

# NUTR1010DE – INTRODUCTION TO NUTRITION

## Course Introduction

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This course, NUTR\*1010 Nutrition and Society, is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include digestion and absorption; the energy-containing nutrients; selected vitamins and minerals; weight management; and nutrition and physical activity.

Like other first year introductory courses, NUTR\*1010 covers basic concepts and basic systems; it includes a lot of information. You might feel like you have to memorize everything!

**My role** as the instructor is to help you focus on what is most important — whether it is a concept, system, or set of facts.

**Your role** is to keep up with the material each week; do the readings, activities, and practice quizzes; and be an active participant in the online discussions. To be successful in a DE (distance education) course, you have to keep on top of things. **DON'T PROCRASTINATE!**

## Course Learning Outcomes

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By the end of this course, you will be a more knowledgeable consumer of food and be able to:

- Interpret and apply the Dietary Reference Intakes (DRI), *Eating Well With Canada's Food Guide*, and nutrition labeling guidelines, and what these mean for everyday nutrition;
- 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.

## Course Structure

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This course has 12 units, one for each week of the semester. One chapter of the textbook is covered each week, starting with Chapter 1. We proceed in order through the text; the basic concepts build and are repeated throughout the later chapters.

The following topics will be covered in the units:

- 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

Each unit follows the same format in the same order:

- Introduction.
- Learning Outcomes. The learning goals for the unit.
- Readings. The text chapter associated with the unit. For some units, readings may include all sections in a chapter; for other units, the readings may include selected sections only.
- You Are Not Responsible For. This section describes sections of the chapter readings for which you are not responsible for knowing or studying, either for quizzing, testing or assignment purposes.

- Prof's Notes (to complement, not replace, chapter readings). This section contains important bullet points taken from readings and/or additional points designed to help you in your learning. Note that quiz and testing questions come from this section and also from content in the chapter readings.
- Activities. Learning activities associated with the unit, links to interesting websites, etc. Are they mandatory? No. Are they recommended? Absolutely! They are designed to help you learn and apply the material.
- Summary.
- Practice Quizzes. While quizzes do not count towards your final grade, they are there to help guide your studying. The learning activities, like the quizzes, are there to help you apply your learning and guide your studying. The websites are for your own information; their content is not testable.
- Plan Ahead. This section gives you a heads-up for the next unit, and for what assignment and/or test is coming up.

## Discussions

**Online discussions** are a means of exchanging information, resources and files, posing questions, sharing and debating ideas, and interacting with your classmates at your convenience. The discussions are open to all students in the class and set up for you to connect with your peers for many purposes:

- **Class introductions:** Use this discussion to introduce yourself to your classmates.
- **Main Class Discussion:** Use this discussion to post your inquiries about *course-related issues* (such as schedule, assignments, due dates, or grading) or *technical issues* (such as difficulty submitting assignments, inability to open the page, or broken links). Your instructor will read and reply to these questions for the benefit of all students in the course.
- **Unit Discussion:** You are encouraged to use this discussion area on a weekly basis to connect with other students and ask questions about the Unit content or raise other related issues.

While general discussions are not graded, participation in these activities provides you with the opportunity to connect with each other and to discuss with your peers other issues that

are not addressed on the course website or not related to the graded course discussions.

To access discussions, select the **Discussions** link in the NavBar.

## **Required Assignments**

During this course, you will complete two assignments to demonstrate your accomplishment of course learning outcomes. One assignment will be completed in the Discussions area, and the other assignment must be submitted individually via **Dropbox** located in the NavBar. A full description of these assignments is given on the **Assignments** page.

## **Practice Quizzes**

Unit-by-unit practice quizzes are available throughout the course. These do not count towards your final grade. Do them – they're fun! They're painless (well almost)! They're a great way to prepare for the tests and final exam!

## **Tests**

There will be three (3) graded **online tests** in this course. They typically consist of a series of multiple-choice questions that cover the assigned textbook material. For more details on quizzes, visit the **Assignments** section.

## **Frequently Asked Questions (FAQs)**

We compiled a list of commonly asked questions pertaining to this course. Please visit the **FAQs** link in the NavBar to familiarize yourself with common questions and answers students often ask about the course.

## Course Resources

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### Required Textbook:

**Title:** Nutrition Science and Applications

**Authors:** Smolin, Grosvenor and Gurfinkel..

**Edition:** 2nd Canadian Edition, 2015

**Publisher:** John Wiley & Sons Canada, Ltd., Mississauga ON

You may purchase this textbook at the [University of Guelph Bookstore](#) or the [Guelph Campus Co-op Bookstore](#).

One textbook copy will be placed on reserve at the University of Guelph Library.

### Course Website

The course website acts as your classroom. There are a variety of course content, learning activities, and other relevant information provided within each unit. You will also find the links to supplementary online resources through out the course. It is recommended that you log in to your course website everyday to check for announcements, access course materials, read unit content, review weekly schedule and assignment requirements, participate in discussions, and take quizzes.

## Evaluation

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The table below outlines the assignments that you are responsible for throughout the semester.

<b>Course Evaluation</b>	
<b>Assignment</b>	<b>Value</b>
<b>Assignment #1</b> <ul style="list-style-type: none"><li>• Critical evaluation of a nutrition website</li></ul>	10%
<b>Test #1</b> <ul style="list-style-type: none"><li>• Covers material from Units 01 through 03 inclusive</li><li>• Multiple-choice questions</li></ul>	10%
<b>Test #2</b> <ul style="list-style-type: none"><li>• Covers material from Units 04 through 06 inclusive</li><li>• Multiple-choice questions</li></ul>	10%
<b>Assignment #2</b> <ul style="list-style-type: none"><li>• Nutrition labelling</li></ul>	20%
<b>Test #3</b> <ul style="list-style-type: none"><li>• Covers material from Units 07 through 09 inclusive</li><li>• Multiple-choice questions</li></ul>	10%

<b>Final Exam</b> <ul style="list-style-type: none"><li>• Cumulative (Units 01 through 12)</li><li>• Multiple-choice questions</li></ul>	40%
<b>Total</b>	<b>100%</b>