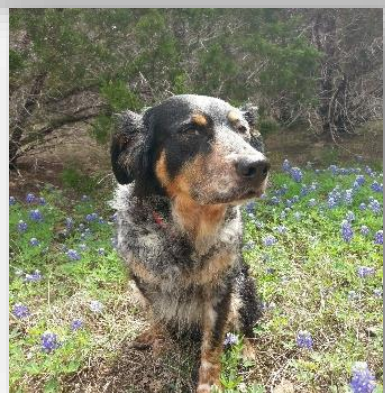




NTR 306: Fundamentals of Nutrition

Course Introduction





Michele Hockett Cooper, MS

- **Positions and Titles:** Assistant Professor of Instruction, UT-Austin; Adjunct Faculty, Austin Community College
- **Education:** MS, Community Agriculture
 - MS: Michigan State University
 - BA: Concordia College: Moorhead, MN
- **Research Experience:**
 - USAID-sponsored agricultural research – Malawi
 - Lead Educator – TX Sprouts at UT, Department of Nutritional Sciences
- **Fun Facts:**
 - Family farm – Montana
 - Returned Peace Corps Volunteer – Kazakhstan



Syllabus Overview: Objectives of Course

- Upon completion of this course, students will be able to:
 - Demonstrate fundamental nutrition knowledge related to macronutrients, micronutrients, digestion and absorption, nutrient function, dietary recommendations, food composition, and nutritional health.
 - Apply basic dietary principles of adequacy, balance, variety, and moderation in planning healthy menus.
 - Critically evaluate food and nutrition information in the popular media and scientific literature.
 - Assess nutritional status and make recommendations to improve dietary habits and promote health of self and other individuals.



Course Format

- Asynchronous lectures (pre-recorded lecture videos)
 - Broken into multiple segments (~5-20 minutes per segment)
 - Recorded in different years
 - InstaPolls embedded in lectures for your enjoyment!



InstaPoll

- How do you think you will use the information from NTR 306?
 - To become a Registered Dietician
 - To apply nutrition principles to everyday life to improve my diet and health
 - To get a “beach-ready” body
 - No idea...yet



Course Format

- Self-paced (somewhat...)
 - Canvas Module organization:
 - One module per week
 - ~Two chapters per Module: slide PDFs and segmented lecture videos
 - Each chapter is ~75-90 minutes long in total
 - One 'Check for Understanding' (CFU) per Module: low-stakes assessment
 - CFUs are due each Sunday at 11:59pm
 - New Module will open each Monday at 8:00am



Course Format

- Self-paced (somewhat...)
 - Set a timeline for yourself!
 - When will you watch lecture videos for each chapter?
 - When will you complete the Module CFU?
 - When will you complete the project-based assignments?



Syllabus Overview: Key Resources

- Textbook: Whitney, EN, Rolfes SR. *Understanding Nutrition*, 15th or 16th edition
 - E-book or hardcopy: personal preference
 - Longhorn Textbook Access program for about \$40
 - STRONGLY suggested
- Online access: Internet-enabled laptop or desktop computer
 - Tablets and smartphones are not supported



Syllabus Overview: Coursework

Evaluative Criteria	Points Each	Total Points
Popular Diet Infographic	25	25
Dietary Analysis Project	50	50
Checks for Understanding (CFUs) x8	25	200
Midterm Exam and Final Exam	100	200
TOTAL		475
Extra credit:	Varies	~35 possible

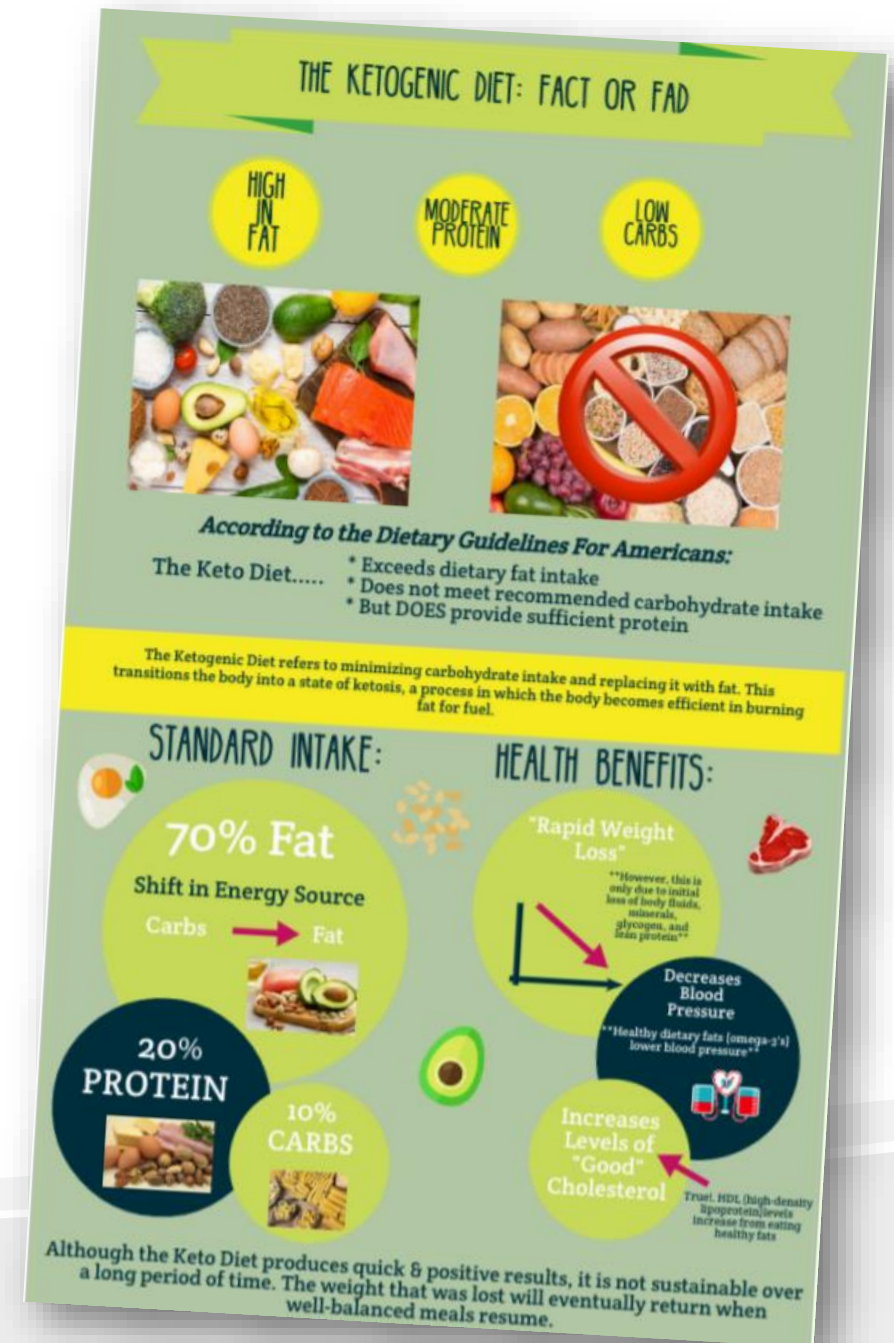


Syllabus Overview: Coursework

- Checks for Understanding (CFUs):
 - 1 per Module/week
 - 8 total, 25 points each = 200 points (42% of grade)
 - Similar to a quiz, but low-stakes (worth fewer points):
 - ~25 questions from chapters within corresponding Module
 - Multiple choice, T/F, matching, fill-in-the-blank questions
 - Open book/open note: lecture slides, notes, lecture videos
 - No “Googling” allowed, no answer sharing/collaboration allowed
 - 1 continuous attempt, no time limit
- Modules + CFUs
 - Open: Mondays @ 8:00 am
 - Due: Sundays @ 11:59 pm

Syllabus Overview: Coursework

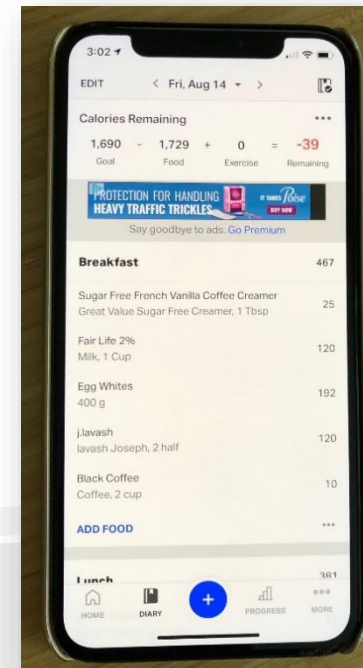
- Project-Based Assignments
 - Popular Diet Project: 25 points (5%)
 - 2 Parts:
 - Create an infographic about a popular diet
 - Choose from a list on Canvas
 - Review two other student projects
 - Open NOW!
 - Infographic Due: Wed, June 26th
 - Peer Reviews Due: Sun, June 30th



Syllabus Overview: Coursework

- Project-Based Assignments
 - Dietary Analysis Project: 50 points (11%)
 - Should be self-analysis; but can be confidential analysis of someone else
 - Recommended app: Cronometer
 - Open NOW!
 - Due Wed, July 17th

1) Data Collection



2) Data Analysis

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 2 cup	10	0g	0g	0g	0mg	0mg	0g	0g
lavash Joseph - j.lavash, 2 half	120	16g	3g	12g	0mg	580mg	0g	4g
Egg Whites, 400 g	192	4g	0g	14g	0mg	664mg	4g	0g
Milk - Fair Life 2%, 1 Cup	120	6g	5g	13g	20mg	120mg	6g	0g
Great Value Sugar Free Creamer - Sugar Free French Vanilla Coffee Creamer, 1 Tbsp	25	3g	2g	0g	0mg	0mg	0g	0g
Lunch								
Quest - Chips, 1 bag	120	5g	2g	21g	10mg	150mg	0g	0g
Dr. Pepper - Diet Dr. Pepper Can, 12 oz	0	0g	0g	0g	0mg	55mg	0g	0g
Summerhill Market - Pick De Gallo, 0.5 cup	50	11g	1g	2g	0mg	4mg	3g	3g
pretzel crisps - Pretzels, 11 crackers	110	23g	2g	3g	0mg	330mg	2g	1g
Red pepper hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	0g	2g
Green Grapes - Green Grapes, 0.5 cup	31	8g	0g	0g	0mg	1mg	7g	0g
Dinner								
chicken tenderloins - grilled, 6 oz	165	2g	2g	38g	0mg	53mg	0g	0g
Green Grapes - Green Grapes, 0.5 cup	31	8g	0g	0g	0mg	1mg	7g	0g
Lindt - Dark Chocolate, 1 square	50	2g	4g	1g	0mg	0mg	0g	1g
Diet Coke - Diet Coke Bottle, 12 oz	0	-g	0g	-g	-mg	40mg	-g	-g
Snacks								
Newtons - Whole Grain Fig Newtons, 2 cookies	110	23g	2g	1g	0mg	110mg	13g	3g
Diet Coke - Diet Coke Bottle, 12 oz	0	-g	0g	-g	-mg	40mg	-g	-g
Lindt - Dark Chocolate, 1 square	50	2g	4g	1g	0mg	0mg	0g	1g
Coffee - Black Coffee, 2 cup	10	0g	0g	0g	0mg	0mg	0g	0g
Milk - Fair Life 2%, 1 Cup	120	6g	5g	13g	20mg	120mg	6g	0g
Great Value Sugar Free Creamer - Sugar Free French Vanilla Coffee Creamer, 1 Tbsp	25	3g	2g	0g	0mg	0mg	0g	0g
Quest - Cookie, 0.5 cookie	125	3g	9g	8g	15mg	110mg	1g	5g
Quest - Chips, 1 bag	120	5g	2g	21g	10mg	150mg	0g	0g
TOTAL:	1,654	134g	50g	150g	75mg	2,658mg	49g	20g

Totals	1,654	134	150	50	20	49
Your Daily Goal	1,690	211	85	56	25	63
Remaining	36	77	-65	6	5	14
Calories kcal	Carbs g	Protein g	Fat g	Fiber g	Sugar g	



3) Data Interpretation



Syllabus Overview: Exams

- Exams: midterm and final, 100 points each = 200 pts (42% of grade)
 - ~40 questions each
 - Multiple choice, T/F, matching, fill-in-the-blank questions *plus* application-based questions (story problems)
 - Open book/open note: lecture slides, notes, lecture videos
 - No “Googling” allowed, no answer sharing allowed
 - 1 continuous attempt, 75-minute time limit (unless SSD accommodations)
 - Midterm Exam:
 - Chapters 1-7
 - Dates: Open June 30th @ 12:01am; Due July 3rd @ 11:59pm
 - Final Exam:
 - Chapters 1-20 (cumulative, but not chapter 18)
 - Dates: Open July 26th @ 12:01am; Due July 30th @ 11:59pm

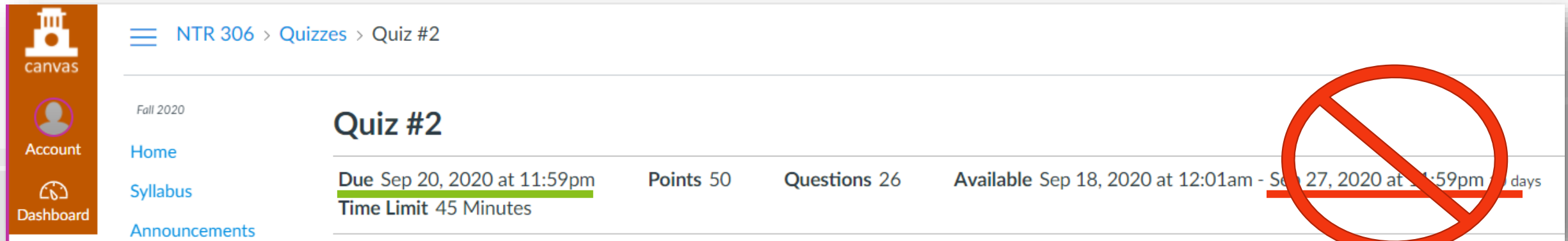
Time Management: Busy Times Ahead!

- **June 26:** Popular Diet Infographic
- **June 30:** Peer Reviews + CFU 4
- **July 3:** Midterm Exam closes
- **July 17:** Dietary Analysis Project
- **July 21:** CFU 7
- **July 30:** Final Exam closes

Module: Week	Lecture Topics	Chapters	Assessments
Module 1: June 6-9	Course Introduction; Overview of Nutrition	Chapters 1-2	Due June 9: Module 1 CFU
Module 2: June 10-16	Digestion, Absorption, and Transport; Carbohydrates	Chapters 3-4	Due June 16: Module 2 CFU
Module 3: June 17-23	Lipids; Proteins	Chapters 5-6	Due June 23: Module 3 CFU
Module 4: June 24-30	Energy Metabolism	Chapter 7	Due June 26: Popular Diet Infographic Due June 30: Module 4 CFU and Infographic Peer Review Form
Mid-term Exam: Available June 30 – July 3	Chapters 1-7		Due July 3
Module 5: July 1-7	Vitamins; Minerals and Water	Chapters 10-13	Due July 7: Module 5 CFU
Module 6: July 8-14	Weight Management & Energy Balance; Fitness	Chapters 8-9 & 14	Due July 14: Module 6 CFU
Module 7: July 15-21	Nutrition Through the Life Cycle	Chapters 15-17	Due July 17: Dietary Analysis Project Due July 21: Module 7 CFU
Module 8: July 22-28	Consumer Concerns; Hunger and the Global Environment	Chapters 19-20	Due July 28: Module 8 CFU
Final Exam: Available July 26- 30	Chapters 1-20 (not including chapter 18)		Due July 30

Course Policies and Procedures

- All assessments (CFUs, assignments, etc.) are due by 11:59 pm on the date listed on the syllabus
- All project-based assignments MUST be submitted as PDFs
- Exams will not be extended
- CFUs and projects can be turned in late, for a penalty:
 - Every day late = 10% deducted from grade
 - Can submit up to 10 days after due date



The image shows a screenshot of the Canvas Learning Management System (LMS) interface. On the left is a vertical sidebar with icons for 'canvas', 'Account', and 'Dashboard'. The main content area shows the breadcrumb 'NTR 306 > Quizzes > Quiz #2'. Below this, there's a section for 'Quiz #2' with details: 'Due Sep 20, 2020 at 11:59pm', 'Points 50', 'Questions 26', and 'Available Sep 18, 2020 at 12:01am - Sep 27, 2020 at 11:59pm'. A red prohibition sign (a circle with a diagonal line) is overlaid on the right side of the interface, specifically over the availability dates.

canvas

Account

Dashboard

≡ NTR 306 > Quizzes > Quiz #2

Fall 2020

Home

Syllabus

Announcements

Quiz #2

Due Sep 20, 2020 at 11:59pm
Time Limit 45 Minutes

Points 50

Questions 26

Available Sep 18, 2020 at 12:01am - Sep 27, 2020 at 11:59pm



Course Communication

You think...	First you:	Then you:
<i>When is _____ due?</i>	Check the syllabus (Course Schedule)	Read your Canvas Announcements
<i>What's happening this week?</i>	Check the syllabus (Course Schedule)	Read your Canvas Announcements
<i>I'm confused about _____ concept from the chapter.</i>	Post your question to the Discussion Board in the associated Canvas Module	Come to Zoom office hours with Michele: Tues at 1:00-2:00pm, or by appointment
<i>I'm confused about _____ project/assignment.</i>	Read the assignment guidelines in Canvas	Email your TA
<i>I need an extension!</i>	Email your TA	Email your TA again
<i>I have a sensitive matter to discuss.</i>	Email Michele	
<i>I want to say hi!</i>	Email Michele or come to Zoom office hours!	



Who's My TA?... See the syllabus or Canvas!

TA Name and Email Address	Students within TA Section (by student last name)	Office Hours (schedule by appointment)
Example: Jane Doe	A-G	Mon 11:00-noon



How to Pass NTR 306

1. Set a schedule for yourself to complete each weekly Module, including: watch lecture videos, post questions to Discussion Board (if you have any), complete CFU
2. Complete all CFUs, projects, and exams *on time* and to the best of your ability
 - Ask yourself on Tuesday – “*What’s due tomorrow for NTR 306?*”
 - Ask yourself on Saturday – “*What’s due tomorrow for NTR 306?*”
3. Read the textbook for more information on difficult concepts