

Class Syllabus Spring Quarter 2018 Biosci 12114 Nutritional Science

BioSci 12114 is a non-biology major introductory nutrition course intended to give a basic knowledge of the chemical and biological basis of nutrition.

Lecture: M, W, F 10:30-11:20 am

Room: BSLC 109

Instructor: Paul J. Strieleman

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Office Hours by appointment BSLC 338 (Feel free to come by my office without an appointment but no guarantee I will be there)

Teaching Assistants Madison Jewell email: madjewell4@gmail.com

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Course Text and Diet Analysis software bundle

REQUIRED: Nutrition: Science and Applications, Fourth Edition Binder Ready Version with WileyPLUS Learning Space Card Set and iPROFILE software ISBN 978-1-119-23196-7
available online or at campus bookstore and Co-Op bookstore.

iProfile Dietary software access. To access iProfile dietary software on WileyPlus go to the web page www.wileyplus.com (See also the attached Wiley instructions) You will be asked to enter your course registration purchased with the textbook package. iProfile is then located on the bottom of the dashboard space (Key Resources) of WileyPlus learning space. *There are some additional resources you can use if you choose but they are not assigned for the course.*

Exams: There will be examinations held on the dates listed in the class schedule. No makeup examination will be permitted without prior approval from the instructor. The exams are not cumulative but may rely on understanding previous material. Topics covered by the exam will be announced in class.

Exam Protocol

Come to the exam prepared to remain in the room until you submit a completed exam to the TA. Leaving to use the restroom is **not** permitted. You must sit with one seat between you and the next student. Only the exam, a pencil or pen is permitted on your lecture desk.

Electronic Devices and Exams

No electronic devices (most commonly cellular phones but includes calculators) are permitted to be out and visible during the exams. This includes use of a phone as a calculator. **If you need a calculator we will provide one.** Any student in violation of this policy will have their exam graded as a zero. It is a simple rule, either do not bring your phone or put it in your backpack or pocket out of site.

Weekly CANVAS Quiz: An online quiz (25-30 questions) covering each week's material will be available on CANVAS each Friday evening (around 6:00 pm) through 10 a.m. the following Monday. Each quiz will consist of questions covering the lecture and reading material of the preceding week. The quizzes are open-note and open-book, but they must be completed by you within the specified time (typically 25 minutes). You are allowed three attempts but are not required to do 3 attempts. Your grade will be the highest grade achieved. The retake consists of randomly selected questions so may not be the same questions. It is important to study the

Class Syllabus Spring Quarter 2018
Biosci 12114 Nutritional Science

material and be prepared before you start the quiz. If you have a computer malfunction after all attempts you will need to arrange taking the quiz using a university classroom computer. This is arranged with Dr. Strieleman and must be done by Tuesday afternoon following the Monday.

Dietary Assessment: An analysis of your current dietary intake is required and will be completed in 5 parts during the course. Dietary analysis assignments are submitted online to the CANVAS course site. Note that the **CANVAS site will close at 11:59 PM** on the due date and assignments will not be accepted. It is best not to attempt to submit minutes before the the CANVAS site closes. Lost internet connection is not a valid excuse. If you miss the deadline and want to submit the assessment late **it is your responsibility to contact the TA to arrange submission**. Late submissions will be penalized 50% (1 day late) 75% (2 days late) and not accepted later than 2 days. **Assessments emailed to the TA or Dr. Strieleman will not be accepted or graded.**

Critical Thinking (CT) Problems: These problems from the text are nutrition related exercises. The date due and page of the problem are listed in the syllabus. The assignment with a WORD template with the questions to be answered is posted to CANVAS. Completed CT problems are submitted electronically to CANVAS by 11:59 PM on the due date. Assignments will not be accepted after the due date so do not submit minutes before the the CANVAS site closes. **Partial credit is not given for late CT assignments.** Lost internet connection is not a valid excuse. **Critical Thinking emailed to the TA or Dr. Strieleman will not be accepted or graded.** If you have questions on submitting the assignment via CANVAS check with the TA for instructions.

Grading Policy

1. A complete summary of current regulations about grades is in the Quarter Time Schedule available on the university registrar web site.
2. Students can take the course P/F (**if asked for before the last examination**). **A letter grade of C or better** is required for a Pass (P).

	% of Grade
Exam 1	15
Exam 2	15
Exam 3	15
Critical Thinking Exercises	10
Diet Analysis Exercises	30
Weekly Quiz	15

The course grade is **not** on a class curve. Final grades will be assigned based on the scale below: You can calculate your grade using the formula below.

% Grade = (Exam1 * 0.15) + (Exam2 * 0.15) + (Exam3 * 0.15) + (Quiz Average%* 0.15) + (Critical Thinking Average% * 0.10) + (Diet Analysis Average% * 0.30)

A = 85 → 100%	B- = 65 → 69%	D+ = Not given
A- = 80 → 84%	C+ = Not given	D = 50 → 59%
B+ = 75 → 79%	C = 60 → 64%	D- = Not given
B = 70 → 74%	C- = Not given	F = < 50%

Class Syllabus Spring Quarter 2018
Biosci 12114 Nutritional Science

Week	Date	Topic	Reading pages and tables
1	3/26/2018	Basic Concepts	10-30, Fig 2.10 (EERs, AMDRs) Table 10.1 page 138, Table 5.2 page 180, 250-251 CANVAS ARTICLE <i>Measuring Energy</i>
	3/28/18	Food Intake Assessment Body Systems in Nutrition	62-70 73-86, 99-101
	3/30/18	Metabolism basic concepts	102-103
2	4/2/18	Standards, Guidelines RDA, DGA, Food Labels	33-45, CANVAS ARTICLE <i>Alphabet soup</i> , 51-55, Figure 5.23
	4/4/18	Macronutrients-Carbohydrate Basics Chemistry Metabolism	114-120, 122-127 CANVAS ARTICLE <i>Sweet Nothings</i>
	4/6/18	Macronutrients-CHO Quality and Glycemic Index	111-113, 123-124 CANVAS ARTICLE <i>Glycemic Index</i>
3	4/9/18	Macronutrients-Carbohydrate HFCS	Chapter 10 (112-113) CANVAS ARTICLE <i>HFCS Nutrition Today</i>
	4/11/18	Macronutrients-Carbohydrate Fiber	87-88, 118, 121-122
	4/13/18	Macronutrients-Lipid Basics Chemistry Digestion Transport	Chapter 5 (154-167)
4	4/16/18	Macronutrients-Lipid metabolism	Chapter 5 (154-167)
	4/18/18	EXAM 1 (Topics thru Fiber)	
	4/20/18	Macronutrients-Lipid Health Macronutrients-Alcohol	Chapter 5 170-178 Alcohol 190-201 CANVAS ARTICLE <i>Alcohol Nutrition Today</i>
5	4/23/18	Macronutrients-Protein	Chapter 6
	4/25/18	Macronutrients-Protein	Chapter 6, gluten 89-90
	4/27/18	Vitamins: Water Soluble	Chapter 8
6	4/30/18	Vitamins: Water/Lipid Soluble	Chapter 8 Chapter 9
	5/2/18	Vitamins Lipid Soluble	Chapter 9
	5/4/18	Water	Chapter 10 page 385-394, 515-518
7	5/7/18	Macro Minerals:Electrolytes & Hypertension	Chapter 10 pages 396-411 CANVAS ARTICLE <i>Making Sense of Science of Sodium, What determines Human Sodium Intake</i>
	5/9/18	Minerals and bone health	418-438
	5/11/18	EXAM 2 (Topics thru Vitamins)	
8	5/14/18	Trace Minerals Focus: Zinc, Copper	454-461
	5/16/18	Minerals Focus: Iron	445-453
	5/18/18	Antioxidants Phytochemicals	336-337,461-465, 376-383, 485
9	5/21/18	Supplements	370-373,478-489, 523-531 CANVAS ARTICLE <i>Supplements</i>
	5/23/18	Organic Foods	653-660, 663-668, 670-683 CANVAS ARTICLE <i>Several Organic Paper</i>
	5/25/18	Energy Balance	239-281
10	5/28/18	MEMORIAL DAY-NO CLASS	
	5/30/18	Energy Balance	CANVAS ARTICLE <i>Increasing Adiposity Consequence or Cause of Overeating</i>

Class Syllabus Spring Quarter 2018
Biosci 12114 Nutritional Science

Week	Date		CLASS EXERCISES
			Due Dates (Some dates may be adjusted during quarter always confirm with CANVAS)
1	3/26/18		
	3/28/18		Start Food intake record (Nothing to turn in here just noting start)
	3/30/18		CRITICAL THINKING: Early Science page 23
2	4/2/18		
	4/4/18		CRITICAL THINKING: How GI Problems Affect Nutrition page 98
	4/6/18		
3	4/9/18		
	4/11/18		CRITICAL THINKING: Becoming Less Refined page 142
	4/13/18		
4	4/16/18		Carbohydrate intake analysis Due
	4/18/18		EXAM 1
	4/20/18		
5	4/23/18		CRITICAL THINKING: Choosing Healthy Fats page 183
	4/25/18		Lipid intake analysis Due
	4/27/18		
6	4/30/18		CRITICAL THINKING: Getting enough protein page 513 (Athletics) CRITICAL THINKING: Choosing a healthy Vegetarian diet page 234
	5/2/18		Protein intake analysis Due
	5/4/18		CRITICAL THINKING: Meeting Folate Recommendations page 330
7	5/7/18		CRITICAL THINKING: How much Vitamin A is in your fast-food meal page 353
	5/9/18		
	5/11/18		EXAM 2
8	5/14/18		Vitamin intake analysis Due
	5/16/18		CRITICAL THINKING: Osteoporosis Risk page 424
	5/18/18		
9	5/21/18		CRITICAL THINKING: Increasing iron intake and uptake page 452
	5/23/18		
	5/25/18		
10	5/28/18		MEMORIAL DAY
	TUESDAY 5/29/2018		Mineral Intake analysis Due
	5/30/18		CRITICAL THINKING: Balancing Energy Genetics and Lifestyle page 273
	6/5/18		FINAL EXAM 10:30-12:30

Class Syllabus Spring Quarter 2018
Biosci 12114 Nutritional Science

WileyPLUS

Nutritional Science

Section: Section 01
Term: Spring 2018
Time(s): Mon 10:30am, Wed 10:30am, Fri 10:30am

Course ID:
639040

Find and register for this course:

Step 1

Find your course

- Visit www.WileyPLUS.com
- Enter your course ID, 639040



Students

REGISTER FOR A NEW CLASS

Enter your 6 digit Course ID or type your school name

639040

Find

Step 2

Register and get access to the course materials

Option A

Enter Your Registration Code

All new textbooks come packaged with a registration code in a sealed envelope. E-text access is included.

Option B

Purchase Instant Access

If you don't have a registration code, you can pay for access right there on the website. E-text access is included.

Option C

Grace Period

If you're not ready to buy, you can try the course free with full access for two weeks, free. E-text access is included.

Available options may vary by location.

Need Help?

WileyPLUS Help

Live chat support: www.wileyplus.com/support