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## Personal Nutrition (FCS 2100)

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### Course Description

Study of the impact of individual food behaviors on the nutritional status of individuals, families, and the global society, and the identification of behavior change strategies to positively influence health outcomes.

### Course Objectives

As a result of experiences in this class, students will be able to:

- demonstrate a working knowledge of the influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
- demonstrate a working knowledge of socio-cultural and ethnic food consumption issues and trends for various consumers.
- use current information technologies to calculate and interpret nutrient composition of foods.
- demonstrate a working knowledge of health promotion and disease prevention theories and guidelines in the promotion of pleasurable eating as part of a healthy lifestyle for individuals, families, and society.
- demonstrate a working knowledge of the influence of age, growth, and normal development on nutrition requirements.
- demonstrate a basic knowledge of digestion, absorption, metabolism, and functions of nutrients.
- critically evaluate between nutrition fact and fallacy, including alternative nutrition and herbal therapies, fad diets, and other nutritional supplements.

### Course Policies and Procedures

1. If you have a **documented disability**, please contact the Office of Disability Services (6583) ASAP.
2. **Exams and quizzes** will not be made up. If you must miss an exam or quiz, you must notify the instructor within 24 hours **BEFORE** exam or quiz time and follow up with appropriate written documentation. If excused, the point value of the missed exam or quiz will be added to the next scheduled exam or quiz. If unexcused (reason for absence is not excused or the procedures were not followed), no credit will be allowed.
3. Assignments are due at the beginning of class time on the date listed on the schedule. **Late assignments** include any assignment, REGARDLESS OF THE REASON, turned in after class. Ten percent will be deducted per day late, and 5% will be deducted if received on the due date but after class is over. No assignments will be accepted in person after one week late.
4. Per University Policy, **attendance** is expected at all class sessions. When an absence does occur, the student is responsible for the material covered during the absence. When possible, the student should notify the instructor in advance of an anticipated absence. Dr. Burns will grant make-up privileges (when possible) to students for properly verified absences due to illness, emergency, or participation in an official University activity; and such absences will not militate against students in classes in which attendance is used directly in determining final grades. Attendance at weddings, funerals, and birth/adoption of a baby/child are all wonderful life experiences; however, they do not constitute an excused absence. It is the student's responsibility to initiate plans for make-up work and to complete

## Personal Nutrition (FCS 2100)

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it promptly. If in the instructor's judgment the duration or number of absences renders make-up work unfeasible, the instructor may contact the Vice President for Student Affairs and the Department Chairperson to determine an appropriate action.

5. **Tardiness** is not an acceptable behavior and the instructor reserves the right to enforce a tardy policy, if deemed necessary. If your absence or tardiness causes you to miss any class announcements, it is your responsibility to find out what announcements were made and how they might affect you.
6. Students are expected to do his/her own work on assignments, unless group work or collaboration with others to complete assignments has specifically been indicated. It is assumed that students will honor the tradition of **academic honesty**. Per Eastern's Student Conduct Code IA, plagiarism will not be tolerated in this class. Should incidents of suspected classroom cheating or plagiarism occur, the University's policy on student misconduct will be followed.
7. **Cell phone usage** (e.g. talking, texting, Internet usage) is not allowed in this course. The cell phone is to be turned off (not on vibrate) and not visible (e.g. keep it in your bookbag). If the professor witnesses cell phone usage, then, you will be marked as absent and will be asked to leave class. If there is a special circumstance in which you need to have the phone on, you need to discuss this with the professor prior to the start of class.
8. The SuperTracker and Individual Dietary Analysis assignments are excellent artifacts for the FCS Core portfolio, specifically for Core Learning Outcome 6.

### Course Expectations

I expect you to attend class regularly, bring your text daily, read the chapter before class, not have your cell phone out, and be actively involved during class time. I want to you learn about nutrition, and see relevance of eating healthy in your own life.

### Course Text

Grosvenor, M. and Smolin, L. (2012). *Visualizing Nutrition*, 2e. John Wiley and Sons Publishing.

### Evaluation of Learning

Assignment	Total points	Your points
Exam 1	60	
Exam 2	60	
Exam 3	60	
SuperTracker assignment	40	
Nutrient Analysis activity	40	
Quizzes	60	
Individual Dietary Analysis	80	
Final exam (50 questions from new material/50 questions from past exams)	100	

### Grading Scale

500-450 points A      449-400 points B      399-350 points C      349-300 points D      <299 F

## Personal Nutrition (FCS 2100)

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### Tentative Schedule

Week	Topic/Assignments	Readings
1	Food Choices and Nutrients	Ch 1
	Nutrition in Health and Disease; Choosing a Healthy Diet	
	Evaluating Nutrition Information	
2	Nutrient Recommendations	Ch 2
	Dietary Planning Tools	
	Dietary Planning Tools	
3	No Class!	
	Digestion: From Meals to Molecules *Quiz 1 (Chapter 2)	
	Digestion: From Meals to Molecules	Ch 3
4	Examination 1	Ch 1-3
	Carbohydrates *SuperTracker Assignment due	Ch 4
	Carbohydrates	
5	Carbohydrates	
	Lipids *Quiz 2 (Chapter 4)	Ch 5
	Lipids	
6	Lipids	
	Nutrition Math – bring calculator (not calculator on phone) *Quiz 3 (Chapter 5)	
	Protein and Amino Acids	Ch 6
7	Protein and Amino Acids *Nutrient Analysis due	
	Examination 2	Ch 4-6
	Fall Break!	
8	Class cancelled!	
	Vitamins	Ch 7
	Vitamins	
9	Supplementation – bring supplement container *Quiz 4 (Chapter 7)	
	Water and Minerals	Ch 8
	Water and Minerals	

Personal Nutrition (FCS 2100)

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10	Water and Minerals	
	Energy Balance *Quiz 5 (Chapter 8)	Ch 9
	Energy Balance	
11	Energy Balance	
	Energy Balance	
	Energy Balance	
12	Exam 3	Ch 7-9
	Nutrition, Fitness, and Physical Activity *Individual Dietary Analysis due	Ch 10
	Nutrition During Pregnancy and Lactation	Ch 11
13	Nutrition During Pregnancy and Lactation	
	Nutrition During Pregnancy and Lactation	
	Nutrition from 1 to 100 *Quiz 6 (Chapter 11)	Ch 12
14	Nutrition from 1 to 100	
	Nutrition from 1 to 100	
	How Safe is Our Food Supply?	Ch 13
15	How Safe is Our Food Supply?	
	Feeding the World	Ch 14
	Feeding the World	
	Final examination	All chapters covered