

SSF '00

Summer 2000 Biology 131 (Human Nutrition Course Syllabus
July 5, 2000 to Sept. 13, 2000

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Chaminade University of Honolulu
Campus: **Schofield Barracks** or Henry Hall at **Chaminade** University
Class Hours: Monday, Wednesday 5:30 P.M. to 7:35 P.M.
Office Hours: **During** breaks and after class

Instructor until 08/02/2000: Jasmin Galicinao, M.P.H., R.D.
Instructor from 88/87/2888: Lisa Nagai, M.S., R.D.
e-mail: **j.galicinao@worldnet.att.net**

Administrative Holidays/No class:

Last day to add or drop a class: July 11, 2000

Last day to withdraw from class: Rug 23, 2888

Biology 131 Course Description:

Welcome to the study of Nutrition. Biology 131 is a 3-credit beginning level biological science course that integrates basic concepts of science with the study of human nutrition. It is designed for the person who wants an introduction to nutrition and who may later choose to major in it. No college-level science is required; rather the course will provide elementary aspects of the several biological sciences that are needed.

Biology 131 L is the laboratory to accompany Biology 131. Concurrent registration in lecture and laboratory is required.

Course content includes information on what nutrients are and what nutrients and foods do for humans; how healthy people can best get the amounts of nutrients and foods they need throughout their lifetime; how people and the environment change foods and their nutrient content; and nutrition issues of current interest.

The primary objective of this course is to provide a science-based nutrition background that will help you make appropriate, informed choices from the vast array of foods available in today's marketplace. Upon completion of this section of the course you should be able to:

- 1.) identify factors that **influence** why you eat as you do and how to make changes in your diet.
- 2.) compare the various types of nutrition research with **respect to type** and **reliability** of information produced.
- 3.) use the U.S. Dietary Guidelines and Food Guide Pyramid to evaluate the nutrient adequacy of your diet.
- 4.) describe what nutrients are; state basic information about each of the energy nutrients (ex., functions in the body, risks of excesses/deficiencies, sources, guidelines for intake).
- 5.) identify which nutrients are **sources** of energy for the body and how an excess or a deficiency of energy can affect the body.
- 6.) evaluate nutrition **information** in popular media critically, with respect to its correctness.

Required Text: Wardlaw, Gordon M., Contemporary Nutrition: Issues and Insights, Brown & Benchmark Publishers, 1997, 3rd Edition. Additional handouts will be distributed.

Recommended Text: Wardlaw, Gordon M., Student Study Guide Contemporary Nutrition: Issues and **Insights**, Brown & Benchmark Publishers, 1997, 3rd Edition.

Grading

2 Exams

~75 points per exam

Homework and Class Assignments/Activities

~25 points

MAKE-UP EXAMS will NOT be given. Late graded work will not be accepted.

Letter grades for the course will be assigned as follows:

A = 90 - 100% B = 80 - 89% C = 70 - 79% D = 60 - 69% F = below 60%

YOU ARE RESPONSIBLE FOR MASTERING THE MATERIAL FROM THE TEXT AND THE ADDITIONAL HANDOUTS GIVEN IT IS ESSENTIAL THAT YOU ASSUME RESPONSIBILITY FOR THE ENTIRE CHAPTER SINCE THE MATERIAL MAY NOT ALL BE COVERED IN CLASS. Class time will be allowed for your questions and activities. Respect others by avoiding disruption In class.

Academic Honesty

Because the university is an academic **community** with high professional standards, its teaching function is seriously disrupted and subverted by academic dishonesty. Such dishonesty includes, but is not limited to cheating, which includes **giving/receiving** unauthorized assistance during an examination; obtaining information about an examination before **it** is given; using **inappropriate/unallowed** sources of **information** during an examination; altering answers after an examination has been **submitted**; and **altering** the record of any grade. Refer to the Chaminade University catalog for further information.

Note: ~~Every effort has been~~ *MO* ~~to insure that~~ *IN* ~~material~~ *in this* syllabus is ~~accurate and complete.~~ *However,* occasionally changes must be made in the *printed* schedule. Thus the *instructor* reserves the right to make any changes in the contents of this syllabus that she deems necessary. These *changes*, if any, will be announced as soon as the need for them becomes apparent.

Summer 1999 Biology 131 Lab Course Syllabus

Human Nutrition Lab

Jasmin Galicinao, M.P.H., R.D.

Meetings: Monday, Wednesday 7:50 P.M. to 9:55 P.M. or TBA

Office Hours: Between classes or after class

Meeting Place: We are required to use Chaminade campus Lab Facilities at least twice during the session.

Text: No text will be required for laboratory. The instructor will provide laboratory handouts for each laboratory. All handouts and notations should be kept in the student's lab binder.

Objectives: The primary objective of the Human Nutrition Laboratory is to present the practical methods and techniques used in the study of human nutrition.

1. Be able to evaluate your nutrition status using the Food Guide Pyramid.
2. Be able to apply nutrition knowledge to evaluation of consumer concerns related to nutrition and food: food labeling; advertisements; popular publications; vegetarianism, current food and diet fads; fat and sugar substitutes; the health food movement.
3. Participate in a supermarket tour to learn how to shop wisely.
4. identify **structures** of the human **digestive system**.
5. Be able to distinguish among foods as relative sources of kcalories and the various nutrients and be aware of appropriate sources for this information. Apply this knowledge to the selection or planning of an adequate diet for yourselves.
6. Be able to read food labels.

Grading:

Lab Quizzes	-25 points
Lab assignments.	≈75 points

Letter grades for the laboratory will be assigned as follows:

A = 90 - 100% B = 80 - 89% C = 70 - 79% D = 60 - 69% F = below 60%

NO LATE ASSIGNMENTS WILL BE ACCEPTED. ATTENDANCE IS IMPORTANT.

Note: *Every effort has been made to insure that the material in this syllabus is accurate and complete. However, occasionally changes must be made in the printed schedule. Thus the instructor reserves the right to make any changes in the contents of this syllabus that she deems necessary. These changes, if any, will be announced as soon as the need for them becomes apparent.*

BIOLOGY 131 & 131L CLASS SYLLABUS-Summer 2000

INSTRUCTOR: J ASMIN GALICINAO

TIME / DATE	WED. _ 07/05/00	MON. 07/10/00	WED. 07/12/00	MON. 07/17/00	WED. 07/19/00
P.M.	SCHOFIELD	SCHOFIELD	SCHOFIELD	SCHOFIELD	SCHOFIELD
- 6:30 P.M.	-INTRODUCTION -Discuss Syllabus	Discuss Chapter 2: Tools for Diet Design	Discuss Chapter 4: The Human Body: A Nutrition Perspective	Exam 1	Discuss Chapter 5: Carbohydrates
6:30 - 7:35 P. M.	- Discuss CHAPTER 1: What You Eat and Why	Food Guide Pyramid Activities	-Video		
		Chapter 2 Lab:	Chapter 3		Chapter 5 Lab
7:50 - 9:55 P. M.	Chapter 3: Quack	-Evaluate your diet using the Food Guide Pyramid. -Create a Sample Menu	Discuss Chapter 3: Nutritional Advice: Facts and Fallacies -intro to journal articles		-Reading Labs -How Sweet is it?
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	-Read Chapters 1, 2 & 3 -Math Tools -Bring examples of food measurements	-Read Chapter 4 -Assignment: Record 3-days of food Intake (2 weekday, 1 weekend)	study for Exam # 1 (Chapters 1 to 4)	-Read Chapter 5. -On 07/20 bring Food Labels (ex. favorite cereal box and drinks)	-Read Chapter 6 -Bring food labels to class.

BIOLOGY 131 and 131 Lab-CLASS SYLLABUS-SUMMER 2000

INSTRUCTOR: Jasmin Galicinao

TIME / DATE	MON.07/24/00	WED.07/26/00	MON.07/31/00	TUES.08/02/00	
5:30 P.M.	SCHOFIELD	SCHOFIELD	SCHOFIELD	SCHOFIELD	
5:30 - 6:30 P.M.	Discuss Chapter 6: LIPIDS	Discuss Chapter 7: PROTEINS	EXAM #Z	Discuss Food Safety	
6:30 - 7:35 P.M.			GROUPT: SUPERMARKET TOUR	GROUPT: SUPERMARKET TOUR	
	Chapter 6 Lab:	Chapter 7 Lab			
7:50 - 9:55 P.M.	-Hidden Fats, Fat Replacers	-Vegetarianism			
READINGS, ASSIGNMENTS, PROJECTS, and DUE DATES	-Bring pox food labels to class. -Read Chapter 7	Study for Exam #2 Chapters 5 to	-Read Chapter 8		