

This course will be graded on a point system.

<i>Grading Scale</i>			<i>Requirement</i>	<i>Points</i>
A	=	96-100	Attendance/Participation	10
A-	=	90-95	Food label analysis	10
B+	=	86-89	Nutritional Assessment	30
B	=	80-85	Mid-term I	50
C+	=	76-79	Mid-term II	50
C	=	70-75	Case Studies	30
D	=	60-69	Final	<u>100</u>
F	=	0-59	Total:	280

DATE	TOPIC	READING
January 24	Introduction: Food Choices and Human Health	Chapter 1
January 26 & 31	Nutrition Tools: Standards & Guidelines	Chapter 2** Bring nutrition facts label
February 2	The Remarkable Body	Chapter 3
February 7 & 9	The Carbohydrates	Chapter 4
February 14 & 16	The Lipids	Chapter 5
February 21 & 23	The Protein and Amino Acids	Chapter 6
February 28	Mid-term I	
March 2 & 7	The Vitamins	Chapter 7
March 9	Nutritional Assessment I: oral presentations	
March 14-March 16	**No Class** Spring Break	
March 21 & 23	Water and Minerals	Chapter 8
March 28 & 30	Energy Balance & Healthy Body Weight	Chapter 9
April 4 & April 6	Nutrients & Physical Activity April 6: Label analysis due	Chapter 10
April 11	Midterm II	
April 13 & 18	Diet & Health	Chapter 11
April 20	Food Safety and Food Technology Nutritional Assessment II: oral presentations	Chapter 12
April 25 & 27	Lifecycle Nutrition: Mother & Infant April 27 Case Studies Due	Chapter 13
May 2	Child, Teen, & Older Adult	Chapter 14
May 4	Review for final	
May 11	Section 2 Exam 1:30	
May 16	Section 1 Exam 3:00	

- Note: Faculty reserves the right to alter the schedule as necessary.

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- ❖ All students are held to the standards of the George Mason University Honor Code.
 - ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor.
 - ❖ **STUDENTS WITH DISABILITIES:** Students having documentation on file with the Disability Resource Center should bring this to the attention of the professor at the beginning of the semester.
 - ❖ <http://www.gmu.edu/departments/hfrr/>

Explanation of Assignments

Food label analysis

Pick two food labels one which is a “regular” item and one of which is a “modified” item. They must contain significant nutrition (i.e. frozen meal (Swansons lasagna and Lean Cuisine Lasagna), yogurt (whole milk and fat free), or soup (regular and low sodium or reduced fat cream of mushroom).

Analyze the labels based on specific nutrition parameters. Provide the following for each product:

*Cost

*serving size

*number of servings per container

*total calories

*g fat and % DV fat; g saturated fat and % DV saturated fat; g carbohydrate and %DV carbohydrate;
g protein and % DV protein; g mono-unsaturated fat and g polyunsaturated fat; g fiber and % DV fiber

*Are the Sodium and Cholesterol in the product acceptable as part of a healthy diet? Keep in mind that this is only one food that is eaten throughout the day.

*Is trans- fat listed? If so, how much is in the product?

Finally, would you recommend the regular product to someone as part of a healthy diet? The modified product as part of a healthy diet? Why or why not? Use your book as a reference, if needed. Please type your answers.

Nutritional Assessment Project: explanation provided in class. Tool to use: Diet Analysis+ Version 7 software. I recommend you try to use this software well before the assignment is due. Read the entire assignment, enter one day’s intake and see if you can access the appropriate reports. This will save you time and frustration.

Case Studies Each student will receive 5 case studies that are nutrition-related. You must answer all 5 case studies. You may use your book and other references as needed. If you use other references, you must cite your source. Please type all responses. Limit entire report to two pages please.