**Introduction to Nutrition** (NUTR\*1010DE)

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| **Semester:** Summer 2015 | **Start Date:** May 07, 2015**End Date:** August 14, 2015  |

Outcome

Degree Credit (.5 credit weight)

Type

Degree Credit

Tuition Fees

[View Course Fees](http://opened.uoguelph.ca/offerings/tuitionfees.aspx?id=4945)

Sponsors

**College:** College of Social and Applied Human Sciences

**Department:** Family Relations and Applied Nutrition

Description

This course is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include the energy-containing nutrients, selected vitamins and minerals and weight management. We will also explore current popular topics and emerging diet-disease relationships.

Objectives

By the end of this course students should be able to:

* Interpret and apply the Dietary Reference Intakes (DRI), Eating Well With Canada's Food Guide, and nutrition labeling guidelines;
* Use critical analysis skills to discriminate between sound nutrition information and nutrition “quackery”;
* Identify and explain dietary sources, relationships to human health, and consequences of consuming too little or too much, of various nutrients (carbohydrate, protein, fat, and selected vitamins and minerals);
* Explain what happens to food after we eat it (i.e., digestion and absorption);
* Describe the basics of healthy eating, vegetarianism, weight management, and sports nutrition.

Grading Scheme

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| **Assignment** | **Weight %** | **Due Date** |
| Assignment #1: Critical Evaluation of a Nutrition Website  | 10% | Week 3 |
| Assignment #2: Nutrition Labelling  | 20%  | Week 8 |
| Quizzes (x3)  | 30%  | Weeks 4, 7, 10 |
| Final Exam | 40% | Exam Period: Thursday, August 6, 2015 to Friday, August 14, 2015 |

***Specific due dates will be posted to the course website.***

Course Topics

* Nutrition: Food for health
* Nutrition guidelines: Applying the science of nutrition
* Digestion, absorption, and metabolism
* Carbohydrates: Sugars, starches, and fibre
* Lipids
* Proteins and amino acids
* Energy balance and weight management
* The water-soluble vitamins
* The fat-soluble vitamins
* Water and electrolytes
* Minerals
* Nutrition and physical activity

Course Restrictions

This is a Priority Access Course. for B.A.Sc. and FCS minor and some restrictions may apply during some time periods.

Materials

Required Materials Not Provided:

* View [required materials not provided](http://opened.uoguelph.ca/offerings/material.aspx?id=4945)

Textbooks

**Nutrition: Science and Applications** (Confirmed)
Edition: First Canadian Edition
Author(s): Lori A. Smolin, Mary B. Grosvenor, Debbie Gurfinkel
Published by: John Wiley & Sons Canada, Ltd. in 2012
Required Textbook

* Visit the [University of Guelph Bookstore](http://www.bookstore.uoguelph.ca/) website
* Visit the [Guelph Campus Co-op Bookstore](http://www.guelphcampus.coop/bookstore) website

Other

For more information, Contact Info Line :
**Phone:** 519 824-4120 ext. 55000
**Email:** info@opened.uoguelph.ca

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*These course details are based on information provided to date by the associated academic department or the course instructor. Course specific information remains subject to change until the actual date of course commencement. In the event of a discrepancy between the course information provided here and on the course website, the course website will be taken as official.*

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