COURSE: Nutrition 2320
Food Values, Diet Design and Health

CREDIT: 3

PREREQUISITES: NUTR LS1020

CLASS SCHEDULE: Fall 2017

REQUIRED COURSE MATERIALS:
- Title: Food Values, Diet Design, and Health, 1st ed. (Kendall Hunt) 2016
  Author: Jennifer M. Turley, PhD
  Available online at: https://he.kendallhunt.com/product/food-values-diet-design-health
  Access the eBook on VitalSource: https://www.vitalsource.com/
- A food scale is required for part 1 of assignment 5 (typically a $5 cost)
- Free use of SuperTracker online at: https://www.supertracker.usda.gov/
- Free use of the USDA Nutrient Database online at: http://ndb.nal.usda.gov/ndb/search

COURSE DESCRIPTION: The relationships between dietary components and the
development of chronic diseases provide the foundation for design and analysis of diets that
support lifelong “good health.” Prerequisite: NUTR LS1020.

Major Content Areas: Food values, diet design, and health.

Measurable Learning Outcomes: Upon completion of NUTR 2320, Food Values, Diet
Design, and Health, students will have demonstrated their:
1. Knowledge of functions, chemistry, metabolism, energy, and natural and processed
   food sources of carbohydrates, proteins, and fats
2. Ability to identify good food sources of essential nutrients and phytochemicals to
   promote health.
3. Analytical and critical thinking skills in the area of dietary intervention for common
   nutritionally related chronic diseases and medical conditions in the American
   population.
4. Ability to utilize dietary guidelines, standards, and tools to design and analyze foods
   and diets.
6. Ability to read credible health and nutrition literature, assimilate information, and
   communicate nutrition principles effectively in written form.
7. Ability to produce accurate diet records.

REQUIREMENTS & POLICIES:
- Communication: Email, announcements, and discussions will take place in the WSU
  canvas class.
• **Quizzes:** There will be 14 quizzes over lecture content. Quizzes are end of topic review questions. They are available in Canvas and according to the dates in the class schedule. Quizzes are 10 questions worth 1 point each. **Quizzes total 140 points and 14% of the course grade.**

• **Assignments:** There are seven assignments found in appendix A of the textbook and in Canvas. Students can access the assignments electronically and submit the assignments through Canvas. Assignments 1 and 5 require the use of SuperTracker online. **Assignments total 550 points and 55% of the course grade.**

• **Exams:** There will be three exams according to the dates in the class schedule. Each exam will consist of 50 (exams 1 and 2) or 55 (exam 3) true/false and multiple-choice questions worth 2 points each for a total of 100 or 110 points. Questions are developed to measure students’ application of knowledge related to the materials assigned from the textbook, lectures, class materials, quizzes, and homework assignments. Practice exams are available in Chitester. Exams are administered in Chitester in WSU testing centers (student services, social science, Lampros hall, Natural Sciences, Davis, Roy West, Kaysville, and Morgan) during their hours of operation (for details go online to: [http://weber.edu/TestingCenter/](http://weber.edu/TestingCenter/)) or with an approved proctor for out-of-area students (those living more than 50 miles away from a WSU testing center). When using WSU testing centers, students must arrive at least 1 hour prior to closing with a valid picture I.D. Students may use 4-5 pages of notes on exams (1 side of an 8 ½ X 11 sheet of paper is 1 page); 1 page is permitted per topic area covered; using the topic review sheets from the textbook is highly recommended; notes may be hand written or typed; notes will be kept by testing center personnel after the exam. **Exams total 320 points and 32% of the course grade.**

• **Important Dates:** Class starts: 8/28 Holidays/Breaks (9/4, 10/20, 11/23-11/24), Last Day to Withdraw (11/7), Class Ends (12/8).

• **Graded Work:** Homework assignments and projects are usually graded within 1 week. Assignments with true/false and multiple choice questions are graded immediately upon submission. Students can review their graded work through the online submission.

• **Late Work:** Work is due on the date and time indicated in the class schedule. Late work is docked -20% per day late. If a student has a conflict with a submission date, then it is the student’s responsibility to make prior arrangements (this means several days before class work is due) for an alternative submission opportunity.

• **Extra Credit:** Students may earn 5 points extra credit each for taking practice tests and by completing the anonymous end of course evaluation on Chitester.

• **Students with Disabilities:** "Any student requiring accommodations or services due to a disability must contact Services for Students with Disabilities (SSD) in room 181 of the Student Services Center. SSD can also arrange to provide course materials (including the syllabus) in alternative formats if necessary." For more information, contact SSD at 801-626-6413, ssd@weber.edu, or [http://departments.weber.edu/ssd/](http://departments.weber.edu/ssd/).

• **Student Conduct:** Students enrolled in this class will adhere to the Athletic Training and Nutrition (ATN) Student Conduct Policy available online at [http://www.weber.edu/atan/ATN_Student_Code.html](http://www.weber.edu/atan/ATN_Student_Code.html)

• **Academic Dishonesty:** Any individual caught cheating on any class work, plagiarizing, not following testing center policies, or sharing or attempting to share exam information with others will receive an automatic "E" for their final grade. Furthermore, a letter will go into the student's file describing the situation.
• **Course Fee:** This course has a fee attached. Course fees are established in order to benefit the students in this course and may, among other things, be used to cover the costs of equipment replacement and maintenance, consumable materials, licensure examinations, or to meet specific regulatory requirements. The course fee expenditure for this specific course covers the use of the metabolic cart for REE measurement.

• **Campus Closure:** In the event that the WSU campus is closed for face to face classes, the class will continue to meet at WSU Online [http://canvas.weber.edu](http://canvas.weber.edu)

**EVALUATION:** Grades are based on a percentage of the total possible points earned in the class and can be accessed in the WSU Online class under “Grades.”

<table>
<thead>
<tr>
<th>Grade</th>
<th>A</th>
<th>A-</th>
<th>B+</th>
<th>B</th>
<th>B-</th>
<th>C+</th>
<th>C</th>
<th>C-</th>
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<td>&lt;60%</td>
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<th>Learning Outcome</th>
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<tbody>
<tr>
<td>Quiz 1</td>
<td>1</td>
<td>Topic 1 Energy and Carbohydrates</td>
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<td>Quiz 2</td>
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<td>Topic 2 Lipids</td>
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<td>Quiz 3</td>
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<td>Quiz 4</td>
<td>1, 2</td>
<td>Topic 4 Micronutrients by Body System</td>
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<tr>
<td>Quiz 5</td>
<td>1</td>
<td>Topic 5 Nutrigenomics</td>
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<tr>
<td>Quiz 6</td>
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<td>Topic 6 Dietary Planning</td>
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<tr>
<td>Quiz 7</td>
<td>1, 3</td>
<td>Topic 7 Obesity</td>
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<td>Quiz 9</td>
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<td>Topic 9 Hypertension</td>
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<td>1, 3</td>
<td>Topic 10 Diabetes</td>
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<td>1, 3, 5</td>
<td>Topic 11 Adult Years</td>
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<td>1, 3, 5</td>
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<td>1, 3</td>
<td>Topic 13 Anemia</td>
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<td>Quiz 14</td>
<td>1, 3</td>
<td>Topic 14 Allergy and Intolerance</td>
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| Assignment 1 | 2, 3, 4, 7 | Diet Design, MyPlate & Food Label Exploration | 70     |
| Assignment 2 | 2, 4        | Nutrient Values in Foods | 60     |
| Assignment 3 | 4           | Exchange List and Glycemic Index Exploration | 60     |
| Assignment 4 | 4           | The Diet Design Project, part 1 | 100    |
| Assignment 5 | 2, 3, 4, 6, 7 | The Diet Design Project, part 2 | 100    |
| Assignment 6 | 2, 4, 5, 6   | Applying Science to Anti-Cancer Diet Design | 80     |
| Assignment 7 | 2, 4, 5, 6   | Diet Design for Gluten Intolerance with Allergy and Anemia | 80     |

| Exam 1       | 1, 3 | 50 questions from lectures 1-5 | 100    |
| Exam 2       | 1, 3 | 50 questions from lectures 6-9 | 100    |
| Exam 3       | 1, 3, 5 | 55 questions from lectures 10-14 | 110    |

| Extra Credit | 1,3,5 | Practice Exam 1, 2, & 3 questions (up to 5 pts each) | 15     |
| Extra Credit | n/a   | | 5      |

Food Values, Diet Design, and Health Fall 2017
### NUTR 2320 TENTATIVE CLASS SCHEDULE

<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
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</table>
| 1-2    | Starts 8/28 | Course syllabus/business  
Topic 1 Energy & Carbohydrates, *Quiz 1 due 9/1*
*Holiday 9/5*  
Topic 2 Lipids, *Quiz 2 due 9/6*  
Topic 3 Protein, *Quiz 3 due 9/8* |
| 3-4    | Starts 9/11 | Topic 4 Micronutrients by Body System, *Quiz 4 due 9/13*  
Topic 5 Nutrigenomics, *Quiz 5 due 9/15*  
*Practice Exam 1 Extra Credit (due by 9/15)*  
*Exam #1 is in the Testing Centers on Chitester (9/14-9/16)*  
5 Exam Review Study Sheets Permitted (hand written or typed)  
Topic 6 Dietary Guidelines & Models, *Quiz 6 due 9/20*  
Topic 7 Obesity, *Quiz 7 due 9/22* |
| 5-6    | Starts 9/25 | *Assignment 1 Diet Design, MyPlate & Food Label due 9/27*  
Topic 8 Heart Disease, *Quiz 8 due 9/29*  
Topic 9 Hypertension, *Quiz 9 due 10/4*  
*Practice Exam 2 Extra Credit (due by 10/6)*  
*Exam #2 is in the Testing Centers on Chitester (10/5-10/7)*  
4 Exam Review Study Sheets Permitted (hand written or typed) |
| 7-8    | Starts 10/9 | *Assignment 2 Nutrient Values in Foods due 10/11*  
Topic 10 Diabetes, *Quiz 10 due 10/13*  
*Assignment 3 Exchange Lists and Glycemic Index due 10/18*  
*Optional REE Measurements for Assignment 4 (sign up dates are 10/9-10/12 &10/16-10/19):*  
[http://www.weber.edu/HumanPerformanceLab/Nutri2320SignUp.html](http://www.weber.edu/HumanPerformanceLab/Nutri2320SignUp.html) |
| 9-10   | Starts 10/23 | *Assignment 4 The Diet Design Project, part 1, due 10/27*  
Topic 11 Functional Foods and Phytochemicals, *Quiz 11 due 11/1*  
Topic 12 Cancer, *Quiz 12 due 11/3* |
| 11-12  | Starts 11/6 | *Last day to withdraw from class is 11/7*  
*Assignment 5 The Diet Design Project, part 2 due 11/10*  
*Assignment 6 Applying Science to Anti-Cancer Diet Design due 11/17* |
| 13-14  | Starts 11/20 | Thanksgiving Holiday 11/23-11/24  
Topic 13 Anemia, *Quiz 13 due 11/29*  
Topic 14 Allergy and Intolerance, *Quiz 14 due 12/1*  
*Assignment 7 Diet Design for Gluten Intolerance with Allergy and Anemia due 12/8*  
*End of Course Evaluation due 12/8 (optional, +5 points)*  
*Practice Exam 3 Extra Credit (due by 12/8)*  
*Exam #3 is in the Testing Centers on Chitester (12/7-12/9)*  
5 Exam Review Study Sheets Permitted (hand written or typed) |