

EIU 4151: Nutrition Dilemmas and Decisions

Course Syllabus Eastern Illinois University Fall Semester, 2012

Instructor: Jillian Hurt, MS, RD, LDN (office located at 2050 Klehm Hall)

Office Hours: Monday, Wednesday, and Friday 11:00 – 12:00 and 1:00 – 2:00.

Contact Information: email: jehurt@eiu.edu

Textbook: Strickland, A., *Annual Editions: Nutrition 11/12, 23rd ed.* New York, NY: 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: If you need course adaptations or accommodations because of a documented disability, if you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please notify me or make an appointment with me as soon as possible. My office location and hours are stated on the first page of the syllabus. Also contact the Coordinator of the Office of Disability Services at 581-6583 as soon as

possible unless you have already established a file and have memoranda to me stating you receive support and are entitled to a specific accommodation.

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.

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.

No Cell Phone Use During Class. If you are texting or using your phone during class, you will lose 5 points for each occurrence.

Course Assignments

Assignment #1: Miscellaneous/ Participation

You will receive points each class period 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.

Assignment #2: Debates

Debates on controversial issues will occur during the semester. Students will sign up for topics the 1st week of class. Students will work in pairs with one person presenting the pro side and the other presenting the con side. Partners will work together in locating and studying several **credible** references to form arguments/rebuttals on the chosen debate topic. Each debate should last approximately **30 minutes** with class discussion to follow. The following format is 1 example:

- 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 during the presentation, not at the end in a reference page. Use of PowerPoint is required for this assignment. **A copy of the PowerPoint presentation MUST be provided the day the assignment is due.** 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 40 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: Individual Presentations

Students will give a 7-10 minute PowerPoint presentation **and lead a 3-5 minute discussion** on a portrayal any food/nutrition topic. Students will sign up for topics during the 1st week of class. **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 25 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, religious implications in food choices, common food choices etc). You must describe at least 4 food practices. 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. Students will informally discuss their research with the rest of the class on the day of the final. A grading rubric will be provided.

The paper is worth 20 points. The informal discussion on the day of the final is worth 10 points.

Assignment #6: SuperTracker Assignment

Each student will track their food/beverage intake and all activities for a 24 hour period. This information will be put in the SuperTracker program at the

<https://www.choosemyplate.gov/SuperTracker/default.aspx>

website. Further explanation of this assignment will be provided in class.

These assignments will total 30 points.

Assignment #7: Harvest of Fear Paper

This assignment will be done during the GMO discussion week. Students will visit the PBS Harvest of Fear website located at <http://www.pbs.org/wgbh/harvest/> After visiting the site, click on the link titled "Should we grow GM crops". At the bottom of the page, you will click either yes or no depending on your opinion. You will proceed through a number of arguments. After reading the arguments, you will write a 1 page reflection paper on what you learned from the arguments and whether you are for or against GM crops. The paper does not have to be typed. This assignment is worth 10 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

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: All due dates are listed in the course schedule. No matter the excuse, assignments will lose 10% if turned in late. You have 1 week from the due date to turn in the assignment to receive any credit. 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	Lecture/In class activity/Homework	Related Article(s)	Individual presentations
8/20	Course introduction Review of syllabus and expectations Pretest Sign-up for assignment due dates		
8/22	Nutrition Basics Read article #3 (Which of the urban legends surprised you?)		
8/24	Nutrition Basics		
8/27	Dietary Guidelines Assign SuperTracker Assignment	4, 9, 11, 12, 13, 15, 18, 19, 32	
8/29	Dietary Guidelines		
8/31	Dietary Guidelines Food Label Activity		
9/3	No Class		
9/5	Obesity		
9/7	3 Individual presentations		Sensa, paleo diet, sugar busters diet

9/10	3 individual presentations *SuperTracker activity due		Nutrisystem, Weight Watchers, Atkins diet
9/12	Bariatric surgery debate		
9/14	3 individual presentations		Special K diet, Maple Syrup diet, Hollywood cookie diet
9/17	Sin Taxes Debate		
9/19	High Fructose Corn Syrup Debate		
9/21	Supplements		
9/24	3 individual presentations		Hydroxycut, Stacker 2, Hoodia
9/26	3 individual presentations		Slimquick, slim shots, kava kava
9/28	Weight loss supplement debate		
10/1	Eating Disorders		
10/3	Vegetarianism		
10/5	No Class		
10/8	Vegetarianism debate		
10/10	Milk Debate		
10/12	Forks over Knives		
10/15	Functional Foods		
10/17	Soy Debate		
10/19	3 individual presentations *Vending machine worksheet due		Flax seed, celiac diseases(gluten free), phytosterols
10/22	3 individual presentations		Coconut water, acai berry,

			probiotics
10/24	Organics/slow foods Assign Harvest of Fear Assignment		
10/26	Organics debate		
10/29	GMO debate		
10/31	Food Inc		
11/2	Food Inc/ Discuss Harvest of Fear		
11/5	Healthfulness of Fast Food Debate		
11/7	Supersize Me movie		
11/9	Supersize Me movie		
11/12	Aspartame debate		
11/14	Survey Critical Thinking appraisal		
11/16	3 individual presentations		Cross fit, anabolic steroids, caffeine
11/19- 11/23	Thanksgiving Break		
11/26	3 individual presentations		P90X, Insanity, Creatine
11/28	Feeding Children		
11/30	Breastfeeding vs Formula feeding debate		
12/3	School Food Environment		
12/5	3 individual presentations		Let's Move, Play 60, Healthy Vending Machines
12/7	Food Marketing to Kids debate		