

Eastern Illinois University
Revised Course Proposal
EIU 4151G, Nutritional Dilemmas and Decisions

1. Catalog Description

- a. EIU 4151G
- b. Title: Nutritional Dilemmas and Decisions
- c. (3-0-3)
- d. F, S, Su
- e. Nutrition
- f. 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.
- g. Prerequisite: Completion of 75 hours. Family and Consumer Science majors are excluded.
- h. Writing intensive

2. Student Learning Objectives

- a. To achieve the objectives of general education, students will
 - Research current food and nutrition issues from a variety of literature. (literacy)
 - Evaluate the validity and reliability of nutrition information from various sources. (critical thinking)
 - Compare eating habits and behaviors and their impact on culture. (global citizenship)
 - Communicate in written and oral form controversial issues surrounding current nutrition topics. (literacy, critical thinking, global citizenship)
- b. To further the above goals in more personal terms, students will also
 - Identify how personal nutrition choices and views impact their quality of life. (critical thinking)
 - Demonstrate the ability to make informed decisions about individual diet and lifestyle choices. (critical thinking, literacy)
 - Increase awareness of complex interrelationships among food, nutrition, health, economics, politics, ecology, and lifestyle that pose significant challenges to the actions of individuals and society

3. Outline of the Course

This course will meet twice weekly (1 hour and 15 minutes each). The twelfth week will be devoted to assessment, specifically the TASKS test.

Week 1 - 3

- I. Current Eating Habits
 - A. Recommendations
 - B. Impact of the “Western” diet on other cultures
 - C. Analysis of Individual Dietary Intake

Week 4-6

- II. Evaluating Nutrition Information
 - A. Nutrition in the Media
 - B. Advertising and Marketing Nutrition Information
 - C. Fad Diets
 - D. Cultural Differences

Week 7-9

- III. Societal Influences
 - A. Body Image
 - B. Eating Disorders
 - C. Global Impact of U.S. Eating Habits
 - D. Hunger and Global Issues
 - E. Vegetarianism

IV. Week 10, 11, 12, 13 (Tasks test included in week 12)

- Lifestyle Habits
 - A. Exercise and Fitness
 - B. Weight Control
 - C. Evaluation of Individual Dietary Intake
 - D. Dining Out
 - E. Food Preparation Practices
 - 1. Global Food Safety and Sanitation Issues
 - 2. Healthful Cooking
 - F. Multi-cultural Variations on Diet and Exercise

V. Week 14-15

- Impact of Diet in Disease Prevention
 - A. Heart Disease
 - B. Cancer
 - C. Obesity
 - D. Diabetes
 - E. Global Influences of Nutrient Intake and Disease Incidence

VI. Week 15

- Healthcare Dilemmas
 - A. Nutrition Support
 - B. Ethical Decisions

4. Evaluation of Student Learning

- a. Students will write reaction papers and article summaries based on various text readings assigned on a weekly basis. Critical thinking will be evaluated through discussion, class debates and related research papers.
(A brief overview of how the objectives will be achieved and a breakdown in percentages of the evaluation rubric.)

Written Activities: Media reviews such as position papers, reaction papers and article summaries	50%
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Debates/ Presentations	25%
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Discussion/Participation	25%
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- b. (Description of how the course satisfies the writing intensive criterion – 35% of grade must be writing, evidence of revision of at least one writing assignment) Writing skills will be evaluated through reaction papers to assigned readings and media, article summaries, and position papers. The first of a series of position papers will be evaluated and returned to the student for revisions and further development. Oral communication skills will be evaluated based on assigned class debates and/or presentations. Participation points will be awarded for activities involving class discussion.

5. Rationale. Nutrition is an integral component of various interrelationships between individuals and society. Awareness of pertinent issues increases the ability of an individual to make informed lifestyle decisions, to have an appreciation of cultural diversity and to incorporate nutritional practices leading to societal and individual well-being.

- a. Senior seminar
- b. Prerequisite: 75 hours
- c. This course does not duplicate any current offering, as it will replace EIU 4051C.
- d. This course will not be required in any major.

6. Implementation

- a. Faculty members to whom the course will be initially assigned are Melanie Tracy Burns, PhD, RD, Amy Eades, MS, RD, and Jana Lawson, MS, RD.
- b. Primary Texts: Nutrition Annual Edition, 13th Edition (2001-2002), C.C. Cook-Fuller, Editor. Dushkin/McGraw-Hill, 2001
- c. Additional costs: None
- d. Term first offered: Fall 2001

7. Community College transfer

A community college course may not be judged equivalent to this course.

- 8. Date approved by the School of Family and Consumer Sciences Curriculum Committee: September 22, 2000
- 9. Date approved by the College of Business and Applied Sciences Curriculum Committee: December 7, 2000
- 10. Date approved by the Senior Seminar Advisory Committee: February 14, 2001
- 11. Date approved by CAA: March 8, 2001