EIU 4151-703: Nutrition Dilemmas and Decisions

Course Syllabus
Eastern Illinois University
Fall Semester, 2012

Instructor: Kristen DiFilippo, MS, RD, LDN

Office Hours: 2050 Klehm Hall
Monday & Wednesday 2-4 & 6:30-7
217-581-6352

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Classroom: Parkland College D Wing D144
Class Schedule: Friday 5-9 pm, Saturday 8:00 am – 5:30 pm, 8/24-25, 9/14-15, 10/12-13

Textbook: Strickland, A. *Annual Editions: Nutrition 11/12, 23rd ed*: McGraw- Hill Contemporary Learning Series.

**** 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 at http://www.eiu.edu/~disablty/ or 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. Participation points are unable to be made up whether the absence is excused or unexcused. If a student is not present when attendance is taken, they will lose participation points.

Course Assignments

Eastern Illinois University is committed to the learning process and academic integrity that is defined in the Student Conduct Code (1.1). To encourage original and authentic written work, any written assignment created in this course may be submitted for review to Turnitin.com and will become a searchable document with the Turnitin-protected and restricted use database."

Assignment #1: Participation
You will receive 5 points each weekend 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 15 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 <u>each</u> individual must discuss at least 5 reputable sources. 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 on the Friday of the 2nd weekend. 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 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.

Assignment #5: Food and Culture Paper
Students will choose a culture and write a 3-5 page paper describing the culture's food practices (i.e. preparation, meal schedule, healthfulness of foods, etc.). You must have at least 3 FULL pages of writing. You must include a minimum of 3 credible references and citations using APA format. Please include a title page. This paper is due on the Friday of the 3rd weekend. Students will discuss their research with the rest of the class on the due date. A grading rubric will be provided.
This assignment is worth 20 points.

Assignment #6: Miscellaneous
Throughout the semester, students will be expected to complete in-class activities, homework assignments, and quizzes. Miscellaneous assignments will occur randomly. If you are not present in class and your absence is unexcused, these points CANNOT be made up.
These assignments will total 20 points.

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 (117-130 points)
80-89% B (104-116 points)
70-79% C (91-103 points)
60-69% D (78-90 points)
59% and below F (77 points and below)

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: All due dates are listed in the course schedule. No matter the excuse, assignments will lose 5% if turned in after class on the due date and 10% every day thereafter. If an assignment is more than one week late, it will not be accepted.

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

Course Schedule:

Date	Topic	Article(s)
August 24th	Course introduction Sign-up for assignment due dates Nutrition Basics	11, 15, 16
August 25th	Evaluating Nutrition Info Dietary Habits: Current Eating Habits "Supersize Me" Video Portion Size Me	2, 29 3 8 4
September 14th	Nutrition/Health: Diabetes Assignments 2, 3, & 4 Due***	19, 22
September 15th	Nutrition/Health: Diet & Cancer Vegetarianism Media and Body Image Issues Assignments 2 & 4 Due***	5, 18 21
October 12th	Childhood Nutrition Assignments 2, 4 & 5 Due***	24
October 13th	Functional Foods Hunger and Malnutrition Course Wrap-Up Assignments 2 & 4 Due***	 1, 38 27

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