Nutrition

APSM 3351
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SMU-in-Taos
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Course Description
This course provides an examination of the role that nutrition plays in health and optimal functioning. Through the assessment of literature, this course will address the implications of nutrition on body-image, obesity, heart disease, certain cancers, and various cultures, primarily the Native American population, and technology.

Student Learning Outcomes: Community Engagement
Students will apply academic learning to address specific need(s) in a community through a community engagement activity.

Based on individual participation and the use of information learned in the classroom. Students will take nutritional knowledge and apply their understanding and assist in harvesting organic fruits and vegetables at various community gardens in Taos, New Mexico. Students will also serve at the local food pantry handing out bags of food to individuals in the community.

Course Objectives
Upon completion of this course, you will be able to do the following:

- Provide an overview of the major macro and micronutrients relevant to human health.
- Identify the central role that nutrition plays in health and function across the life span.
- Understand the importance of nutrition in human health and disease.
- Understand the related research to be able to critically judge the validity of nutritional claims.
- Identify evidence-based practices in the area of nutrition.
- Understand how cultural factors influence individual nutritional choices.

Required Text


Tentative Course Layout

May 17th – 21nd Module 1: Creating a foundation for Nutrition
- Chapter One: Nutrition: Linking Food to Function, and Health (Exam: 50pts)
- Chapter two: Designing a Healthful Diet (Exam: 50 pts)
- Chapter Three: The Human Body: Are we really what we eat? (Exam: 50 pts)
- Disorders related to food: Chapter 3 in depth (Quiz: 20 pts)
- Fat, Sick, and Nearly Dead – (Quiz: 15 pts)
- Forks Over Knifes – Reflection #1 and (Quiz: 15 pts)
- Hungry for a Change – Reflection #2 and (Quiz: 15pts)
- Article Review – Food Insecurity in the Navajo Nation (article 30Pts)
- **Module One exams, quizzes, and assignments are Due by May 21st @ 11:59pm.**
  Module One: 245 pts.

(Objectives: Understand the related research to be able to critically judge the validity of nutritional claims, Identify evidence-based practices in the area of nutrition, Understand the importance of nutrition in human health and disease, Understand how cultural factors influence individual nutritional choices.)

May 22nd – 25th Module 2 (Opens May 23rd 12am) Macronutrients
- Chapter 4: Carbohydrates: Plant-derived energy (Exam: 60 pts)
- Chapter 5: Fats: Essential energy (Exam 60 pts)
- Chapter 6: Protein: Crucial components (Exam 60 pts)
- Chapter 6 In-depth (Quiz: 20 pts) Vitamins and Minerals
- Food Matters – Reflection #3 and (Quiz: 15 pts)
- Sugar Coated – Reflection #4 and (Quiz: 15 pts)
- **Module Two exams, quizzes, and assignments are Due by May 25th @ 11:59pm.**
  Module Two: 230 pts.

May 26th – 29th Module 3 (Opens May 27th 12am): Nutrients and its involvement
- Chapter 8: Antioxidant Function (Exam: 50 pts)
- Chapter 9: Bone Health (Exam: 50 pts)
- Chapter 10: Energy Metabolism (60 pts)
- Chapter 11: Healthful body weight (60 pts)
- Chapter 11 In-depth Quiz (20 pts)
- **Module Three exams and quizzes are Due by May 29th @ 11:59pm.**
  Module Three: 240 pts
May 30th – June 1st Module 4: Technology and Nutrition

- Chapter 13: Food Safety and Technology (Exam 60 pts)
- Chapter 13 In-depth Quiz (20 pts)
- Plant Pure Nation – Reflection #5 and (Quiz 15 pts)
- Fed Up – Reflection #6 and (Quiz 15 pts)
- Technology and Nutrition position paper (50 pts) DUE Jan 17th
- Food Log (9 days) and Reflections (6) (50 pts) DUE Jan 18th
- Omnivores Dilemma – Questions Due Jan 18th (50 pts)
- Community Engagement Reflection Due (Jan 18th)
- **Module Four exams, quizzes, and assignments are Due by June 1st @ 12:00pm**
  Module Four: 260 pts

*(Objective: Provide an overview of the effects of technology on nutrition, farming, and healthy lifestyle habits.)*

**Grading Criteria**

Module One: 245 pts  
Module Two: 230 pts  
Module Three: 240 pts  
Module Four: 260 pts

Total Points: 975 pts

**Off Site Field Experiences**

- Experiencing the Cost of a Meal  
- Farmtable Café and Farm  
- The Taos Food Status – Enos Garcia Elementary School  
- The Taos HS – Culinary Arts Program

**Participation**

You are expected to attend class and to participate in all course activities, both on and off campus. Documentaries are to be watched outside of class. Be prepared to connect and discuss the science in the classroom as it relates to the film.

**Food Logs and Reflections**

Each day you will record your daily eating habits in a log book. Your log book will be submitted the last day of class. In addition, after each documentary you will write a reflection addressing a brief summary of the film and your provoked thoughts that may have arose during the film. Pay attention to any personal views that may be changing throughout the course.
Article Review
This assignment allows students the opportunity to discover and delve into current peer reviewed nutrition journals and decipher the information by constructing a critical analysis review of the article. This opportunity allows the student the ability to demonstrate their understanding of current theory and practice in a synthesized manner.

Reflection Paper  COMMUNITY ENGAGEMENT
During the final week of the course you will write a 2-3 page reflection paper discussing how your off-site experience broadened your understanding of the local community, and how access to healthy nutrition impacts human health and disease. Throughout the course you will be openly discussing your experience with other students in the class. You are free to submit your reflection paper for review at anytime during the final week of the course.

Technology and Nutrition Paper
Though peer-reviewed articles, course content, community engagement, and class discussions you are to answer the question; How has technology influenced the field of nutrition, agriculture, or ones access to making healthy nutritional decisions? Your position can be focused on the positive or negative side of influence. Detailed explanation and rationale are required to receive a successful grade.

Quizzes
Your knowledge and understanding of the content will be assessed with quizzes over content covered. Each quiz will include multiple choice and true false answers.

Exams
Chapter exams are to be completed and submitted on Canvas. Late exams will not be accepted.