

11:015:265 Nutrition for Today
Tuesdays, 12:50-1:45 PM ■ 123 Bartlett Hall
Coordinating Professor – Carol Byrd-Bredbenner, PhD, RD, FADA
Email address bredbenner@aesop.rutgers.edu

Course Overview

This survey course showcases a number of the nutrition topics that merit attention by the public and scientific community. Every week you will be treated to a lecture by one of our resident faculty members, who will address an area of research that is of interest to each of them, either because of their own research program or because of their recognition of its significance for human health.

Despite the “guest lecture” nature of these presentations, you are expected to attend every class session and pay attention as you would for any course

Courtesy

Please arrive to class on time. Please turn off all pagers and cell phones, blackberries, and other electronic devices before class. Do not hold conversations with your friends during class.

Course Requirements

All students will:

1. Attend class each week and be on time.
2. Complete 3 quizzes given during class.
3. Complete the MyPyramid assignment. Due in class on November 3, 2009.

Grading

Grades on 3 quizzes – 66 points

MyPyramid Assignment – 34 points

A= 100-91 points, B+ = 87.5-90 points, B= 81-87.49 points, C+ = 77.5-80 points, etc.

Quizzes

All quizzes will be closed book, closed notes. There will be **NO** make-up quizzes nor will any credit be given for any missed quizzes. You must bring a student ID and a number 2 pencil to all quizzes. Your quiz will **NOT** be accepted if your student ID is not presented.

- **Quiz 1** will be given in class on the date listed on the syllabus. It will include all material covered in class from the first day of class until the day of the quiz and be worth 18 points.
- **Quiz 2** will be held in class on the date listed on the syllabus. It will include all material covered in class since the first quiz through day of the second quiz and be worth 18 points.
- **Quiz 3** will be held in class on the date listed on the syllabus. It will include all material covered in class since the second quiz through day of the third quiz and be worth 30 points.

MyPyramid Assignment

This assignment provides an opportunity for you to explore your diet in depth, identify strengths and weaknesses, and create a plan for dietary change. Late projects will **NOT** be accepted.

Websites

Course grades and various materials needed for the course will be posted at: **sakai.rutgers.edu**.

Class Cancellation

In the **unlikely** event that a class is cancelled (e.g., inclement weather), Dr. Byrd-Bredbenner will leave a message on her office telephone (2-2382) & post a message at the course’s sakai website.

DATE	TOPIC	SPEAKER
September 1	Course Overview Nutrition During Pregnancy	Dr. Carol Byrd-Bredbenner
September 8	No Class—University on Monday Schedule	
September 15	Nutrition Guidelines & Nutrition Labels	Dr. Adria Sherman
September 22	Fats: The good and the bad	Dr. Judy Storch
September 29	Quiz 1 & MyPyramid Assignment Explained	Dr. Carol Byrd-Bredbenner
October 6	Nutritional Issues in Feeding Young Children	Prof. Harriet S. Worobey
October 13	Nutrition and Heart Disease	Dr. Hans Fisher
October 20	Societal Influences on Disordered Eating	Dr. John Worobey
October 27	Quiz 2 & How the Media Affects What We Eat	Dr. Carol Byrd-Bredbenner
November 3	Healthy Eating During the College Years MyPyramid Assignment Due	Prof. Peggy Policastro
November 10	Issues Related to Dietary Supplements	Dr. Sue Shapses
November 17	Herbs & Your Health	Dr. Kathleen Morgan
November 24	Careers in Nutrition and Dietetics	Prof. Barbara Tangel
December 1	Why Is It So Difficult to Get Rid of Fat?	Dr. Dawn Brasaemle
December 8	Quiz 3 & Wrap Up	Dr. Carol Byrd-Bredbenner