

HUN 220 I
Fundamentals of Human Nutrition
Fall 2021

Credits: 3 Hrs **Class Meetings:** Recorded lectures on Canvas
Modality: Web-based course **Course Format:** Online hybrid asynchronous and synchronous (Live)
(Canvas)

Instructor: Juan E. Andrade Laborde, Ph.D. (aka Dr. A.)
www.fshn.ifas.ufl.edu/about/staff/juan-e-andrade/
www.linkedin.com/in/juan-andrade-0479a046

Contact information: 208 FSHN Bldg.
Phone: (352) 294-3706
E-mail: jandrade2@ufl.edu (best method of contact)
Office Hours: By appointment only. We will find the best time after first week of class.

Pre-requisites: BSC 2007 or BSC 2009 or BSC 2010 or CHM 1025 or CHM 2045 or APK 2100C or
APK 2105C or CHM 1030 | Meets General Education - Biological Science

Textbook: Understanding Nutrition, 15th Ed., Whitney and Rolfes, Cengage, 2019
ISBN-1337392693. (online version is available)

Modality and Z-etiquette

- This is a self-paced, web-based course. All information is provided to you on Canvas.
- This course will use UF's [Zoom platform](#) to communicate during discussion sessions and for office hours. PLEASE FAMILIARIZE YOURSELF WITH THIS PLATFORM.
- Do not share your Zoom classroom link or password with others.
- Students should turn their cameras ON during meetings. In case bandwidth is a problem, the instructor will ask them to turn them off.
- Even though you may be alone at home, your professor and classmates can see you! While attending a meeting in your pajamas is tempting, remember that wearing clothing is not optional. Dress appropriately.
- Your professor and classmates can also see what is behind you, so be aware of your surroundings. Make sure the background is not distracting or something you would not want your classmates to see.
- When in doubt use a virtual background. Some examples from IFAS can be found [here](#). If you choose to use one, you should test the background out first to make sure your device can support it.
- Your background can express your personality, but be sure to avoid using backgrounds that may contain offensive images and language.
- Mute is your friend, especially when you are in a location that can be noisy. Don't leave your microphone open if you don't have to.
- If you want to speak, you can raise your hand (click the "raise hand" button at the center bottom of your screen) and wait to be called upon.

E-mailing

- All correspondence should be via E-mail.
- When you send an email to your instructor, you should start the subject line using **HUN220I- [your subject]**.
- Please be brief and avoid attachments unless you are sure your recipients can open them.
- Sign your message with your name and return e-mail address.
- Be sure you REALLY want everyone to receive your response when you click, "Reply All."
- Be sure that the message author intended for the information to be passed along before you click the "FORWARD" button.

I. COURSE DESCRIPTION AND OBJECTIVES

This course introduces students to the properties, functions, requirements, interrelationships, and metabolism of nutrients. It uses principles of biological sciences (e.g., anatomy, physiology, and biochemistry) to provide an overview of dietary guidance, properties, function, deficiencies, toxicities, requirements, and regulation of nutrients and their role human health and disease.

The successful completion of this course will enable students to:

- Understand and explain the functions of essential nutrients, their chemical forms, and their food sources
- Explain the absorption, metabolism, and disposition of nutrients
- Describe the major nutrient deficiencies worldwide and strategies to address them
- Understand your body's nutrient requirements and their determination
- Explain the concepts of energy balance
- Be able to evaluate the validity of nutritional health claims
- Learn to engage in relevant discussion on current issues in nutrition
- Develop a life-long interest in nutrition

II. COURSE ACTIVITIES

Lectures

This course uses asynchronous lectures recorded via Zoom accompanied by asynchronous activities and live, optional discussion/Q&A sessions. All students will receive Zoom links to join the discussion sessions. All lecture materials will be posted on Canvas. It will be the student's responsibility to obtain and review these materials as they become available. Lectures cover information that might **NOT** be covered in the book. Thus, it is essential that you revise the recorded lectures!

Discussion/Q&A sessions

On the first day of classes, Dr. Andrade will send survey to all students to fill out. This will help gauge the best date/time to meet via Zoom. These sessions will be recorded and made available to all students. Attending these sessions is NOT mandatory but will be monitored. Please bring your all your questions associated with the course material, exams, etc. to these sessions. Any unanswered question during these sessions will be answered and posted on Canvas.

About Zoom: Zoom is an easy-to-use video conferencing service available to all the UF community that allows for meetings of up to 300 participants. Use this link to find quick videos to help get you started with some of the basic features in Zoom. These videos will go over some of the functionalities that will assist you in transitioning smoothly from face-to-face to online instruction. <https://elearning.ufl.edu/zoom/>

Assignments

Throughout the semester you will be asked to fill out definitions, complete crosswords, submit short essays, or complete quizzes online via Canvas. These assignments are there to support your learning either before you start a lecture or after. See the Late Policy for work in this course below.

III. COURSE EVALUATION

The course will consist of on assignments and exams. Your final course grade will be derived from at least 13 assignments, a diet analysis project, and 4 exams. Grades will be posted on Canvas. It is your responsibility to check for any discrepancies in points and report them to your instructor immediately.

Exams (4 x 100 points each)

There will be four exams. There will be no final in this course. All exams are worth 100 points. Exams will last 60 minutes. Exams will be administered via Canvas. Exams are open book. The exams will be available for all students during specific date period (see below) at all times, but you will have only 60 minutes to complete them. Exams will cover lecture material, book readings, and assignments and will be predominately short answer, multiple-choice, matching, and true/false. Some exams will require short answer. For some questions, you will need a calculator. If you leave the exam or disconnect you will have to let the instructor know **immediately**.

Assignments (13 x 10 points each)

There will be several assignments throughout the semester. Assignments will be posted on Canvas. These assignments will contribute 10 points each to your final course grade. Submission of all homework assignments is required at the date and time indicated (See *Late Policy*). Please be aware that due dates may be adjusted as needed based on the lecture schedule. All assignments will be collected via Canvas.

Special Diet Analysis Project (1 x 70 points)

Students will be asked to collect a 3-day diary of their food consumption. Students will use Spark People, an online free software, to conduct diet analysis. They will provide an interpretation on nutrient intake and a reflection exercise on potential nutrient gaps and how to amend them.

Grading and Grade Scale

There will be no “curve” utilized and your course grade will be calculated as follows.

<u>Exams</u>	<u>Points*</u>	<u>Grade</u>	<u>%</u>	<u>Grade</u>	<u>%</u>
Exam I	100	A	94 - 100	C	73 - 76
Exam II	100	A-	90 - 93	C-	70 - 72
Exam III	100	B+	87 - 89	D+	67 - 69
Exam IV	100	B	83 - 86	D	63 - 66
	400	B-	80 - 82	D-	60 - 62
		C+	77 - 79	F	<60
Assignments					
Assignments = 13 x 10	130				
Food Analysis I x 70	70				
	200				
TOTAL POINTS	600				

Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

IV. COURSE POLICIES

Absences and Make-Up Work

Requirements for class attendance and make-up work are consistent with university policies that can be found at: <https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

Assignment Grading

Please keep a digital copy of all of your assignments. Dr. Andrade will answer any of the questions regarding graded assignments. If there are still questions, the instructor will review for a re-grade. Be mindful that the entire assignment will be re-graded and may result in a lower grade. If you choose to compare your assignment grade to another student's assignment grade, then both assignments will need to be submitted for re-grading.

Late Policy

Students are expected to submit all assignments on time. All assignments will be collected via Canvas. Assignments not turned on or before the deadline will be subject to a “late” penalty corresponding to a 10% deduction of the maximum number of points of the assignment. If the assignment is over 2 weeks late, the student will receive a zero.

Exam Make-Up Policy

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical appointment, jury duty, death in the family, etc.). As the events develop, **contact Prof. Andrade immediately by e-mail** (jandrade2@ufl.edu) to discuss the situation and to make suitable arrangements for a make-up exam. Please include, as soon as it is available, appropriate documentation of the absence in order to receive a make-up exam. The make-up exam may be in a different format than the one provided to your classmates.

If you must miss an exam due to a University-approved reason (e.g. athletics or other), you may complete the exam **after** your absence, **only if** documentation of the anticipated absence is provided to the instructor. The scheduled make-up exam (date and time) is at the discretion of Prof. Andrade. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Email

Throughout the semester, your instructor may communicate important information to the class members via e-mail. Importantly, the e-mail address on file with UF (@ufl.edu) will be used for all communications. Forward any other e-mail accounts (Gmail, etc.) to your UF account. When in doubt, use the email system on Canvas to communicate with the instructor.

Academic Integrity

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*” You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: “*On my honor, I have neither given nor received unauthorized aid in doing this assignment.*”

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g., assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your sole responsibility to know and comply with all University policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated.

Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>.

Recording in class

Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any

instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. Before the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at: <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens and can complete evaluations through the email, they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at: <https://gatorevals.aa.ufl.edu/public-results/>.

Software Use

All faculty, staff, and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Services for Students with Disabilities

The [Disability Resource Center](#) coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services, and mediating faculty-student disability-related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. The Office is located at 0001 Reid Hall, 352-392-8565.

Campus Helping Resources

UF is dedicated to supporting students in their academic success and overall well-being. Life can get difficult at times, especially while in college. Many students are faced with stressors and challenges that begin to impact their success as a student. These stressors have many shapes and forms (e.g., financial, family issues, etc.) and arrive at different stages of our lives. [The U Matter, We Care Initiative](#) aims at assisting the community with: i) care-related resources and programs focused on health, safety, and holistic well-being; ii) finding an appropriate network of support education and training; iii) access to tools for helping faculty staff and family members help students; and iv) several pathways to get involved with the initiative. Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize any of the many University’s counseling resources.

- **Counseling and Wellness Center.** The [Counseling & Wellness Center](#) provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.
- **Career Connection Center.** The [Career Connection Center](#) educates and creates connections for the University of Florida community in order to facilitate the holistic career development of students. First Floor JWRU, 392-1601
- **The Office of Victim Services.** A victim advocate is available 24-hours, 7 days a week through the [University of Florida Police Department's](#) Dispatch Center at 352-392-1111. Victims may also contact an advocate directly during weekdays (Monday-Friday) between 8:00 a.m. and 5:00 p.m. by calling 352-392-5648. You can also write or e-mail the department's advocates at ovs@mail.ufl.edu. All services are free and confidential.
- **University Police Department.** For emergencies ALWAYS dial 9-1-1. For non-emergencies dial 352-392-1111. For more information, visit: <https://police.ufl.edu/>
- **E-learning technical support** 352-392-4357 (select option 2) or email to Learning-support@ufl.edu. For more information, visit: <https://elearning.ufl.edu/>
- **Library Support:** Ask the librarian for support at <https://cms.uflib.ufl.edu/ask>
- **Student Complaints.** UF believes strongly in the ability of students to express concerns regarding their experiences at the University. The University encourages its students who wish to file a written complaint to submit that complaint directly to the department that manages that policy. A student who is unsure as to the official responsible for handling his or her particular complaint may contact the [Office of the Ombuds](#) or the [Dean of Students Office](#).

COURSE OUTLINE – Learning Schedule

This course outline helps you pace the material during the semester. Nonetheless, you can work on this material at your own pace. Students should review the lectures before each exam as shown below.

Dates	Lectures	Class Topic	Book Chapter
Aug-23 to Sept-13	1	Introduction / Overview of the Science of Nutrition	Chapter 1
	2	Overview of the Science of Nutrition	Chapter 1
	3-5	Global Nutrition	Chapter 20/others*
	6-9	Nutrition Basics. Planning a Healthy Diet	Chapter 2
	10-11	Human Digestion, Absorption and Transport	Chapter 3
Sept-14 to Oct-8	11-13	Energy-Yielding Nutrients- Carbohydrates	Chapter 4
	14-16	Energy-Yielding Nutrients- Lipids	Chapter 5
	17-19	Energy-Yielding Nutrients- Proteins	Chapter 6
	20-21	Energy-Yielding Nutrients- Alcohol	Chapter 7/others
Oct-9 to Nov-1	22-25	Energy & Metabolism	Chapter 7/others
	26-27	Energy Balance and Body composition	Chapter 8
	28	Vitamins Overview	Chapter 10
	29-32	Water-Soluble Vitamins	Chapter 10
Nov-2 to Dec-8	33-35	Fat-Soluble Vitamins	Chapter 11
	36-37	Water and Major Minerals	Chapter 12
	38-39	Major Minerals	Chapter 12
	40-42	Trace Minerals	Chapter 13

*Others mean other sources of information such as other books or primary literature.

Exam Schedule

Exam	Open period	Lectures	Content
1	September 17-19	1-10	<ul style="list-style-type: none"> • Overview of the Science of Nutrition • Global Nutrition • Nutrition Basics. Planning a Healthy Diet • Human Digestion, Absorption and Transport
2	October 7-11	11-21	<ul style="list-style-type: none"> • Carbohydrates • Lipids • Proteins • Alcohol
3	November 5-7	22-32	<ul style="list-style-type: none"> • Energy & Metabolism • Energy Balance and Body composition • Vitamins Overview • Water-Soluble Vitamins
4	December 5-8	33-42	<ul style="list-style-type: none"> • Water-Soluble Vitamins (some not covered) • Fat-Soluble Vitamins • Water and Major Minerals • Trace Minerals