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**Chesapeake Project Report**

**NFSC100: Elements of Nutrition**

NFSC 100: Elements of Nutrition is a course taught through the Department of Nutrition and Food Science that meets a CORE non-lab science requirement. The enrollment in the class is approximately 450 students per semester. The course is a survey course of general nutrition. There were some concepts of sustainability previously incorporated into the course through a lecture entitled, *The Ever Changing Food Supply*. This lecture covers many aspects of the food supply including genetic modification, food irradiation, bovine growth hormone, organic farming, and local, sustainable and community supported agriculture. I have made a few changes to further incorporate the concept of sustainability into the course:

- 1) The lecture, *The Ever Changing Food Supply*, has been modified to include concepts on how to eat sustainably such as eating foods that are less processed, that are transported shorter distances, that are organic or sustainable, and how this will likely also improve the nutritional content of the food
- 2) A discussion assignment will be developed entitled, "Nutrition and Sustainability". In this assignment students will be given a sample diet to analyze from a nutritional standpoint. They will also be asked to assess the carbon footprint of this diet (either qualitatively or quantitatively depending on the tools available). Students will then be asked to modify the diet so that it has higher nutritional value and then assess whether the carbon footprint has also changed, or change the nutrition content and then assess the carbon footprint.
- 3) Several other lectures throughout the semester that will now include discussions of sustainability. Examples include but are not limited to:
  - Hunger and Malnutrition the US
    - Concepts of sustainability as they relate to people of lower income and how to encourage those of low income to be concerned about the environment when making food choices
  - Lipids
    - Discussion of the importance of fish consumption to health combined with discussion of sustainably raised/caught fish and seafood
  - International Nutrition
    - Method of intervening regarding malnutrition throughout the world and how these methods are/are not environmentally friendly