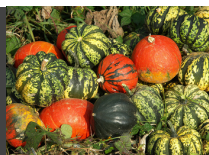




Essentials of Nutrition

Summer 2015

About this Course

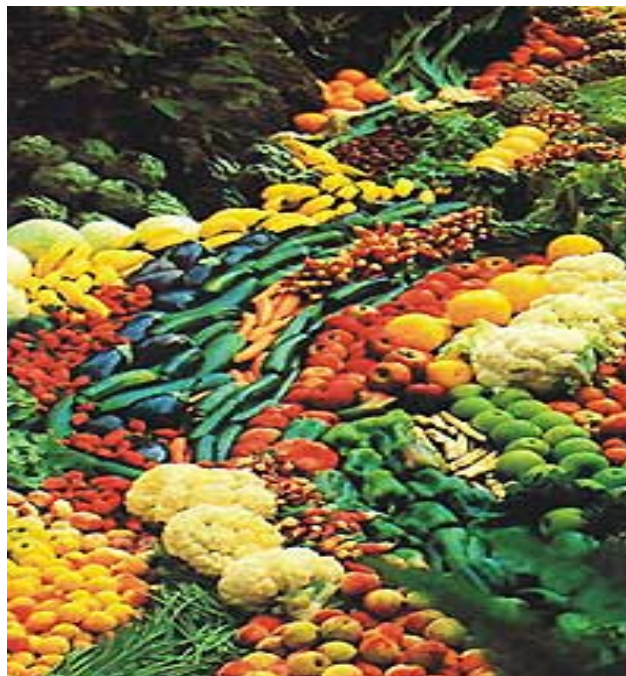


PURPOSE: When living in new environments, making familiar food choices can be challenging. How do you know if you are consuming a healthy diet? In this introductory nutrition course, you will learn about the science of nutrition and apply the knowledge to your personal food choices, while you are visiting Vancouver.

Quick Facts: Where, When, Access



CLASSES: WHERE? **FNH 60** (basement), 2205 East Mall
WHEN? **Week 1:** July 21-24, 2015; **Week 2:** July 27-30, 2015.
9:30am-12:00pm, 1:30-4:00pm each day. Note: some classes will be held off campus. Access to key course materials will be through UBC Connect (elearning.ubc.ca/connect/). Use your CWL to login.



Your Instructor



INSTRUCTOR: Dr. Gail Hammond
 Office: FNH 214
 Office hours:
Tuesday, Wednesday, 4:00pm-5:00pm,
 or by appointment
 Email: Gail.Hammond@ubc.ca Use your
 Connect email account.



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☞ JULY 2015 ☞

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
19	20 Orientation Day—no Class	21 Introduction Diet Quality	22 Macronutrients: Carbohydrates, Lipids, Proteins	23 Granville Island Midterm Exam Energy Balance	24 Intercultural Communication Class	25
26	27 Digestion, Absorption & Transportation	28 Micronutrients: Vitamins	29 Micronutrients: Minerals; Water	30 Final Exam	31	1

Course Objectives

Essentials of Nutrition is designed for you to achieve the following learning outcomes:

1. The primary course objective is for you to gain a basic understanding of the science of nutrition that you can apply to your daily food choices.
2. Your success of the primary course objective will be achieved by you:
 - a. describing key physical features of the nutrients,
 - b. explaining key functional roles of nutrients in the body,
 - c. analyzing the nutrient content of foods by using food composition software,
 - d. applying recommended intakes of foods and nutrients to your own dietary intake, and
 - e. improving your own eating habits to reduce your risk of inadequate or excessive nutrient intake.
3. Acquisition of the basic tenets of nutrition will enable you to make knowledgeable decisions regarding nutrition information in the media and from family and friends.

Course Materials

TEXTBOOK: (not required) Excerpts from: Whitney E, Rolfes S, Hammond G and Piché L. 2016. **Understanding Nutrition**, 2nd Canadian Edition, Nelson Education Ltd, Toronto ON.

SOFTWARE: **EaTracker** (Dietitians of Canada)

Course Format

The format of **Essentials of Nutrition** will be a combination of:

- class lectures,
- small group work,
- large group discussions,
- field trips.

As *instructor*, I will be responsible for integrating strategies that support collaborative and active learning and accommodate student's different learning styles. As a *student* you will be responsible for developing new knowledge by engaging in critical dialogue and research with your classmates. Together, we will both be responsible for ensuring a respectful, engaging, inclusive, and productive learning environment.

Evaluation

Midterm Exam (July 23 rd)	30% (photo montage, multiple choice, short answer)
Final Exam (July 30 th)	40% (multiple choice, fill in the blanks, short answer)
Assignments (due at different times)	30% (details posted on course website)

The **nutrient content** of the course will be organized using the framework:

- What is this nutrient? (e.g., key features about each nutrient)
- Why do we need this nutrient? (e.g., important functions and impact on health in the human body)
- Where do we get this nutrient? (e.g., rich food sources for each nutrient)
- What happens if we get too little or too much of this nutrient? (e.g., deficiency and toxicity symptoms)

The **dietary quality content** of the course will allow you to *apply* your scientific knowledge of nutrition in an analysis of an individual's diet, comparing the intake of nutrients and foods to standards used in Canada.

A Few Final Words...

You will arrive at this class with your own thoughts and opinions about nutrition, and your own cultural food practices. Your beliefs are important contributions to the class discussions. You are encouraged to share your ideas with the class to broaden everyone's knowledge about food and nutrition. In this course, you will develop your foundational knowledge in nutrition and put into practice what you learn by assessing your own diet. Your successful completion of the **Essentials of Nutrition** will be supported through your engagement in lectures, various active learning exercises, and learning from each other. Activities include field trips that will allow you to have fun while exploring food and nutrition in the Canadian context. Come and enjoy!