

**Fall, 2012**  
**NFSC 100: Elements of Nutrition (3 credits)**  
(Fulfills CORE non-lab **life science** requirement)

**Objectives:**

1. To learn basic concepts of nutrition and to understand how nutritional needs change throughout the life cycle.
2. To learn how the body digests, absorbs and utilizes the nutrients we obtain from the food that we eat.
3. To learn the role that food and nutrition plays in the promotion of health, the prevention of chronic disease and **the impact on our environment**.

**PLEASE TURN OFF ALL CELL PHONES AND ELECTRONIC DEVICES DURING  
BOTH LECTURE AND DISCUSSION.**

**LAPTOPS ARE ALLOWED FOR THE PURPOSE OF NOTE TAKING ONLY.**  
**CHECKING EMAIL/FACEBOOK IS DISRUPTIVE TO OTHER STUDENTS AND IS  
NOT ALLOWED.**

**NFSC 100 TEACHING TEAM**

**Faculty:**

**Coordinator**

Dr. Wen-Hsing Cheng  
Assistant Professor  
Department of Nutrition and Food Science  
3108B Skinner Building  
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Office Hours: Tuesdays, 2-4 PM.

**Instructors**

Dr. Thomas Castonguay  
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Dr. David Lei  
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Dr. Nadine Sahyoun  
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 Department of Nutrition and Food Science  
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**Teaching Assistants:**

<p><i>Executive Teaching Assistant</i>          Ryan T. Wu</p> <p>Office Hours: Th, 10 AM-noon          Office: Skinner 3108A  <a href="mailto:tyw0530@umd.edu">tyw0530@umd.edu</a></p>	<p>Jallah Rouse</p> <p>Office Hours: M, noon-1 PM;          W, 1-2 PM          Office: Skinner 3108A  <a href="mailto:jjrouse86@gmail.com">jjrouse86@gmail.com</a></p>	<p>Caroline Rocourt</p> <p>Office Hours: M, noon-1 PM;          W, noon-1 PM          Office: Skinner 3108A  <a href="mailto:crocourt@umd.edu">crocourt@umd.edu</a></p>

**Required Materials:**

1. **Bundled textbook: ISBN: 978-1-133-42563-2; Textbook + Diet Analysis Plus Software**
  - a. **Textbook:** Nutrition Concepts and Controversies, 12e edition. Frances Sizer and Eleanor Whitney. West Publishing Company 2012. ISBN-13: 978-1-133-62818-7.
  - b. **Diet Analysis Plus Software\***. An online access code for the Diet Analysis Plus 10.0 program is sold bundled with the Sizer and Whitney textbook. If you buy a used textbook and wish to purchase the software separately, use ISBN: 978-1-4-2392663-4

**\*If you obtain an earlier version of Diet Analysis Plus, you are responsible for obtaining the appropriate information from the program. The TAs will not be able to assist you with earlier versions of Diet Analysis Plus.**

2. **Workbook:**

The Workbook for NFSC 100 includes in-class and homework assignments that will be turned in during the discussion sections. The workbook can only be purchased from the Maryland Book Exchange.

## Class Schedule:

### Lecture:

Monday and Wednesday, 1:00 PM - 1:50 PM  
0130 Tydings Hall (TYD)

### Discussion Sections:

Section	Day	Time	Location	Room	Teaching Assistant
0101	Th	8:30am - 9:20 am	SKN	1115	
0102	Th	8:30am - 9:20 am	KEY	0103	
0103	W	11:00am – 11:50 am	LEF	1201	
0104	Th	12:30 pm – 1:20 pm	SYM	0209	
0105	F	11:00am - 11:50 am	HJP	1125	
0106	F	10 :00am – 10 :50am	ARC	1105	
0107	W	10:00am – 10:50 am	HBK	0115	
0108	W	2:00pm – 2:50pm	WDS	1130	
0109	Tu	2:00pm - 2:50 pm	HBK	1112	
0110	Th	3:00pm – 3:50pm	SQH	2117	
0111*	Tu	12:30pm – 1:20 pm	HBK	0105	
0112	W	3:00pm - 3:50 pm	JMZ	0120	
0113	W	12:00pm - 12:50pm	TLF	1101	
0114	Th	11:00am - 11:50am	HBK	1112	
0116	F	12:00pm – 12:50pm	WDS	1130	
0117	W	4:00pm – 4:50pm	KEY	0124	
0118	Th	2:00pm – 2:50pm	SQH	2117	
Honors	Tu	3:00pm – 3:50pm	PLS	1146	

\*Recommended for NFSC majors only

### **NFSC 100 Blackboard Site:**

We will utilize Blackboard in this class to post lecture slides and grades. Go to [www.elms.umd.edu](http://www.elms.umd.edu) and login using your UID and password. If you wish to have a hard copy of the lecture slides to bring with you to class, please print them out prior to the lecture. Hard copies of the lecture slides will **NOT** be provided by the NFSC100 teaching team. Please be sure that your correct email address is on file with the University. Otherwise, emails sent through Blackboard will not reach you.

All of your grades will be posted on Blackboard so you should be able to determine your grade at any point in the course. If you determine that a grade has not been posted or has been posted incorrectly on Blackboard, please bring the graded assignment to your Teaching Assistant immediately so that the problem can be rectified. It is your responsibility to check Blackboard throughout the semester to make sure that your grades have been posted correctly. The TAs will provide you with a worksheet to use to keep track of your grades throughout the semester.

### **Lecture attendance and participation:**

Attendance in lecture is not counted as part of your grade. ATTENDANCE IN LECTURE IS STRONGLY ADVISED. Students who attend the NFSC100 lecture are more successful in the

class. In addition, please be on time to lecture. Coming in late is disruptive to other students' learning.

**Discussion attendance and participation:**

- Attendance in discussion is mandatory.
- Students who do not attend the discussion section and do not have a University approved excuse will receive zero points for the in-class activities (see the excused absence rule below).
- Students who do not attend discussion and do not have a University approved excuse will be allowed to turn in homework assignments (but not in-class assignments), however they will be counted as late, with a deduction of 10% of the points for each 24-hour period or fraction thereof that the assignment is late (beginning at the day/time of the discussion section that was missed).
- Discussion begins at the hour specified in the schedule of classes and you must be present to ensure that you will obtain all possible points for that discussion session. You will be allowed to arrive late to discussion twice during the semester. If you arrive late more than twice, 5 points will be deducted from your total discussion points for each additional time that you are late.
- You will need a calculator for many of the discussion assignments. Not having a calculator will NOT be accepted as an excuse for not doing the assignments or obtaining incorrect answers.
- Bring your textbook with you to the discussion sections. Not having your textbook will NOT be accepted as an excuse for not doing the assignments or obtaining incorrect answers.

**Excused Absences:**

Cases of University-approved absences are outlined in the 2011-2012 Undergraduate Catalog and can be found at

<http://www.umd.edu/catalog/index.cfm/show/content.section/c/27/ss/1584/s/1540>

*Based on the updated policy, students can be excused to have no doctor's note for one absence due to medical reason in discussion sections. Thereafter, doctor's note is required for absence due to medical reasons.*

In order to obtain credit for your missed assignments, you must:

- 1) Contact your TA by the day after the missed discussion, AND
- 2) Bring the following to the NEXT discussion section
  - Written documentation of your University-approved absence. Both the original note and a copy the TA can keep must be presented to the TA. The TA will return the original and keep the copy.
  - The assignments (pre-class & in-class) from the missed discussion AND the assignment (pre-class) due in the current discussion.

Any excused absence due to religious observance or athletic event only excuses the student from being present at the discussion, NOT from completing the work.

- It is your responsibility to inform your TA of any intended absences for religious observances or athletic events as soon as possible, but **no later than the end of the schedule adjustment period.**
- If you will miss a discussion section due to religious observance or athletic event, you must turn in the assignments (pre-class & in-class) prior to the discussion section that you are missing.

**FAILURE TO FOLLOW THESE PROCEDURES WILL RESULT IN A GRADE OF “0” ON THE MISSED ASSIGNMENT(S).**

**Late Assignment Policy:**

Assignments are due at the beginning of discussion. Any assignment not handed in at that time will be considered late. Ten percent of the total points for an assignment will be deducted from the assignment for each 24-hour period or fraction thereof that the assignment is late (beginning at the day and time of the student discussion section). Emailed assignments will not be accepted.

**Examinations:**

There will be three exams and a final exam in this class. You will be given the whole class period to complete the exam. If you are late to an exam, you will not be given any additional time to complete the exam.

**Questions to Ponder:**

Questions to Ponder will be posted on Blackboard prior to each exam. These questions are provided to you as a study tool. Answers to the questions will not be sent out, however you are encouraged to see your TA during his/her office hours if you are unable to answer any of these questions.

**Exam Dates:**

<b>Exam</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Exam I*		11:00-11:50 am	
Exam II*		11:00-11:50 am	
Exam III*		11:00-11:50 am	
Final Exam**	TBD	TBD	TBD

\*

**\*\*Locations and time for the final exam will be announced later in the semester**

**Things to bring to each exam:**

You must bring the following supplies with you to the examinations:

- A #2 pencil (to use on the Scantron portion of the exam)
- A pen (to use on the essay portion of the exam)
- A calculator (not programmable and NOT A CELL PHONE)
- Your student ID

**\*\*Completed exams will not be accepted from you without your student ID.**

**Missed Exams:**

Make-up exams will ONLY be allowed in cases of University-approved absence. If you miss an exam, you must:

- **Contact your TA within 24 hours of the exam.**
- Schedule a time to make-up the exam with your TA. Exams must be made up within one week of the original exam date (you must bring written documentation of your University-approved absence with you when you retake the exam).
- If you missed the exam due to illness, a letter from your physician with his/her phone number and the dates for which you were incapacitated WILL be required (a doctor's or Health Center note indicating that you were "seen" will not be accepted).
- **Athletes and those observing religious holidays** must make prior arrangements with teaching staff to take exams they will miss. Failure to do so will result in a grade of "F" for a missed exam.

**Final Exam:**

- **All students must take the final exam**

**Regrading of exams or assignments:**

Any request for regrading of an assignment or exam must be submitted in writing. The whole exam or assignment will be regraded, not specific answers or sections. Answers to essay questions will only be eligible for regrading when the answer is written in ink. Assignments and exams will only be accepted for regrading within two days of being handed back to the students.

**Quizzes:**

There will be three quizzes (10 points each) given at the beginning of your discussion sections (see syllabus for dates). If you are late to discussion and miss the quiz, you will not be permitted to make it up. It is your responsibility to arrive on time for discussion.

**Changing Sections:** Changing discussion sections will not be permitted.

**Students with Disabilities:** Please notify the Instructor immediately if you will need any special accommodations.

**Extra Credit:**

There will be opportunities to obtain extra credit in the four exams. In exams 1-3, credit points will be given that cover issues discussed in lectures and discussion sessions, but they may not appear in the slides. In final exam, extra credits will be given that covers lectures covered in exams 1-3.

**Grading:**

Your TA has the full authority in your discussion and diet analysis points. For thoughts on exam questions, your TA will bring them to our weekly meeting attended by all the TAs and Dr. Cheng.

**Grading System:**

97-100% = A+	77-79% = C+
93-96% = A	73-76% = C
90-92% = A-	70-72% = C-
87-89% = B+	67-69% = D+
83-86% = B	63-66% = D
80-82% = B-	60-62% = D-
	<60 = F

**Grade Determinations:**

<b>Exams:</b>	Exam One	100
	Exam Two	100
	Exam Three	100
	Final Exam	100
	<b>Total Exam Points</b>	<b>400</b>

**Discussion\*\*:**

Quizzes	30 (3 @ 10 points each)
Designing a Research Study	10
Using the Nutrition Label	10
Digestion of Macronutrients	10
Type 1 and Type 2 Diabetes	5
Lipid Absorption and Transport	5
Vegetarian Diet Case Study	10
Vitamin/mineral Supplementation	10
Anthropometrics and Energy Needs	10
Obesity Case Study	10
Sodium	5
Calcium	5
Nutrition in the Media	10
Nutrition Throughout the Life Cycle	10
Sustainable Nutrition	10
Vitamin-Mineral Homework	10
Diet Analysis Term Project	50
<b>Total Discussion Points</b>	<b>210</b>
<b>TOTAL COURSE POINTS***</b>	<b>610</b>

\*course points are subject to change by Instructor

\*\*There will be no curve on the exams or on the final grade for this course.

\*\*\*Maximum points a NFSC100 student can get: 630 (a total of 20 credit points throughout the exams).

**Incompletes:**

Incompletes are given only if a small part of the course (25% or less) is not completed, you are passing the course, and a contract for completion of the course is drawn up between the student and the professor. In all other instances, a grade of “F” will be given.

**Cheating/Academic Dishonesty:**

As noted in the University Policy on Academic dishonesty, cheating, fabricating information, plagiarizing, or getting someone else to do these activities is a serious offense. Students will be sanctioned for any such behavior according to the rules outlined in the Code of Academic Integrity that is found in the Undergraduate Catalog or on the web at <http://www.president.umd.edu/policies/iii100a.html>.

**Course EvalUM**

Your participation in the evaluation of courses through CourseEvalUM is a responsibility you hold as a student member of our academic community. Your feedback is confidential and important to the improvement of teaching and learning at the University. CourseEvalUM will be open for you to complete your evaluations during the last two weeks of the semester. You can go directly to the website ([www.courseevalum.umd.edu](http://www.courseevalum.umd.edu)) to complete your evaluation. By completing all of your evaluations each semester, you will have the privilege of accessing the summary reports for thousands of courses online at Testudo.

**Sustainability**

The University Strategic Plan firmly establishes sustainability as part of the mission of this institution and sets the goal for the University to be “a national model for a Green University.” This course is one of many at the University that was revised to include an assignment, discussion, or overarching theme of sustainability so that students gain a comprehensive understanding of sustainability from interdisciplinary perspectives. The goal of this initiative is to integrate sustainability across the University curriculum so that you, the student, will learn about sustainability through artistic, cultural, historical, mathematical, philosophical, and scientific lenses and will be prepared to find solutions to the world’s most vexing problems.

**Winter inclement weather:** Regarding official University closing and delays, please check [http://www.umd.edu/emergencypreparedness/weather\\_emer/](http://www.umd.edu/emergencypreparedness/weather_emer/) or call 301-405-SNOW. In the event when classes are cancelled or delayed, the Instructor will communicate with students by emails and make announcement in the NFSC100 Winter 2011 Blackboard. Students need to go to [www.elms.umd.edu](http://www.elms.umd.edu) and login using your UID and password. Rescheduled exams and class assignments will also be posted in Blackboard.



### Schedule of NFSC 100 for Fall 2012 (1-1:50 PM)

	<b>DATE/LECTURE</b>	<b>Instructor</b>	<b>DISCUSSIONS</b>
<b>Week 1</b>	Wednesday, August 29 <i>Science of Nutrition/food labeling</i> Reading: pages 13-17; 50-55	Dr. Cheng	<b>NO DISCUSSION SECTIONS THIS WEEK</b>
<b>Week 2</b>	Monday, September 3 <i>Labor Day</i>		DISCUSSION #1 The Scientific Method and Designing a Research Study
	Wednesday, September 5 <i>Food choices and human health</i> Reading: Chapter 1	Dr. Sahyoun	
<b>Week 3</b>	Monday, September 10 <i>Nutrition standards and Guidelines</i> Reading: Chapter 2	Dr. Sahyoun	DISCUSSION #2 Calculating the Macronutrient Content of a Meal and Using the Nutrition Label  <b>QUIZ #1</b> <b>(Science/labelling/choices and guidelines)</b>
	Wednesday, September 12 <i>Nutrition and physiology</i> Reading: Chapter 3	Dr. Castonguay	
<b>Week 4</b>	Monday, September 17 <i>Nutrition and physiology</i> Reading: Chapter 3	Dr. Castonguay	DISCUSSION #3 Digestion of Macronutrients  Review Diet Analysis Assignment and Diet Analysis Plus 10.0
	Wednesday, September 19 <i>Carbohydrate</i> Reading: Chapter 4	Dr. Lei	
<b>Week 5</b>	Monday, September 24 <i>Lipids</i> Reading: Chapter 5	Dr. Lei	DISCUSSION #4 Diabetes and Lipid Absorption and Transport
	Wednesday, September 26 <i>Proteins</i> Reading: Chapter 6	Dr. Lei	

<b>Week 6</b>	Monday, October 1 <b>EXAM #1</b>		<b>NO DISCUSSION SECTIONS THIS WEEK</b>
	Wednesday, October 3 <i>Vitamins and minerals</i> Reading: Chapter 7 & Chapter 8	Dr. Cheng	
<b>Week 7</b>	Monday, October 8 <i>Vitamins and minerals</i> Reading: Chapter 7 & Chapter 8	Dr. Cheng	DISCUSSION #5 Vegetarian Diets
	Wednesday, October 10 <i>Vitamins and minerals</i> Reading: Chapter 7 & Chapter 8	Dr. Cheng	
<b>Week 8</b>	Monday, October 15 <i>Energy balance and obesity</i> Reading: Chapter 9	Dr. Castonguay	DISCUSSION #6 Vitamin-Mineral Supplements  <b>QUIZ #2 (vitamins/minerals)</b>  <b>Vitamin-Mineral Homework Due</b>
	Wednesday, October 17 <i>Energy balance and obesity</i> Reading: Chapter 9	Dr. Castonguay	
<b>Week 9</b>	Monday, October 22 <b>EXAM #2</b>		DISCUSSION #7 Anthropometrics and Energy Needs
	Wednesday, October 24 <i>Nutrition during pregnancy</i> Reading: Chapter 13		
<b>Week 10</b>	Monday, October 29 <i>Nutrition during lactation and infant feeding</i> Reading: Chapter 13		DISCUSSION #8 Obesity and Chronic Disease Risk  <b>Diet Analysis Plus Printouts Due</b>
	Wednesday, October 31 <i>Nutrition during growth and maturation</i> Reading: Chapter 14	Dr. Sahyoun	

<b>Week 11</b>	Monday, November 5 <i>Nutrition during aging</i> Reading: Chapter 14	Dr. Sahyoun	DISCUSSION #9 Sodium and Calcium  <b>Bring Corrected Diet Analysis Plus Printouts to Discussion</b>  <b>QUIZ #3 (pregnancy/lactation)</b>
	Wednesday, November 7 <i>Eating disorder</i> Reading: Chapter 9, pages 363-369	Dr. Castonguay	
<b>Week 12</b>	Monday, November 12 <i>Sports nutrition</i> Reading: Chapter 10	Dr. Lei	DISCUSSION #10 Nutrition in the Media
	Wednesday, November 14 <b>EXAM #3</b>		
<b>Week 13</b>	Monday, November 19 <i>Food safety</i> Reading: Chapter 12	Dr. Lei	<b>NO DISCUSSION SECTIONS THIS WEEK</b>
	Wednesday, November 21 <i>The day before Thanksgiving</i>		
<b>Week 14</b>	Monday, November 26 <i>Sustainability: agriculture, nutrition and food</i> Reading: Chapter 15 (page 587-596) and slides	Dr. Cheng	DISCUSSION #11 The Life Cycle
	Wednesday, November 28 <i>Sustainability: agriculture, nutrition and food</i> Reading: Chapter 15 (page 587-596) and slides	Dr. Cheng	
<b>Week 15</b>	Monday, December 3 <i>Nutrigenomics</i> Reading: Pages 70-71, 193-196, 440-444	Dr. Cheng	DISCUSSION #12 The ever Changing Food Supply/Sustainable Nutrition

	Wednesday, December 5 <i>International nutrition</i> Reading: Chapter 15		<b>Diet Analysis Term Project Due</b>
<b>Week 16</b>	Monday, December 10 <i>Nutrition and Health Promotion</i> Reading: Chapter 11, Chapter 15 pg. 574-578	Dr. Sahyoun	<b>NO DISCUSSION SECTIONS THIS WEEK</b>