

## COURSE SYLLABUS

Biology 111 Introduction to Nutrition  
3 credits Spring, 2016  
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 is not an option (for example if Blackboard 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. Please note, I cannot read or correct work that is submitted in the "comments" section of the

homework assignment. Homework submitted in the comments section will result in a permanent score of zero. The best way to avoid this is to write your work in a separate program, like Microsoft word, and then submit it as an attachment to the homework assignment.

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 should be printed out and turned in to the instructor 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. Do not copy and paste work from websites on the internet. Copying and pasting even one sentence from other websites will result in a zero for the entire assignment.
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	Course Introduction	<ul style="list-style-type: none"> <li>• Due January 22:</li> <li>• Introduction Discussion Post</li> <li>• Frequently Asked Questions Quiz</li> </ul>
2	1- What is Nutrition?	<ul style="list-style-type: none"> <li>• Due January 29:</li> <li>• Chapter 1 homework</li> <li>• Food Choices Discussion</li> </ul>
3	2- Tools for Healthy Eating	<ul style="list-style-type: none"> <li>• Due February 5:</li> <li>• Chapter 2 Homework</li> <li>• Dietary Guidelines Discussion</li> </ul>
4	3- The Basics of Digestion	<ul style="list-style-type: none"> <li>• Due February 12:</li> <li>• Chapter 3 Homework</li> <li>• GI Health Discussion</li> </ul>

5	4- Carbohydrates	<ul style="list-style-type: none"> <li>• Due February 19:</li> <li>• Chapter 4 Homework</li> <li>• Sucralose Discussion</li> </ul>
6	5- Fats	<ul style="list-style-type: none"> <li>• Due February 26:</li> <li>• Chapter 5 Homework</li> <li>• AHA Discussion</li> </ul>
7	6- Proteins	<ul style="list-style-type: none"> <li>• Due March 5:</li> <li>• Chapter 6 Homework</li> <li>• Vegetarian Challenge Discussion</li> </ul>
8	Midterm Exam available from March 6 to March 12	<ul style="list-style-type: none"> <li>• <b>Due by Sunday, March 12:</b></li> <li>• <b>MIDTERM EXAM</b></li> </ul>
9	7- Vitamins	<ul style="list-style-type: none"> <li>• Due March 26:</li> <li>• Chapter 7 Homework</li> <li>• Folic Acid Discussion</li> </ul>
10	8- Water and Minerals	<ul style="list-style-type: none"> <li>• Due April 2:</li> <li>• Chapter 8 Homework</li> <li>• Fortification Scavenger Hunt Discussion</li> </ul>
11	10- Weight Management and Energy Balance	<ul style="list-style-type: none"> <li>• Due April 9:</li> <li>• Chapter 10 Homework</li> <li>• Mail Project</li> <li>• Pro-Ana and NAAFA Discussion</li> </ul>
12	11- Nutrition and Fitness	<ul style="list-style-type: none"> <li>• Due April 16:</li> <li>• Chapter 11 Homework</li> <li>• Diet Analysis Project Due April 17</li> </ul>
13	12- Consumerism: From Farm to Table	<ul style="list-style-type: none"> <li>• Due April 23:</li> <li>• Chapter 12 Homework</li> <li>• Farm to Table Discussion</li> </ul>
14	13- Food Safety and Technology	<ul style="list-style-type: none"> <li>• Due April 30:</li> <li>• Chapter 13 Homework</li> <li>• Home Food Safety Discussion</li> </ul>
15	16- Hunger at Home and Abroad	<ul style="list-style-type: none"> <li>• Due May 7:</li> <li>• Chapter 16 Homework</li> </ul>
16	Final Exam Available from May 8 to May 15	<ul style="list-style-type: none"> <li>• <b>Due by May 15:</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*