but do not participate. If you miss a class, these points cannot be made up. These are meant to be freebee points, so I would recommend that you take advantage. ☺
Participation points will total 30 for the semester.

Assignment #2: Debates
Debates on controversial issues will occur during the semester. Students will work in pairs with one person assigned the pro side and the other assigned the con side. Partners will work together in locating and studying several credible references to form arguments/rebuttals on the assigned debate topic. Each debate should last approximately 30 minutes with class discussion to follow. Use the following format:

- 2 minutes introduction (each side, recite all sources)
- 10 minutes to defend your debate topic (each side, recite all sources)
- 3 minutes for rebuttal and closing (each side, recite all sources)

This is a group grade, and each individual must discuss at least 5 reputable sources. Students must use one form of visual aid during presentation. Use of PowerPoint is encouraged but not required for this assignment. A grading rubric will be given. If you are absent on the day of your debate presentation, you will receive a ZERO for this assignment.
This assignment is worth 20 points.

Assignment #3: Individual Position Statement Paper
Based on your debate topic, write a 6-8 page position statement on your true position. You must have at least 6 FULL pages of writing. You must include 8 credible references and citations when supporting your position using APA format. Please include a title page. This paper is due at the beginning of class on the day of your debate. A grading rubric will be provided.
This assignment is worth 40 points.

Assignment #4: Nutrition in the News Presentation
Students will give a 7-10 minute PowerPoint presentation and lead a 3-5 minute discussion on a portrayal of food/nutrition in the media for the topic of discussion that week. A copy of the PowerPoint presentation MUST be provided the day the assignment is due. A grading rubric will be provided. If you are absent the day of your presentation, you will receive a ZERO for this assignment.
This assignment is worth 15 points.

Final Exam
A final exam will be given during the last meeting. The exam will be 25 multiple choice questions.

Grading Policy: Your grade will be determined based on the total number of points received in this class. The following grading scale will be used:

90-100% A
80-89% B
70-79% C
60-69% D
59% and below F

If you would like to dispute a grade that you received on an assignment, you have exactly ONE week from the time the assignment was returned to you to do so. I do not expect students to come to me at the end of the semester questioning a grade he/she received weeks prior. You have one week, and one week only, to dispute a grade. No exceptions.

Late grading: Late assignments will not be accepted during the 4-week summer course.

*****The instructor reserves the right to change/amend the syllabus at any given time during the semester.*****

Course Schedule:

Date	Topic	
May 14th	Course introduction Review of syllabus and expectations Get to know each other Sign-up for assignment due dates/get partners	
May 15th	Intro to course Portion Size Me	
May 16th	Nutrition Basics Evaluating Nutrition Info Dietary Habits: Current Eating Habits	
May 17th	World Hunger "Food, Inc." Video	
May 21st	Media and Body Image Issues Assignments 2 & 4 Due***	

May 22nd	Nutrients: Omega-3 Choices Nutrients: Trans Fats & HFCS Assignments 2 & 4 Due***	
May 23rd	Nutrition/Health: Diet & Cancer Nutrition/Health: Diabetes Assignments 2 & 4 Due***	
May 24th	Childhood Nutrition & Weight Issues Obesity Prevention & Health Diets Assignments 2 & 4 Due***	
May 28th	No Class – Memorial Day	
May 29th	No Class	
May 30th	Fad Diets/ Mindful Eating Assignments 2 & 4 Due***	
May 31st	Fast Food & Eating Out "Supersize Me" Video Assignments 2 & 4 Due***	
June 4th	Slow Food and Sustainable Diets Assignments 2 & 4 Due*** Assignment 3 Due***	
June 5th	Vegetarianism Assignments 2 & 4 Due***	
June 6th	Functional Foods Assignments 2 & 4 Due***	
June 7th	Alcohol Final Exam Assignments 2 & 4 Due***	

*****Due dates for Assignments 2 and 4 will be decided upon during the first week of class.**