

## COURSE SYLLABUS

Biology 111 Introduction to Nutrition  
3 credits Spring, 2015  
Instructor: Jennifer Francis, MPH. RD/LD

**Course prerequisites:** High School Biology, Biology 110, or permission of instructor  
**Course location (building/room number):** online  
**Meeting time (days/hours):** online

### **Course Materials:**

Textbook: Nutrition and You, 3e, by Joan Salge Blake, published by Pearsons

**Office Location:** online

**Office hours:** online, phone, or by appointment

**e-mail:** [jfrancis@mxcc.edu](mailto:jfrancis@mxcc.edu)

There is internal email built into the course. Please use that email whenever possible. Use the above email address only when Blackboard Learn is not an option (for example if Blackboard Learn is down and you must contact me).

**Phone:** 413-454-4385. Please feel free to call, leave a message or text ANY time!

### **Scope of course:**

Biology 111 deals with the biology and chemistry of nutrients; how they are metabolized and the role they play in the human body. Topics to be discussed include dietary guidelines and trends, food safety, and labeling. A broad overview of carbohydrates, lipids, protein, vitamins, and minerals will be presented. Also included will be sections on weight control, diet and health, and food safety.

### **Course Objectives:**

After completing this introductory nutrition course, you will be able to:

- Interpret what the scientific facts tell us about nutrition and health;
- Discuss reasons for why we eat what we eat;
- Describe the nutrition standards and guidelines set forth by the U.S. government;
- List the major anatomic structures of the gastrointestinal (GI) system and explain the processes of digestion, absorption, and transport;
- Describe the major nutrients, vitamins, and minerals and their roles in the body;
- Explain the concepts of energy balance and weight control;
- Discuss the relationship between physical fitness, health, and nutrition;
- Explain the relationship between diet and health;
- Recognize and design a nutritious diet utilizing balance, adequacy, moderation, calorie control, and variety

**Course Evaluation:** Grading will be based on a combination of weekly exams, class participation, diet analysis assignments, a midterm and a final exam using the following guidelines:

Weekly Homework:	40%
Class Discussions:	10%
Diet Analysis Project:	20%
Midterm Exam:	15%
Final Exam:	15%

Weekly homework will consist of questions based on the chapter reading, to be turned in online through blackboard. Homework will be due on Sunday nights by midnight. Late homework will be accepted for half credit on Monday. Homework will not be accepted after midnight on Monday, as the answer keys will automatically be posted at that time.

Class discussions will take place on the blackboard discussion area. You will be expected to make one original post on the discussion board and respond to at least two other student's posts. Your original post should be 1-2 paragraphs in length, and be carefully checked for spelling and grammar.

The Diet Analysis Project include a computer analysis of the foods you eat and your analysis of the data generated. This project is assigned online, but will be printed out and turned in to the instructor either on campus or through the postal service. Late projects will receive 5 points off for each day that they are late.

The Midterm and Final exams will be 50 multiple choice questions. You will have one hour to complete each exam. The exam is administered online through blackboard.

Numerical grades and letter equivalents are as follows:

A = 93-100	B = 83-86	C = 73-76	D = 63-66
A- = 90-92	B- = 80-82	C- = 70-72	D- = 60-62
B+ = 87-89	C+ = 77-79	D+ = 67-69	F = below 60

Here are few guidelines that will help you ensure that you receive all the credit that is due to you:

1. Turn in all work on time
2. You have one week (7 days) after your grades are posted to contact me if you notice that your grades are incorrect. Grades will not be revised after that time.
3. You can expect me to correct/post your grade for your discussion board postings within one week after they are due (often sooner than that).
4. Don't wait until the last minute to complete assignments. If you wait until the last minute and then experience a disruption in internet service, you may miss the deadlines.
5. Use the study tools and practice quizzes online. They are written by the same authors who write the exam questions, and can be a big help understanding how much detail you are expected to absorb from each chapter.

## COURSE SCHEDULE

Note: For specific assignments and due dates, see the calendar in blackboard. In addition, each week's work will be posted under the "THIS WEEK'S WORK" tab online.

Week	Chapter Topic	What's due
1	1- What is Nutrition?	<ul style="list-style-type: none"> <li>• Due September 6:</li> <li>• Chapter 1 homework</li> <li>• Food Choices Discussion</li> </ul>
2	2- Tools for Healthy Eating	<ul style="list-style-type: none"> <li>• Due September 13:</li> <li>• Chapter 2 Homework</li> <li>• Dietary Guidelines Discussion</li> </ul>
3	3- The Basics of Digestion	<ul style="list-style-type: none"> <li>• Due September 20:</li> <li>• Chapter 3 Homework</li> <li>• GI Health Discussion</li> </ul>
4	4- Carbohydrates	<ul style="list-style-type: none"> <li>• Due September 27:</li> <li>• Chapter 4 Homework</li> <li>• Sucralose Discussion</li> </ul>
5	5- Fats	<ul style="list-style-type: none"> <li>• Due October 4:</li> <li>• Chapter 5 Homework</li> <li>• AHA Discussion</li> </ul>
6	6- Proteins	<ul style="list-style-type: none"> <li>• Due October 11:</li> <li>• Chapter 6 Homework</li> <li>• Vegetarian Challenge Discussion</li> </ul>
7	Midterm Exam available from October 12 to October 18	<ul style="list-style-type: none"> <li>• <b>Due by Sunday, October 18:</b></li> <li>• <b>MIDTERM EXAM</b></li> </ul>
8	7- Vitamins	<ul style="list-style-type: none"> <li>• Due October 25:</li> <li>• Chapter 7 Homework</li> <li>• Folic Acid Discussion</li> </ul>
9	8- Water and Minerals	<ul style="list-style-type: none"> <li>• Due November 1:</li> <li>• Chapter 8 Homework</li> <li>• Fortification Scavenger Hunt Discussion</li> </ul>
10	10- Weight Management and Energy Balance  Mail Diet Analysis Project this week	<ul style="list-style-type: none"> <li>• Due November 8:</li> <li>• Chapter 10 Homework</li> <li>• Pro-Ana and NAAFA Discussion</li> <li>• Diet Analysis Project due November 9</li> </ul>
11	11- Nutrition and Fitness	<ul style="list-style-type: none"> <li>• Due November 15:</li> <li>• Chapter 11 Homework</li> </ul>
12	12- Consumerism: From Farm to Table	<ul style="list-style-type: none"> <li>• Due November 22:</li> <li>• Chapter 12 Homework</li> <li>• Farm to Table Discussion</li> </ul>
13	13- Food Safety and Technology	<ul style="list-style-type: none"> <li>• Due December 6:</li> <li>• Chapter 13 Homework</li> </ul>

		<ul style="list-style-type: none"> <li>• Home Food Safety Discussion</li> </ul>
14	16- Hunger at Home and Abroad	<ul style="list-style-type: none"> <li>• Due December 13:</li> <li>• Chapter 16 Homework</li> </ul>
15	Final Exam Available from December 12 to December 18	<ul style="list-style-type: none"> <li>• <b>Due by December 18:</b></li> <li>• <b>FINAL EXAM</b></li> </ul>

Note: An advantage of online courses is that there is some flexibility around when assignments are completed. This flexibility, however, does NOT extend past due dates. Due dates for all assignments are firm. Make sure you check the "Calendar" and THIS WEEK'S WORK link every week to be clear on our schedule. This approach will help you get the most out of class. A lively class discussion is both educational and fun. The more you participate, the more fun we will all have!

### **IMPORTANT COLLEGE POLICIES!! PLEASE READ CAREFULLY!**

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather and emergency closings, and more, please go to the following website: [www.mxcc.edu/catalog/syllabus-policies/](http://www.mxcc.edu/catalog/syllabus-policies/) or scan the QR code with your smart phone. Also, please become familiar with the policies regarding nondiscrimination, sexual misconduct, and general student conduct at the following website: [www.mxcc.edu/nondiscrimination/](http://www.mxcc.edu/nondiscrimination/).



### **NON-DISCRIMINATION STATEMENT**

*Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record.*

*The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:*

- *Primary Title IX Coordinator  
Dr. Adrienne Maslin  
Dean of Students/Title IX and Section 504/ADA Coordinator  
amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 123*

- *Secondary Title IX Coordinator*  
*Ms. Mary Lou Phillips*  
*Director of Human Resources, Middlesex Community College*  
*mphillips@mxcc.edu; 860-343-5751; Founders Hall Room 115*
- *Secondary Title IX Coordinator*  
*Ms. Queen Fordham*  
*Coordinator of the Meriden Center Welcome Desk*  
*qfordham@mxcc.edu; 203-608-3011*