

MCDB 26: Contemporary Nutrition

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Office Hours: Monday, 1:00-2:00 pm, or by appointment

Text: G.M. Wardlaw, 2003, *Contemporary Nutrition: Issues and Insights*

<u>Week</u>	<u>Topic</u>	<u>Suggested Reading</u>
1	Introduction: What is nutrition and why is it important?; basic biological concepts	Chapt 1
2	What is a healthy diet? How you can 'eat healthy' in the residence halls or an apartment	Chapt 2
3	Carbohydrates Why are carbohydrates the body's major major energy source?; simple vs complex; how are they used in your cells and tissues	Chapt 4
4	Fats and Alcohol How the body uses, stores fat; why is saturated fat not healthy? alcohol: moderation and abuse; What does alcohol do in the brain?	Chapt 5, 7
5	Midterm Exam, Proteins How much do you need in your diet and what are the best quality proteins? How is protein incorporated into muscle or used as energy	Chapt 6
6	Vitamins and Supplements What does your body need?; uses and abuses; protein and steroid supplements	Chapt 8
7	Energy Balance and Weight Control Genetically modified food; vegetarianism	Chapt 10
8	Eating Disorders; Guest Lecture: C. Gariepy, R.D., Student Health Nutritionist	Chapt 12
9	Fitness and Exercise; What is the scientific basis for exercise and a healthy body? Paper is due	Chapt 11
10	Diets: Low-fat, Low vs. High Carbohydrate	Supplementary

Final Exam: There will be a three hour final exam at the scheduled time

COURSE REQUIREMENTS:

1. **Grades:** Course grades will be based on the following criteria:

Midterm Exam	100 points
Final Exam	200
Written Paper	100
Total	500 total points

2. **Exams:** The midterm for the lecture is a combination of short answer and essay. The final exam will be a scantron exam. The course grade will be based on a total of 500 points. Grading will be on a curve.

3. **Written Paper:** The paper is due in lecture during the ninth week of classes. The paper should be a critical analysis of a topic relating to nutrition. The paper should be double-spaced in 12 pt. font and 5-7 pages long with one additional page of references. An additional page of diagrams in your handwriting (or typed by you) is helpful but not required. The subject of your paper may be any area of nutrition but should cover material beyond the scope of the text. The paper is based on a minimum of 4 papers from the scientific literature, and it should not be **just** a summary of your references. A very good paper is likely to have 7-12 references. The paper will analyze the hypotheses, rationale, and results presented in the papers and discuss why the experimental approaches are valid (or not).

Statement of the problem: Include a concise statement of the problem. What is the problem or area to be addressed? ? What approaches are taken to analyze the problem?
Limit: 1 page.

Brief summary of the papers: This section will summarize or review the information provided in your references. The abstract may be used as the basis for the summary, but it must be in your own words. Include some background information. Limit: 2 pages.

Critical analysis: This is the most important paper of your paper. You should evaluate and analyze the methods, experiments, and results presented in your references. Why is this topic of interest/importance? Are the research results convincing? Do you think there are problems that need to be worked out? What questions are answered by the research and what questions are not answered? How could you improve on the research? You could include a discussion of areas for future experimentation. Minimize the use of statistics. Remember to define the terms you are using.

References: The Expanded Academic library web page database will be demonstrated in class as a source of reference material. Journal references in this database are accessible to university students who are not biology majors. Key references (at least 2 of the 4) should be scientific based articles that discuss scientific research. References should include reviews or books other than your text, and the paper should be based on information that goes beyond the text. Most references should be published in the past 3-5 years. Ideally, one of your references should be published in the past year. Include a list of references at the end of the paper.

4. Cheating or plagiarism in any form is **NOT** tolerated. Students caught cheating or plagiarizing will receive an automatic "F" in the class and will be referred to the Dean of Student's office.