Instructor: Natalie Rodakowski, MS, RD Phone: (217) 581-6440
Office: Klehm Hall 2014 Email: nmrodakowski@eiu.edu
Office Hours: M,W 12-2 and T,R 2-3 or by appointment

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.

Frequently Asked Questions about Course Policies and Procedures

I have a documented disability. **What do I do?**
Please contact the Office of Disability Services (6583) ASAP.

Can I make up an exam?
Exams 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 from an exam, the point value of the 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.

Can I make up assignments?
Assignments are due at the beginning of class time on the date listed on the schedule. There is no such thing as a **late assignment** in this course. If it is not brought to class on the assigned day, no credit will be given for the assignment. Exceptions include an excused absence only.

Can I skip class?
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.

Ms. Rodakowski 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, 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 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.

What counts as an "Excused Absence?"

Excused:

- A doctors appointment with a doctors note for the day that you had missed.
- A Funeral with documentation
- A EIU athletes sport event with documentation
- Any EIU sponsored event in which you have documentation that you are required to attend
- A conference in which you are required to attend with documentation

HINT: NEED DOCUMENTATION

Not Excused:

- Weddings
- Headaches
- Sick without a doctors note
- Car broke down
- Vacation

What happens if I oversleep and I come in late?
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. **On days of quizzes, we have lectures after. Therefore, we have to wait on everyone to finish the exam or quiz. On these days, if you are more than 10 minutes late to class, you will not be able to take the quiz or exam.**

Does Tardiness or missing class affect my grade?
Attendance and tardiness will be monitored throughout the semester. Points will not be given or deducted when missing or coming to class. However, when deciding on bumping up a letter grade that is on the borderline, attendance will be used to determine if the letter grade will be bumped up or stayed where it is.

What is Academic Honesty?
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.

Can I use my cell phone or laptop?
No. Laptops and cell phones are not allowed to be used in the classroom. Cell phones must be turned off and put away during class time. Magazine reading, newspaper reading, and working on materials for classes or projects other than those for this class are prohibited. iPod use is also prohibited. Talking during class lecture is not tolerated.

What is the best way to contact the professor?
Panthermail is the best way to get in touch with the professor. Webct does have email but should not be used when a student would like an immediate response to a question.

If I am not coming to class, can I email the assignment that is due?
Emailed assignments will not be accepted, and the instructor is not responsible for assignments turned into the mailbox or under the office door. The assignment needs to be a hard copy that is handed it as soon as class starts to receive any credit.

Course Text

Grosvenor, M. and Smolin, L. (2010). *Visualizing Nutrition*, 1e. John Wiley and Sons Publishing.

Evaluation of Learning

Assignment	**Total points**	**Your points**
Exam 1	60	
Exam 2	60	
Exam 3	60	
Food Label Activity	15	
SuperTracker assignment	40	
Nutrient Analysis activity	40	
Quizzes	75	
Presentation	50	
Individual Dietary Analysis	80	
Final exam	100	
Extra Credit Minerals Worksheet **OR** Water DVD worksheet	15	

Grading Scale

The final grade will be based on a scale of:
90-100% = A
80-89% = B
70-79% = C
60-69% = D
59% and below = F

Week	Topic/Assignments	Readings
1		
(8/20)	Syllabus, Introduction: Food Choices and Nutrients	Ch 1
(8/22)	Nutrition in Health and Disease; Choosing a Healthy Diet	Ch 1
(8/24)	Evaluating Nutrition Information	Ch 1
2		
(8/27)	Food Labels; Nutrient Recommandations	Ch 2
(8/29)	Dietary planning tools	Ch 2
(8/31)	Dietary Planning: Food labels	Ch 2
3		
(9/3)	**No Class**	
(9/5)	Nutrition Math (**Bring food label and calculator**) **Quiz 1 (Ch 2)**	
(9/7)	Digestion: From Meals to Molecules	Ch 3
4		
(9/10)	**SuperTracker assignment due** Digestion, Absorption	Ch 3
(9/12)	**Exam 1**	Ch 1-3
(9/14)	Carbohydrates	Ch 4
5		
(9/17)	Carbohydrates	Ch 4
(9/19)	Carbohydrates	Ch 4
(9/21)	Lipids **Quiz 2 (Carbs)**	Ch 5
6		
(9/24)	Lipids	Ch 5
(9/26)	Lipids	Ch 5
(9/28)	Protein **Quiz 3 (Lipids)**	Ch 6
7		
(10/1)	Protein	Ch 6
(10/3)	Protein	Ch 6
(10/5)	**No Class**	
8		
(10/8)	**Exam 2**	Ch 4-6
(10/10)	Vitamins **Nutrient Analysis due**	Ch 7
(10/12)	Vitamins	Ch 7
9		
(10/15)	Vitamins	Ch 7
(10/17)	Supplementation (**bring supplement container**) **Quiz 4 (Vitamins)**	
(10/19)	Water and Minerals	

10		
(10/22)	Water and Minerals	Ch 8
(10/24)	**No Class**	
(10/26)	Water and Minerals	Ch 8
11		
(10/29)	Energy Balance **Extra Credit Due**	Ch 9
(10/31)	Energy Balance **Quiz 5 (Water and Minerals)**	Ch 9
(11/2)	Energy Balance**:** Eating Disorders	Ch 9
12		
(11/5)	**Exam 3**	Ch 7-9
(11/7)	Nutrition, Fitness, and Physical Activity	
(11/9)	Nutrition During Pregnancy and Lactation	
13		
(11/12)	Nutrition During Pregnancy and Lactation	
(11/14)	Nutrition During Pregnancy and Lactation	
(11/16)	Nutrition 1 to 100 **Individual Analysis Due**	
14		
(11/19)	**Thanksgiving Break**	
15		
(11/26)	Nutrition 1 to 100	
(11/28)	Nutrition 1 to 100	
(11/30)	Presentations on Fad Diets	
16		
(12/3)	Presentations on Fad Diets	
(12/5)	Presentations on Fad Diets	
(12/7)	Presentations on Fad Diets	
(12/12)	2:45-4:45pm	All chapters