

SAMPLE SYLLABUS OF RECORD

I.	Catalog Description				
	FDNT 143 Current Issues in Food and Nutrition	3 class hours			
	Prerequisites: None	0 lab hours 3 credit hours (3c-0l-3cr)			
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Expected Student Learning Outcomes 1 and 2 and 3:

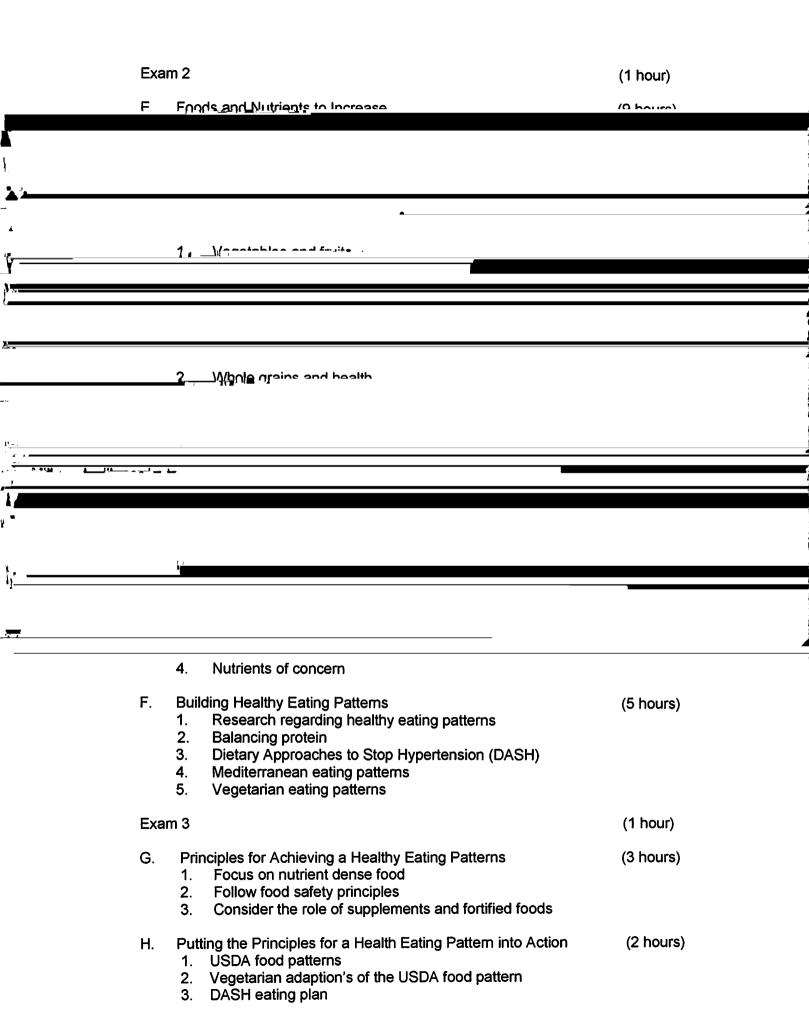
Informed Learner and Empowered Learners and Responsible Learner

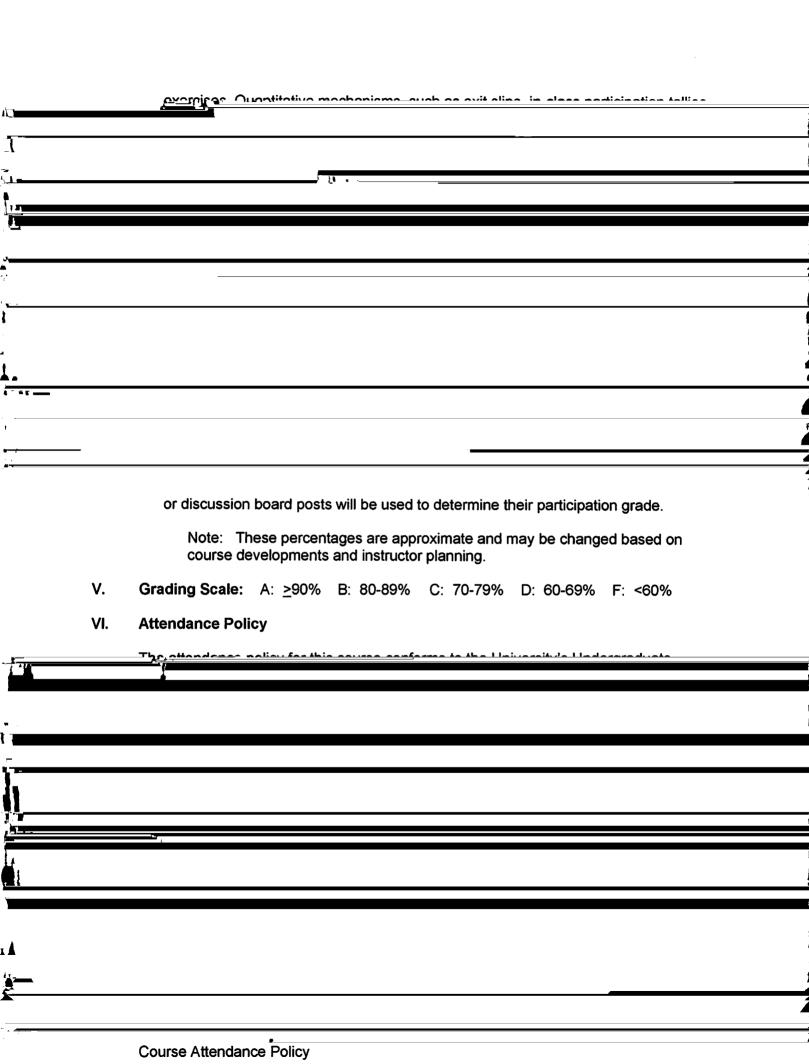
Rationale:

Assignments will require students to compare and analyze current nutrient recommendations (eg. Myplate) to their own intake. Students will use this comparison to identify factors that contribute to their overall health. Assignments will also require students to assess their overall dietary behaviors and reflect on strategies to improve health.

Objective 4:

	Evaluate the credibility of food and nutrition information.
	Expected Student Learning Outcomes 1 and 2 and 3:
	Informed Learner and Empowered Learners and Responsible Learner
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	Assignments will require students to evaluate scientific findings and to distinguish fact
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Nestle, M. (2006). What to eat. New York: North Point Press.

Otten, J. J., Hellwig, J. P., Meyers, L. D. (Eds.) (2006). Dietary reference intakes:

Academies Press.

Pollan_M. (2009). In defense of food: An eater's manifesto. New York City New

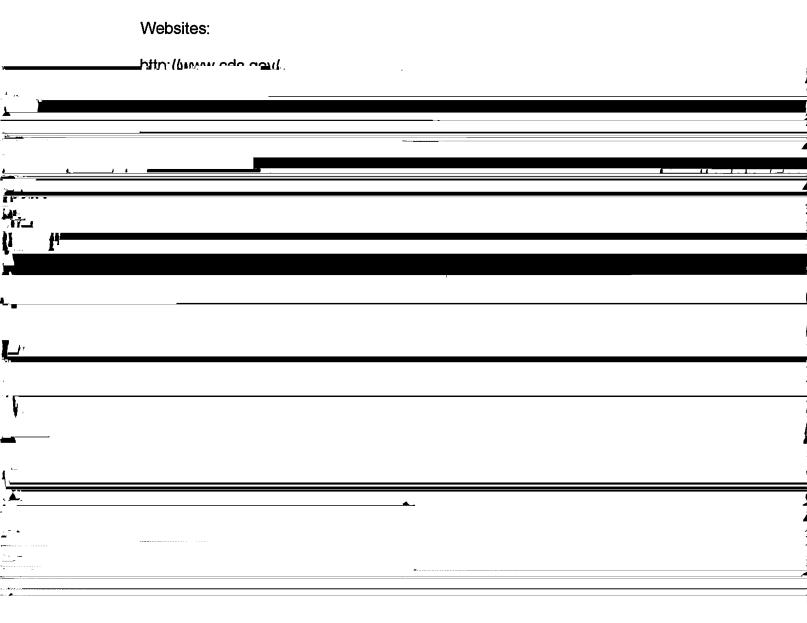
York: Penguin Press.

Thompson, J., & Manore, Melinda. (2012). *Nutrition an applied approach* (MyPlate ed.). San, Francisco, California: Pearson Education.

Sizer, F. S., & Whitney, E. (2008). *Nutrition: Concepts and controversies* (11th ed.). Belmont, California: Thompson Wadsworth.

Webb, G. (2011). *Dietary supplements and functional foods* (2nd ed.). Hoboken, New Jersey: Wiley-Blackwell.

Whitney F & Rolfes S R (2011) Understanding nutrition Relmont California:



http://www.choosemyplate.gov/

http://www.nih.gov/

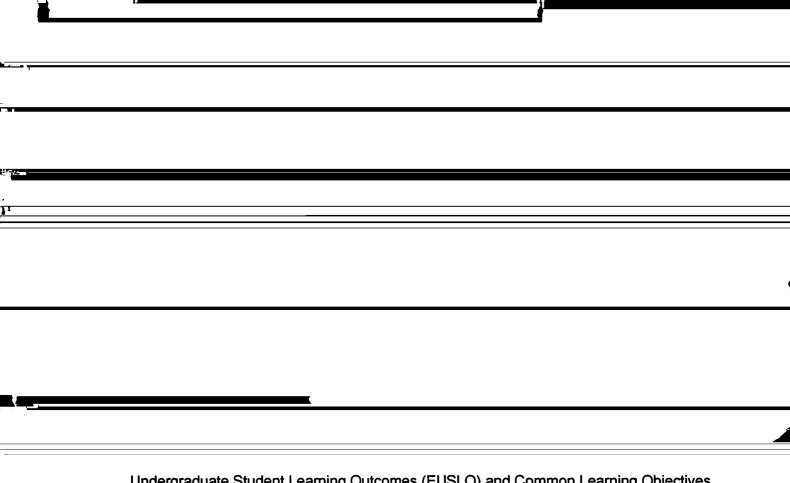
http://www.hhs.gov/

Course Analysis Questionnaire

Α.	D-4-:I-	- £ 41	A
Α.	Details	or the	Course

A1. How does this course fit into the programs of the department? For what students is the course designed? Explain why this content cannot be incorporated into an existing course.

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Undergraduate Student Learning Outcomes (EUSLO) and Common Learning Objectives found in the criteria for a Liberal Studies Dimensions of Wellness Course. The primary focus of this course is current issues in food and nutrition and how they relate to physical well being.

A2. Does this course require changes in the content of existing courses or requirements for a program?

No, this course does not require changes in the content of existing courses or requirements.

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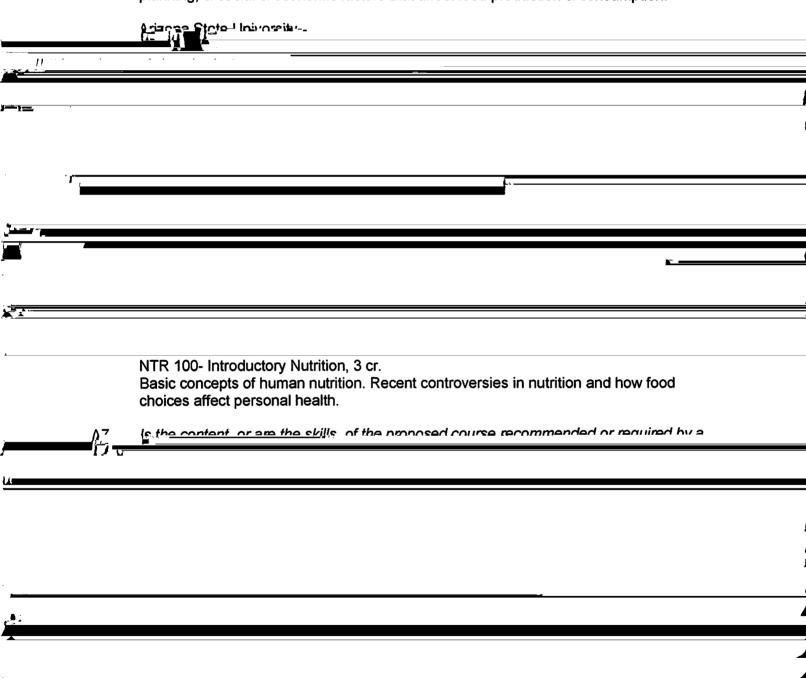
healthful lifestyle.

NYU Steinhardt

http://steinhardt.nyu.edu/courses/course/show?id=602

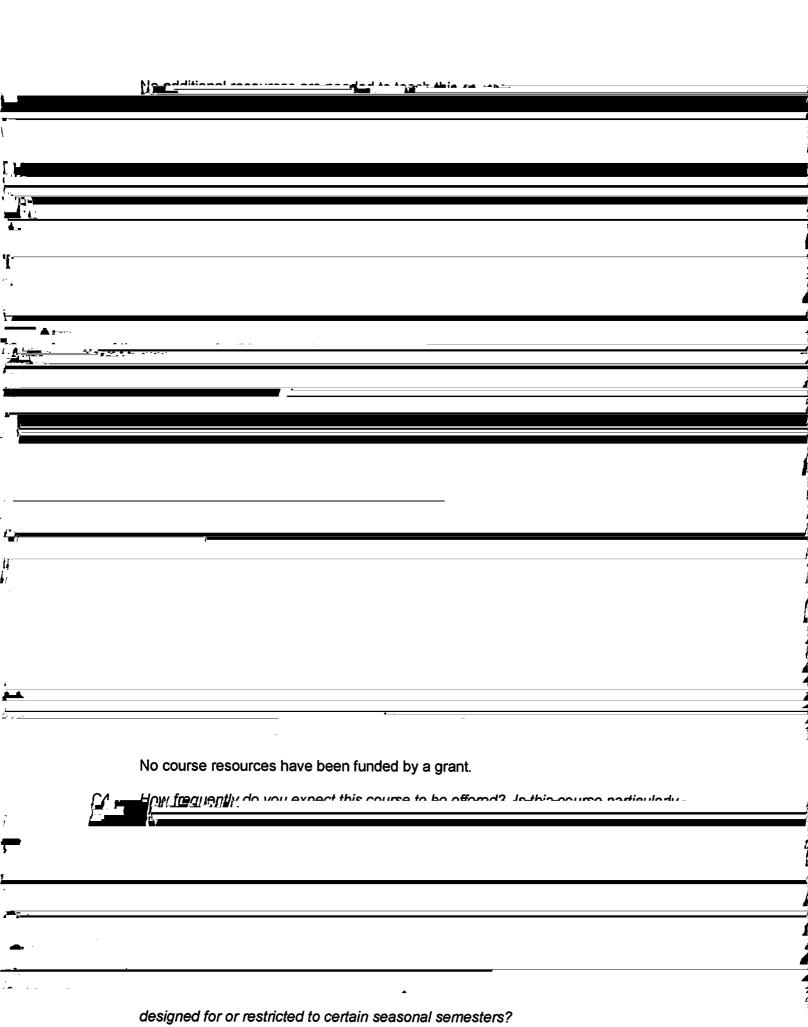
NUTR-UE 119- Nutrition and Health, 3 cr.

Introduction to nutrition science & its role in health & society: nutrient characteristics, requirements, & food sources, energy balance, weight control, dietary guides & food planning, & social & economic factors that affect food production & consumption.



professional society, accrediting authority, law or other external agency? If so, please provide documentation.

No, the content of this course is not recommended or required by a professional society, accrediting authority, law or external agency.

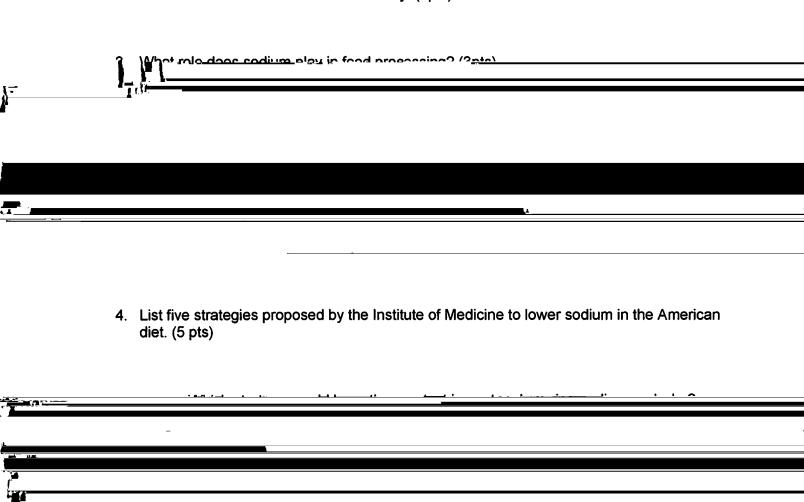


Sample Assignment

The following is an example of a supplemental reading assignment.

Issue: Is the Dietary Guideline for Sodium Realistic?

- 1. Referencing your supplemental reading text read the following articles:
 - Institute of Medicine, from "Strategies to Reduce Sodium Intake in the United States: Brief Report," *The National Academics Press* (April 2010)
 - Michael Moss, from "The Hard Sell on Salt," The New York Times (May 29, 2010)
- 2. State the functions of sodium in the body. (3pts)



C. Required readings for this course include a collection of articles related to contemporary food and nutrition issues. These articles will provide different viewpoints on current controversies in food and nutrition, presenting alternative positions of various authors and interest groups.

addressed throughout the course.