Introduction to Nutrition

1. Welcome, basic information (follow along with your syllabus)
2. Textbook
3. Assignments overview
4. Dietary Analysis
   1. See my website for directions
5. Exams – what they are like
6. Exams – how you can do better
7. Assignment List
   1. In class: Food Analysis
   2. At home: Article Analysis & Daily Values chart
   3. Dietary Analysis – 2 parts
   4. Presentations/Paper
8. Writing Assignment Explained
9. Writing Assignment Rubric
10. Presentation Rubric
11. Grade Breakdown
12. Tentative Schedule
13. Get to know other people
14. Learning in College
15. Constructivist Learning
16. What is Science?
    1. Both a body of knowledge and a way of learning
17. Scientific Method – traditionally
    1. Questions – Hypothesis – Experiment – Results – Conclusion and back
18. Scientific Method in Practice
    1. More integrated than linear
19. Thoughts on Science
    1. Science is based on WONDER
    2. Science thrives on creativity
    3. Science is done in many ways
    4. Science depends on the efforts of individuals and groups
    5. Scientific work is shared
    6. There is always going to be the “unknown”
20. What is nutritional science?
    1. The Venn diagram illustrates the integrated nature of nutrition science and its inherent usefulness. Emphasizing that nutrition utilizes established modern sciences lends the young science relevance beyond just cooking and recipes. Thus, practicing nutrition is a cultural act, an agricultural act, and an emotional act.
21. What exactly is a nutrient?
    1. Essential nutrients required for life and must come from diet (vit C for humans - we don’t make it)
    2. Nonessential - prod by body, or if not produced, not required (but produce health benefits - like cholesterol)
    3. Organisms vary in what’s essential and not - for instance, some organisms can make their own vitamin C
22. Nutrient Classes
    1. Macronutrients –carbs, proteins, lipids
    2. Micronutrients – vitamins, minerals, water
    3. Alcohol and phytochemicals have role in nutrition, though hotly debated. the opportunity to dispel the common misconception that vitamins provide energy.
    4. Likewise, highlighting the debate around alcohol’s status as a nutrient provides an interesting example.
23. What is a Calorie?
    1. Measurement of energy
    2. “The amount of heat it takes to raise the temperature of 1 gram of water by 1 degree Celsius”
    3. 1,000 calories = 1 kilocal = 1(food) calorie
24. Energy Nutrients
    1. Carbohydrates – 4 kcal/g
    2. Protein – 4 kcal/g
    3. Fats – 9 kcal/
    4. Alcohol – 7 kcal/g
25. Calculating Calories
26. Calculating Calories
27. Sample Nutritional Label
28. What factors influence eating?
29. Why We Choose Certain Foods?
    1. Factors Affecting Food Selection
       1. Environment
       2. Culture
       3. Likes and dislikes
       4. Family
       5. Finances
       6. Convenience
       7. Media
       8. Age
       9. Health issues
30. Hungry Planet
31. – 36 slides on Hungry Planet

37. Why Study Nutrition?

Evolution of nutrition. Discuss the development of nutrition science from a study of deficiencies to one of disease prevention. Nutrition originated from the study of deficiencies,. Today it includes toxicology, behavior, and soci. Aspects. Quickly changing science. Recommended Daily Allowances created in 1941 as soldiers went through health screening during WW