



NFSC ### Syllabus

Semester: Fall 2008
Course #: NFSC ###
Title: Ecology of Human Nutrition
Discussions: M/W?
Location:

Instructor: Keiko Goto, Ph.D.
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Office Hrs:
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Course Description:

3 units.

Welcome to the Ecology of Human Nutrition!

This course attempts to examine the relationship between human dietary patterns, human biology and societies. Globalization of food has made a profound impact on dietary changes and the increasing rate of obesity and chronic diseases in both industrialized and developing nations. At the same time, hunger and malnutrition continues to be a serious public health problem in many parts of the world. In this class, we will focus on complex issues related to the diet and health of individuals and populations, with emphasis on contemporary problems around the world in the era of globalization. Topics covered will include, the prevalence of hunger and malnutrition, factors contributing to undernutrition, and the ecology of overweight/obesity and chronic diseases in both developing and industrialized nations. Special attention will be given to a critical analysis of the socio-cultural determinants of nutrition-related issues around the world, as well as theoretical and practical nutrition intervention strategies for addressing those issues.

Course Objectives:

Upon completion of this course, students will be able to obtain and utilize the knowledge that facilitates critical thinking about current issues in nutrition which include:

- a) nutrition transition in the global context
- b) prevalence of hunger and malnutrition
- c) underlying factors contributing to undernutrition
- d) socio-cultural aspects of nutrition
- e) ecology of obesity and chronic diseases
- e) strategies and intervention programs that address nutritional problems around the world.

Required Texts:

The Cultural Feast by Bryant, DeWalt, Courtney and Schwartz

Lecture Attendance/In-class Group Activities:

Because this course emphasizes student-centered participatory learning, attendance is **required** of students at all lecture sessions. Ten in-class group activities will be given throughout the semester. Each activity is worth 10 points.

Term Paper:

The paper consists of 3 parts and is worth a total of 300 points. Detailed information concerning each paper will be presented in a separate document. **Part 1 of the paper is due XX, 5 PM. and Part 2 of the paper is due XX, 5 PM.**

Take Home Quizzes/Assignments:

Ten “take-home” quizzes/assignments will be given throughout the semester prior to lecture. The quizzes/assignments will pertain to the lecture material discussed that week. The quizzes/assignments will be due at the beginning of the next consecutive lecture.

Grading:

<u>Coursework:</u>	<u>Point Value</u>
10 In-class group activities	100
10 Quizzes/assignments – 10 points each	100
2 Mid terms – 100 points each	200
Term Paper Topic Selection (Part 1)	20
Term Paper 1 st Draft (Part 2)	80
Term Paper Final Revision (Part 3)	100
Term Paper Peer Editing	50
<u>Final Exam</u>	<u>150</u>
Total	1000

Extra Credit:

Extra credit opportunities will be offered throughout the semester as indicated on quizzes and exams.

Grading Policy:

Grades are derived as a percentage of the total possible points.

A	100 - 90%
B	89 – 80%
C	79 – 70%
D	69 – 60%
F	59% and below

The instructor reserves the right to add or deduct up to 10 percent of the grade based on attendance and participation in lecture and laboratory sessions.

Course Policies and Procedures:

1. Assignments are due **in class** on day scheduled/determined. Late assignments **will not** be accepted.
2. No make-up exams will be given without written medical verification from a physician, dated and provided to the instructor upon return to class.
3. All time lines, schedules, and due dates are subject to change and will be announced in class, as necessary.
4. University policy states that Add/Drops must be completed within the first two to four weeks of the semester. Please note that to drop a course after the end of the fourth week of classes (after ###/###/08) requires a “serious and compelling” reason. A written documentation of the reason for dropping the course is required.

Student Requirements:

1. Please ask questions when information is unclear. More than likely you are not the only one with the same question.
2. Read assigned materials **prior** to each class meeting.
3. Because collaborative learning activities will be implemented in class, attendance is mandatory. If you have to arrive late or leave early please have PRIOR approval. Make sure that you arrive or depart discreetly. Late arrivals and early departures are disruptive and discourteous to your classmates and instructor.
4. Follow notes during class lectures and add from lecture when appropriate. Many exam/ quiz questions may come from discussions in class.
5. Keep cell phones and pagers “off” or on “vibrate” during class time.
6. Children are not allowed to attend lecture or laboratory meetings.

Academic Rigor and Honesty:

This professor is committed to compliance with the University’s statement on academic rigor and honesty. Please see the university’s on-line web site for complete text of these policies.

(http://www.csuchico.edu/prs/EMs/EM04/em04_36.htm and http://www.csuchico.edu/prs/EMs/EM96/em96_38.htm#II)

PLAGIARISM: “Plagiarism occurs when a [student] deliberately uses someone else’s language, ideas, or other original (not common-knowledge) material without acknowledging its source.”

Council of Writing Program Administrators. "Defining and Avoiding Plagiarism: The WPA Statement on Best Practices." *WPA Position Statements and Resolutions* Jan. 2003. 12 Feb. 2004

Any suspicion of plagiarism will be thoroughly investigated. Plagiarism will NOT be tolerated. Please take caution when working in groups or utilizing on-line resources.

Student Assistance

Any student who, because of a disability or physical limitation, may need special arrangements or accommodation/assistance to meet the requirements of this course is encouraged to talk to the instructor to discuss these special arrangements and to contact the **Disability Support Services, California State University, Chico, University Center, (530) 898-5959 (v/t), (530) 898-4411 (fax), dss@csuchico.edu (e-mail)** immediately. Appropriate arrangements and accommodations can be established. If you need assistance in evacuating the building during a fire or other emergency please inform the instructor immediately so that arrangements can be made for your safety.

Week	Topics	Readings & Assignments Due
1 Aug 22	Introduction to Ecology of Human Nutrition	Reading: Chapter 1.
2 Aug 29	Nutrition Transition in the Global Context (1) Food Production	Reading: Chapter 9
3 Sep 5	Nutrition Transition in the Global Context (2) Food Technology	Reading: Chapters 5 and 6
4 Sep 12	Nutrition Transition in the Global Context (3) Food governance	Reading: Chapter 10
5 Sep 19	Undernutrition (1) Underlying causes of undernutrition Causal models of undernutrition and UNICEF's conceptual framework	Reading: Chapters 9 and 10
6 Sep 26	Undernutrition (2) Socio-cultural aspects of undernutrition	Reading: Chapter 4
7 Oct 3	Undernutrition (2) Socio-cultural aspects of undernutrition	Reading: Chapters 7 and 8
8 Oct 10	Micronutrient Deficiencies: Vitamin A, iodine, and iron	Reading: Handout
9 Oct 17	Diet, Nutrition and HIV/AIDS	Reading: Handout
10 Oct 24	Maternal and Child Nutrition: Early nutrition condition and later risk of chronic diseases	Reading: Handout Chapter 10
11 Oct 31	Obesity in the U.S. and developing countries	Reading: Handout
12 Nov 7	Diabetes and Cardiovascular diseases in the U.S. and developing countries	Reading: Handout
13 Nov 14	Dietary behavior change	Reading: Chapter 11
Nov 20-24	Thanksgiving break	

14 Nov 28	Nutrition interventions (1)	Reading: Chapters 11 and 12
15 Dec 5	Nutrition interventions (2)	Reading: Chapters 11 and 12
16 Dec 11-15	Final Exam Week	Take home final exam