BIOL 55B      Diet and Health

Nutrition is the science of food and its role in health and disease. This course will explore the biological and chemical background to help us master a basic knowledge of nutrition with a science-based approach, and to provide the tools we need to wisely choose food and to understand how our diet influences our well-being.

Syllabus for Spring 2017

Instructor: Dr. Elaine Lai, X6-3152, Bassine 95-406 (take elevator to P and turn left) 
E-mail: elai@brandeis.edu

TAs:

<table>
<thead>
<tr>
<th>Name</th>
<th>e-mail address</th>
<th>Weekly Recitations</th>
</tr>
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<tbody>
<tr>
<td>Erica Schutzman</td>
<td><a href="mailto:ericas1@brandeis.edu">ericas1@brandeis.edu</a></td>
<td>Wednesday at 2-3pm</td>
</tr>
<tr>
<td>Sarah Skolnick</td>
<td><a href="mailto:sskolnic@brandeis.edu">sskolnic@brandeis.edu</a></td>
<td>Tuesday at 3:30-4:30pm</td>
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Text: Wardlaw and Smith: *Contemporary Nutrition*. 10th edition. 2016. McGraw-Hill ISBN 9781308966014. There are quite a few changes in the new, 10th edition, and exam questions will be set from this new edition. One copy of the 10th edition is available on reserve in the Goldfarb Library. If you choose to use an older edition, you are responsible to consult the 10th edition to catch up with the newly included material.

Class: 50 minutes, Monday, Wednesday and Thursday 1-1:50 pm in Gerstenzang 121

LAYING THE FOUNDATION FOR BETTER HEALTH

Class 1. Jan 18 The basics of nutrition; myths and facts about alcohol

  *Chapter 1. Nutrition, Food choices, and Health*

Class 2. Jan 19 The basics, continued

  Quiz 1 posted

Class 3. Jan 23 Evaluating nutrition information

  *Chapter 2. Guidelines for designing a healthy diet*

Class 4. Jan 25 A healthy diet, continued

Class 5. Jan 26 What happens to the food you eat?

  Quiz 2 posted, Quiz 1 due

  *Chapter 3. The human body: A nutrition perspective*

Class 6. Jan 30 The human body II

NUTRITION AND YOU

Class 7. Feb 1 If you eat a candy bar in class, why are you hungrier later? What are some of the healthcare and social-economic implications of the rising prevalence of the diabetes epidemic in our country?

  *Chapter 4. Carbohydrates*

Class 8. Feb 2 Carbohydrates II
Quiz 3 posted, Quiz 2 due

Class 9. Feb 6 Carbohydrates III

Class 10. Feb 8 Overview and Review for Exam 1

Class 11. Feb 9 Exam 1 (Chapters 1-4)

Class 12. Feb 13 Why do I enjoy the taste of ice cream so much?

Chapter 5. Lipids

Class 13. Feb 15 Lipids II

Class 14. Feb 16 Lipids III

Quiz 4 posted, Quiz 3 due

Midterm Recess

Class 15. Feb 27 Can a vegetarian diet provide enough protein?

Chapter 6. Proteins

Class 16. Mar 1 Proteins II

Class 17. Mar 2 Proteins III

Quiz 5 posted, Quiz 4 due

APPLYING YOUR NUTRITION KNOWLEDGE

Class 18. Mar 6 Is body weight controlled solely by energy input vs. energy output?

Do energy drinks provide the ‘edge’ of energy promised on the drink’s labels?

Chapter 7. Energy balance and weight control

Class 19. Mar 8 Energy balance II

MICRONUTRIENTS ARE IMPORTANT TOO

Class 20. Mar 9 Should I take vitamin supplements?

Quiz 6 posted, Quiz 5 due

Chapter 8. Vitamins

Class 21. Mar 13 Vitamins II

Class 22. Mar 15 Vitamins III

Class 23. Mar 16 How much water do I need each day? Why do I need minerals?

Quiz 7 posted, Quiz 6 due

Chapter 9. Water and minerals

Class 24. Mar 20 Water and minerals II

Class 25. Mar 22 Water and minerals III

FURTHER APPLYING YOUR NUTRITION KNOWLEDGE

Class 26. Mar 23 How much importance do you place on being physically active?

Quiz 8 posted, Quiz 7 due

Chapter 10. Nutrition: Fitness and sports

Class 27. Mar 27 Fitness II
Class 28. Mar 29    Overview and Review for Exam 2

Class 29. Mar 30    Exam 2 (Chapters 5-10)

Class 30. Apr 3     Pondering a modern malady  
                   Chapter 11. Eating disorders

Class 31. Apr 5     Eating disorders II

Class 32. Apr 6     World view of nutrition  
                    Quiz 9 posted, Quiz 8 due  
                   Chapter 12. Undernutrition throughout the world

Passover and Spring Recess

Class 33. Apr 19 (Brandeis Monday) World view II
Class 34. Apr 20    World view III  
                    Quiz 10 posted, Quiz 9 due

Class 35. Apr 24    Should I worry about getting sick from the food I eat?  
                   Chapter 13. Safety of our food supply

Class 36. Apr 26    Safety of our food supply II

Class 37. Apr 27    What are the nutritional needs of mature adults?  
                    Quiz 11 posted, Quiz 10 due  
                   Chapter 16. Nutrition during adulthood

Class 38. May 1     Adult nutrition II

Class 39. May 3     Review for final exam (inclusive, Chapters 1 to 13 and 16)

        May 4  Quiz 11 due (no class: study day)

FINAL    Finals from May 5-12 (exact date and time to be announced by the registrar)

Note: Success in this four credit hour course is based on the expectation that students will spend 3 hours per week in class and a minimum of 9 hours of study time per week in preparation for class (readings, weekly online quizzes, attending TA sessions, preparation for exams, etc.).

Grading system:
1. Weekly Quizzes (totaling 100 pts.) will be posted online on LATTE every Thursday evening at or before 11:55 pm throughout the semester and are due within 7 days, which is the following Thursday at 11:55pm. The deadline of submission of your quiz online at 11:55pm Thursday is a real deadline. Late submission of a quiz will not be accepted by LATTE. Quizzes will be graded
online. There will be eleven online quizzes given during the semester. Each quiz is based on a full score of 10 points. Ten out of eleven quiz scores will be counted for a total potential score of 100 points, which will count as 20% of the course score. A missed quiz counts as a zero. You are allowed to miss one quiz, or we will drop your lowest quiz score if you have attempted all eleven quizzes. Your highest 10 quiz scores will count, even if more than one quiz is missed. No substitute quizzes will be given. You are welcome to consult your textbook and class notes, as well as to form your own study groups to work them out together if you wish. These quizzes are designed to help you keep up to date with the course material, as well as to acquaint you with sample exam question formats.

During in-class exams, notes, books and electronic devices including cellphones, tablets, computers and calculators are not allowed in the exam room. Instead please bring water, coffee and brain food if you would like, plus a smile too if you have a spare one to share.

2. Exam 1 (100 pts.)
3. Exam 2 (100 pts.)
4. Final exam (200 pts.)
TOTAL POINTS = 500

Please check your availability to take all the exams in this course as listed in this syllabus on the first day of class. NO MAKE-UP EXAMS will be given. If you miss taking Exam 1 or Exam 2 as scheduled, your final exam will be weighed proportionally more.

My Office hours:
Monday from 2:30-3:30pm
Tuesday at 10-11 am

Erica Schutzman’s office hours:
Monday at 3:30-4:30pm

Sarah Skolnick’s office hours:
Thursday at 11:30-12:30pm

Note: If you have a documented disability and wish to request reasonable accommodation, please see me immediately. Requests for special consideration will not be accepted less than one week before Exam I or on the day of the exam because time is needed to get approval to make extra exam room request or extra proctor accommodations. Please bring written documentation as soon as possible. Thank you for your cooperation.
I hope you will enjoy learning about diet and health as much as I do. Welcome to BIOL 55B, Diet and Health. All my best for a successful semester of learning, good health, vibrant energy, as well as abundant joy to each of you in my class,

Elaine Lai