

HUN 3403
Nutrition Thru the Life Cycle
Summer 2025

Credits:	2 hours
Class Meetings:	MTWTh Period 2 9:30 – 10:45
Location:	online synchronous (live)
Lecturer:	Dr. Sarah Brunnig, DCN, MS, MPH, RDN
Contact:	AFPP Room 104B (building next to main FSHN by pond) Email: skbrunnig@ufl.edu (use mail function in Canvas as best) Office Hours: 11:00 – 12:00 Monday and Wednesday (office and zoom) 7:00 PM – 8:00 PM Monday (zoom) Other times available as needed.
Teaching Assistants:	Xinran (Carol) Hu Email: hu.x@ufl.edu (use mail function in Canvas as best) Office Hour: email for available time Zoom Meeting ID: https://ufl.zoom.us/j/8621738055 Allow 24 – 48 hours for a response to emails
Prerequisites:	Prerequisite: HUN 2201
Textbook:	Nutrition Through the Life Cycle by Judith Brown 8 th ed Cengage, 2024 This is an AllAccess book which means you can purchase access to the digital text right from the bookstore, and it will be charged to your account, and you will have access from day one. You may also purchase a physical text if you prefer. Also, a copy of the text is in the Marston Library in the Reserve Shelves, and you can read it. UF All Access (ufl.edu)
Synchronous Class:	Class is online and synchronous. It is very important to arrive to class on time which means you are accessing Zoom several minutes ahead of class. Attempting to participate in class on your phone is not functional and should be avoided.
Zoom Etiquette:	<ul style="list-style-type: none">• This course will use UFs Zoom platform to deliver lectures and exams.• Do not share your Zoom classroom link or password with others.• Students need their cameras ON for Breakout Rooms• Even though you may be alone at home, your professor and classmates can see you! While attending class in your pajamas is tempting, you need to dress appropriately.• Your Lecturer and classmates can also see what is behind you, so be aware of your surroundings.

E-mailing:

- Mute is needed on your computer. Keep your microphone off. This is important to do. Only turn on if asking a question in class and for the Break-Out rooms.
- The Chat feature in Zoom is for questions and comments related to class and is actually an important part of class. The Chat space must remain professional.
- All correspondence should be via the Canvas Inbox (use student email only if Canvas not available – do not use personal email).
- When you send an email to your instructor or teaching assistant you should start the subject line - (last name): HUN 3403
- Please be brief and very specific - write professionally
- Do not send messages to all your classmates

Course Description and Objectives

Nutrition needs throughout stages of the life cycle including pregnancy and lactation, infancy, adolescence, and aging; and the socioeconomic, cultural and psychological influences on food and nutrition behavior.

The successful completion of this course will enable students to:

1. Discuss physical/cognitive development during pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging.
2. Describe physiological changes that occur throughout the lifecycle.
3. Relate physical/cognitive development and physiological changes to the determination of nutrient requirements and recommendations of individuals at different stages of the life cycle.
4. Describe the major nutrition-related concerns at each stage of the life cycle.
5. Discuss the impact of socioeconomic, cultural, and psychological factors on food and nutrition behavior.
6. Identify resources for delivery of nutrition care in community programs.
7. Utilize computers for nutrient analysis and literature searching.
8. Apply the elements of reasoning and critical thinking techniques to in-class examples, assignments, and exams.

Course Activities

Lectures:

This course uses synchronous (LIVE) lectures delivered via Zoom. All students will receive Zoom links to join the lecture posted on Canvas Calendar and can also reach it through Zoom Conferences on the left-hand tabs in class site. You are expected to be in class and treat it just like a campus class being on time, dressed appropriately, and not eating. Your camera needs to be turned on during Breakout Rooms. During class, it may be difficult for the instructor to respond to questions, therefore, students are encouraged to submit their questions in the Chat box in Zoom and the instructor and TA will answer and post them on Canvas. To familiarize yourself with Zoom go to <https://elearning.ufl.edu/zoom/>

Discussions:

There will be two Discussion Posts. Follow the instructions and see the Rubric. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject and then to reply to at least two others. See Rubric. Each Main Post is worth 20 points. Each Reply is worth 5 points – Total of 60 points in all.

Diet Analysis Assignment:

You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording their diet and observations. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. See Rubric. 30 points

Critical Thinking:

We will be practicing Critical Thinking in the first weeks in our Breakout Rooms. The Critical Thinking Assignment is involved taking about 3 – 4 hours and will be worth 40 points.

Attendance

Attendance in class is important for best learning. To encourage regular attendance, an Attendance grade will be given. We meet for 22 class sessions and only 20 of these will be counted towards Attendance in order to give you flexibility and account for some days when you are not able to be there. The method used is iClicker (iClicker.com). This is an app that you access on your phone or computer. Each class period you will have this ready to go and during Lecture questions will be on the PP's and this question will show on iClicker. You select an answer, and that will show you were in class. Participating actively in the Chat will be a back-up method to show you were in class and involves participating more than 'good morning' and 'good bye.' Answering questions, asking questions, responding to other students counts as attendance if needed and also is simply a good way to stay engaged in class. You must be present for at least 12 of the classes, up to the next to the last day, in order to pass class. See Attendance Policy below. 20 days times 1 point each = 20 points

Breakout Rooms:

Most class days, we will be doing an activity in class. We will utilize Breakout Rooms. You will need to move quickly into your room (usually randomly generated) and begin the activity. These are a valuable part of class. These will be explained the first day of class. These are also a backup way to show Attendance.

Exams:

There will be four Exams counting 40 or 50 points each. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice with several short-answer questions and/or Essays. For some questions you will need a calculator and you can use the calculator in HonorLock or a basic calculator. Exams will be proctored by Honorlock in Canvas, and you will be audio and/or video recorded (see below for more information). Exams are closed book so read each chapter several times and study your notes frequently. The exams will be open from 7:00 AM Friday to 11:59 PM Sunday of exam weeks 2, 4, and 5. The Final Exam (on the last chapters) will be from Wednesday at 1:00 PM until Friday at 11:59 PM so plan accordingly. Once you begin the exam, you must finish it in the time allotted. The clock is on the UF Server (Eastern Standard Time) and once you begin it continues to run even if your system crashes so try logging back in and call **UF HELP DESK at (352) 392-4537** for help. UF Help Desk is available 24/7 for your questions and issues related to Canvas,

connectivity and GatorLink accounts, etc. The exam will be open 100 minutes which is longer than class time and this should accommodate most any special accommodations. Discuss any other needs with your Instructor. 170 points total

Extra Credit:

There will be Extra Credit offered up to a maximum of 12 points. Two points is reserved for Meeting with Instructor via Zoom by end of second week. The other 10 points can come from a list of possibles in Modules > Assignments.

Course Evaluation

Grading:

Assessment	Points	Total
Discussions - 2	@20	40
Replies - 4	@ 5	20
Critical Thinking - 1	@40	40
Diet Analysis -1	@ 30	30
Attendance – 20 days	@ 1	20
Quizzes – 4	@ 40 or 50	170
Total		320

There will be no 'curve' or rounding up and your course grade will be calculated as follows:

Grading Scale	93 - 100%	A	90 - 92.99%	A-
87 - 89.99% B+	83 - 86.99%	B	80 - 82.99%	B-
77 - 79.99% C+	73 - 76.99%	C	70 - 72.99%	C-
67 - 69.99% D+	63 - 66.99%	D	60 - 62.99%	D-
<60% E				

Course Policies

Course Attendance:

Attendance will be obtained from your participation in class and a grade will be assigned for the activities accomplished in class. It is your responsibility to attend all lectures, obtain all instructional materials, and follow any class announcements. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 11 classes. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas. Discussions belong in the Discussion Board. It is up to you to check that your assignment is in/uploaded and that it is the correct version, meaning

do not upload just the instructions thinking you have uploaded your answers. Acceptable file types include .docx and .pdf. The MAC file type of .pages is not acceptable. And .heic is not acceptable for images. You have to 'save as' to an acceptable file type. Keep a copy of all that you do including your Discussion Posts. This is useful in case an error happens and also for future needs. Do not email assignments.

Assignment Grading:

Please keep a digital copy of all of your assignments. After grading, read all notes the TA or Instructor has left you. If you still have questions/concerns then your TA will answer any of the questions regarding graded assignments. If there are still questions, then 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.

Technology Issues:

A good method for resolving technical issues is to visit the helpdesk website <https://helpdesk.ufl.edu/> or call 352-392-4357. UF Help Desk is available 24/7 for your questions and issues related to Canvas, connectivity and GatorLink accounts, etc.

Online Proctoring:

Honorlock will proctor your exams this semester. You DO NOT need to create an account or schedule an appointment in advance. Honorlock is available 24/7, and all that is needed is a computer, a working webcam, and a stable internet connection. To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install. When taking an exam, you will need to be in Google Chrome. A practice quiz will be available later for all students to prepare their computers for the exams. When you are ready to take the practice quiz, log into Canvas, go to your course, and click on the exam. Clicking 'Launch Proctoring' will begin the Honorlock authentication process, where you will take a picture of yourself and show your ID. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it is on a secondary device. Honorlock support is available 24/7/365. If you encounter any issues you may contact them by live chat, phone (855-828-4004), and/or email (support@honorlock.com).

Late Policy:

Students are expected to submit all assignments on time. Work ahead so that you are not racing to finish at the last minute. Assignments/discussions not turned in on time will be subject to a 5% late penalty imposed for each day that the assignment is late to a maximum off of 40%. Assignments not turned in at all will of course receive a zero. Late assignments may or may not be accepted at the discretion of the instructor.

If you must miss an exam due to a university-approved reason (e.g., university sanctioned athletics, competition), you may complete the exam ***after*** your absence if documentation of the anticipated absence is provided to your instructor before the exam date. This is unlikely to be approved in this summer class as the exams last over several days. The scheduled make-up exam (date and time) is at the discretion of Dr. Brunnig. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Special Accommodations:

The Disability Resource Center, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](http://disabilityresourcecenter.ufl.edu), is the place to go to discuss and have approved any special accommodations. 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. They will send your Instructor a letter. You may want to check with the Instructor that the letter has been received. Tests are going to be open double time (100 minutes) anyways, so that will cover most needs for longer testing periods. If there is anything about the course that you are having trouble accessing, please let your Instructor/TA know.

Lecture and Office Hour Recordings

Our class sessions will be recorded by Zoom. Office hours are subject to be audio visually recorded (though I usually turn that off) and students who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, then check with the Dean of Students to get a waiver. Likewise, students who un-mute during office hours and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during office hours or lecture, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. See below for more information on recordings of lectures.

Academic Honesty:

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 this course, unless I give explicit permission for you to collaborate on course tasks (e.g. in-class assignments). 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 individual 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>.

In-Class Recording:

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.

Other Information

Online Course Evaluation Process: Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide professional and respectful feedback on the quality of instruction in this course using a standard set of university and college criteria. Guidance on how to give feedback in a professional and respectful manner is available at [Students - Faculty Evaluations - University of Florida \(ufl.edu\)](https://evaluations.ufl.edu). These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/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.

Campus Helping Resources: Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university’s counseling resources. 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.

Health and Wellness:

In CANVAS on the left side tabs is **Campus Resources tab** which leads you to much useful information.

U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit [U Matter, We Care](#) website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the [Counseling and Wellness Center website](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need or visit the [Student Health Care Center website](#).

[Field and Fork Food Pantry](#): Available for any student, staff, faculty experiencing food insecurity. Bring your Gator1 Card.

University Police Department: Visit [UF Police Department website](#) or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the [UF Health Emergency Room and Trauma Center website](#).

GatorWell Health Promotion Services: For prevention services focused on optimal wellbeing, including Wellness Coaching for Academic Success, visit the [GatorWell website](#) or call 352-273-4450.

Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.

[Career Connections Center](#): Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

[Library Support](#): Various ways to receive assistance with respect to using the libraries or finding resources.

[Teaching Center](#): Broward Hall, 352-392-2010 or to make an appointment 352- 392-6420. General study skills and tutoring.

[Writing Studio](#): 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

[Student Complaints On-Campus](#): Visit the Student Honor Code and Student Conduct Code webpage for more information.

[On-Line Students Complaints](#): View the Distance Learning Student Complaint Process.

Class Schedule HUN3403 Summer 2025

Six week class – meeting M Tu W Th – organized by the week – Dr. Brunnig reserves the right to make needed changes

Week	Chapter and Group Activity	Assignment
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WEEK ONE		
Monday May 12	Nutrition Basics – to include iron, zinc, folate, Vit D..... Group Activity - Practice Calculations	Read Chapter One on own Meet with Instructor by end of week two
Tuesday May 13	Chapter Two - Preconception Group Activity – What affects ability to conceive	
Wednesday May 14	Chapter Two – Preconception Critical Thinking – with PP and samples and Class Activity	Watch Lecture on Research in Unit One
Thursday May 15	Chapter Two – Preconception Group Activity – Preconception Activity	Meet with Instructor by end of week two
		No Quiz
WEEK TWO		
Monday May 19	Chapter Four – Pregnancy Class Activity –Write Preconception Concepts	
Tuesday May 20	Chapter Four – Pregnancy Class Activity -	
Wednesday May 21	Chapter Four – Pregnancy Class Activity – Baby Shower and Concepts	
Thursday May 22	Chapter Six – Lactation Class Activity - What do you know about reasons for breastfeeding	Work on Discussion One due on Tuesday – put it in the Turnitin Dropbox first
		Quiz Chapters Two and Four – (40 points) - Friday – Sunday
WEEK THREE		
Monday May 26	HOLIDAY – No Class	
Tuesday May 27	Chapter Six – Lactation Class Activity – Pregnancy Lactation Resources	Discussion One on First Thousand Days – Main Post Due today (did you put it in the Turnitin Dropbox first?)- Replies due on Thursday
Wednesday May 28	Chapter Eight – Infants	

	Class Activity -	
Thursday May 29	Chapter Eight – Infants Class Activity – Infant Nutrient Needs Calculations	Discussion One Replies due Work on Discussion Two due on Monday - put it in the Turnitin Dropbox first
		No Quiz
WEEK FOUR		
Monday June 2	Chapter Eight – Infants Class Activity – Class Activity Infants – first part	Discussion Two on Vegan Diets for Children – Main Post Due today - (did you put it in the Turnitin Dropbox first?) - Replies due on Thursday
Tuesday June 3	Chapter Ten – Toddler and Preschooler Class Activity – Class Activity Infants – second part	
Wednesday June 4	Chapter Ten – Toddler and Preschooler Class Activity -	Do you have your person to interview for the Diet Analysis Project ready to go?
Thursday June 5	Chapter Twelve – Child and Preadolescent Class Activity – Toddler/Preschool Growth Charts	Discussion Two Replies due
		Quiz Chapters Six, Eight, and Ten – (50 points) - Friday – Sunday
WEEK FIVE		
Monday June 9	Chapter Twelve – Child and Preadolescent Class Activity – Pediatric Overweight – first part	Work on Critical Thinking Assignment
Tuesday June 10	Chapter Fourteen – Adolescent Class Activity – Pediatric Overweight –second part	
Wednesday June 11	Chapter Fourteen – Adolescent Class Activity - Adolescent Scenarios	
Thursday June 12	Chapter Sixteen – Adults	Critical Thinking Assignment due

	Class Activity – Teen Pregnancy	Work on Diet Analysis Assignment due on Monday
		Quiz Chapters Twelve and Fourteen – (40 points) - Friday – Sunday
WEEK SIX		
Monday June 16	Chapter Sixteen – Adults Class Activity –	Diet Analysis Assignment Due
Tuesday June 17	Chapter Eighteen – Seniors Class Activity -	
Wednesday June 18	Chapter Eighteen – Seniors Class Activity – Senior Citizen Class Activity	Quiz Chapter Sixteen and Eighteen – (40 points) - Wednesday afternoon through Friday
Thursday June 19	HOLIDAY	