

HUN3403
Nutrition Thru the Life Cycle
Fall 2025

- Credits:** 2 hours
- Class Meetings:** TR | Period 4 | 10:40 – 11:30
- Location:** Synchronous class online
- Lecturer:** Dr. Sarah Brunnig, DCN, RDN
- Contact:** AFPP Room 104B (small building next to main FSHN by pond)
Email: skbrunnig@ufl.edu (use mail function in Canvas as best)
Office Hours: 1:00 – 2:00 Monday and Wednesday (office and zoom)
9:00 – 10:00 Thursday (office and zoom)
7:00 PM – 8:00 PM – Monday (maybe) (only zoom)
Other times available as needed
Zoom Meeting ID for Office Hours: <https://ufl.zoom.us/j/6037582434>
- Teaching Assistants:** Sofia Acevedo
Email: sofiaacevedo@ufl.edu (use mail function in Canvas as best)
Office Hour: TBA
Zoom Meeting ID: TBA
Allow 24 – 48 hours for a response to emails
- Prerequisites:** Prerequisite: HUN 2201
- Textbook:** Nutrition Through the Life Cycle by Judith Brown 8th 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 on the Reserve Shelf and you can read it there. [UF All Access \(ufl.edu\)](#)
- Synchronous Class:** Class is online and synchronous. It is very important to arrive to class on time which means at least several minutes before so that you are accessing Zoom ahead of class. When we have Group Activities then it will be necessary for you to have a device with you to work on such as a tablet or computer – not your phone. Audio and video are needed.
- E-mailing:**
- All correspondence should be via E-mail through the Canvas class (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, 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 twice per week delivered via Zoom. All students will receive Zoom links posted on Canvas Calendar to join the lecture 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 and dressed appropriately. Your camera needs to be turned on during Breakout Rooms and you will be using audio too. During class, it will 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 answers in Canvas. PLEASE make sure your Zoom 'name' that shows onscreen includes at least your first initial and your last name so I can identify you have been in class. 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 will reply in each of the two Discussion Forums. You are expected to write clear, detailed posts showing knowledge, analysis and interest in the subject. Your writing is expected to be your own and not to be from anything similar to Artificial Intelligence - This includes but is not limited to generative artificial intelligence, large language models, content generation bots, or other non-human intelligence or digital tools. You may of course use editing programs to check spelling and grammar. All writing is to be properly attributed both by in-text citations and by a reference list at the end using the AMA method. You may be asked to write the post in Google Docs first and upload the URL. See Rubric. Each is worth 30 points. 60 points.

Critical Thinking Assignment:

There will be a Critical Thinking Assignment in which you will need to use the information we have learned to develop Concepts and justify your reasoning. There will also be a Critical Thinking section on the last test in which you will need to use the information we have learned to come to a conclusion and justify your reasoning. 40 points for assignment portion.

Group Project Assignment:

In a Group of about 5 students, you will research a nutrient of global concern for pregnancy, infancy, childhood. Your group will meet together at least twice and enter your data into a google doc to share with Instructor. Your group will create a simple PP to share with class. 30 points

Attendance and Breakout Rooms:

Attendance in class is important for best learning. To encourage regular attendance, an Attendance grade will be given. There are 25 class days 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. 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. On days where we have Breakout Rooms your participation in those is necessary. A back-up method is that, in each class, questions will be asked to be answered in the Chat. From this it will be seen that you attended class. Typing in Good Morning at the beginning, or Thank you at the end, though very nice, do not count towards Attendance. You will need to make a few comments or ask a question. Excessive absences will lead to a failing grade being assigned. Excessive means absent over 12 classes. There will be a total of 20 at 1 point each = 20 points. [Attendance Policies < University of Florida \(ufl.edu\)](https://ufl.edu/attendance-policies)

Exams:

There will be three exams. All will be on your computer via HonorLock. The first two will be 50 points each, covering only the information covered in that Unit. Exams will cover lecture material, the text, any readings, and class activities and will be predominately multiple-choice with an Essay. For some questions you will need a calculator and to show your work. These will be 100 minutes each. The last Exam will be on the day of the Final and will be 60 points. It will cover the last three chapters and will also have a set of questions on a Critical Thinking scenario. It will be 150 minutes. There will be no cumulative exam. Exams are closed book/closed notes so read each chapter several times and study your notes frequently. Three exams = 160 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Main Post 2	@ 20	40
Replies – 4	@ 5	20

Group Project	@ 30	30
Critical Thinking	@ 40	40
Attendance – 20	@ 1	20
Exams – 3	2@ 50 1@ 60	160
Total		310

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				

Information on current UF grading policies for assigning grade points may be found [Grades and Grading Policies < University of Florida \(ufl.edu\)](#)

Extra Credit:

There will be Extra Credit offered up to a maximum of 10 points. A list of what is possible will be in Modules > Assignments along with the dropbox.

Course Policies

Course Attendance:

Attendance will be obtained from the Group Activities, iClicker and the Chat. 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 regardless of your grade in class. Excessive means absent over 12 classes. [Attendance Policies < University of Florida \(ufl.edu\)](#)

Assignments:

Assignments are turned in through Canvas dropboxes. 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. You have to 'save as' to an acceptable file type. Sometimes visuals are needed as part of an assignment. .JPEG works well, .HEIC does not work. 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. Your writing is expected to be your own and not to be from anything similar to Artificial Intelligence - This includes but is not limited to generative artificial intelligence, large language models, content generation bots, or other non-human intelligence or digital tools. All

writing is to be properly attributed both by in-text citations and by a reference list at the end using the AMA method.

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.

Exam Make-up Policy:

Make-up exams may not be provided unless there are extenuating circumstances (e.g., illness, medical, death in family, etc). Contact your instructor immediately by Canvas mail or email (skbrunnig@ufl.edu) to provide appropriate documentation of the absence and discuss the situation and to make suitable arrangements for a make-up exam. It is also very helpful to contact the Dean of Students office so that they can help with the situation and gather the documentary evidence. The make-up exam may be in a different format than the one provided to your classmates. If you have been doing your studying and assignments regularly and ahead of time, then the chances of not being prepared when an emergency strikes are much less.

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 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 30%. 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, ROTC), you may complete the exam **after** your absence if documentation of the anticipated absence is provided to your instructor. The scheduled make-up exam (date and time) is at the discretion of your Instructor. Contact your instructor well in advance to coordinate a mutually convenient alternative exam time.

Other Information

Here is the link for other pertinent information related to Academic Policies, Academic Honesty, Academic Resources, and Campus Health and Wellness Resources. This is a great site to look over.

<https://syllabus.ufl.edu/syllabus-policy/uf-syllabus-policy-links/>

HUN3403 Fall 2025 Class Schedule

(Dr. Brunnig reserves right to make changes including adding additional readings as needed. You will be informed ahead of these changes. Any outside the text readings are shown in the PPs and in Modules)

Date	Day of Week	Class Topic Tentative Class Activities	Readings and Assignments
Aug 21	Th	Class Introduction Class Activity – Brainstorm Fertility Factors Chapter Two – Preconception	Review Chapter One on own - Chapter One - Nutrition Basics –iron, zinc, folate, vit D, iodine – see PP Chapter Two For Group Activities be prepared by having computer or tablet to use . We will have Group Activities on about half the days. You must be able to Share your computer screen when in Breakout Room. Set up iClicker for class - do iClicker and write in the CHAT every day – make sure your full name is in the CHAT
Aug 26	Tu	Chapter Two – Preconception Class Activity – Practice Calculations and sending in	Chapter Two TEAM Leaders chosen
Aug 28	Th	Chapter Two – Preconception	Chapter Two Watch recording on Research Take the Second Week 'Quiz' – this is just to see that you know how class operates
Sept 2	Tu	Group Activity – Preconception Part One – keep for later use TEAMS practice	TEAMS Practice for Group Project - divide up responsibilities - over next week, research your portion of Group Project, fill in Google Doc
Sept 4	Th	Chapter Four – Pregnancy	Chapter Four Group Project – begin on PP – prepare to present
Sept 09	Tu	Chapter Four – Pregnancy	Chapter Four Group Project – meet in your TEAM by Sunday evening to go over project
Sept 11	Th	Chapter Four – Pregnancy Group Activity – Pregnancy	Chapter Four
Sept 16	Tu	TEAMS meetings for Group Project – we will start class together – then go into TEAMS	Meet in TEAMS with other Groups to present findings
Sept 18	Th	Chapter Six – Lactation	Chapter Six

Sept 23	Tu	Chapter Six – Lactation Group Activity -	Chapter Six
Sept 25	Th	EXAM ONE – Chapters 2,4,6	No class meeting – exam open 7:00 AM – 11:59 PM
Sept 30	Tu	Critical Thinking Chapter Eight – Infants	Critical Thinking Chapter Eight
Oct 2	Th	Chapter Eight – Infants Critical Thinking Practice	Chapter Eight
Oct 7	Tu	Chapter Eight – Infants	Chapter Eight
Oct 9	Th	Group Activity – calculations, growth charts, infancy Chapter Ten – Toddler and Preschooler	Chapter Ten First Extra Credit due by Sunday Oct 26– if you turn one in by Oct 26 then you may turn another in by Wed Dec 12– if you do not turn one in by Oct 26, then the most you can do is one by Dec 12
Oct 13	MONDAY		Discussion Forum One Reports due in Turnitin Dropbox – Vegan Diets - this dropbox is only for checking Turnitin – check this before placing in Discussion Forum Two by Tuesday Oct 14
Oct 14	Tu	Chapter Ten – Toddler and Preschooler Group Activity – Critical Thinking Practice	Chapter Ten
Oct 16	Th	Chapter Ten – Toddler and Preschooler Group Activity Toddler/Preschool growth	Chapter Ten
Oct 19	SUNDAY		Discussion Forum One Replies due Sun Oct 19
Oct 21	Tu	Chapter Twelve – Child and Preadolescent	Chapter Twelve
Oct 23	Th	EXAM TWO – Chapters 8, 10, 12	
Oct 26	SUNDAY		First Extra Credit due on Sunday Oct 26
Oct 28	Tu	Chapter Fourteen – Adolescent Group Activity – Critical Thinking	Chapter Fourteen
Oct 30	Th	Chapter Fourteen – Adolescent -	Chapter Fourteen Work on Critical Thinking Assignment due Monday Nov 10 – this will take 2 – 4 hours

Nov 4	Tu	Group Activity – Adolescent Scenarios Chapter Sixteen – Adults	Chapter Sixteen
Nov 6	Th	Chapter Sixteen – Adults	Chapter Sixteen
Nov 10	MONDAY		Critical Thinking Assignment due
Nov 11	Tu	HOLIDAY	
Nov 13	Th	Chapter Sixteen – Adults Guest Speaker - Dr. Shelnutt - ??	Chapter Sixteen
Nov 17	MONDAY		Discussion Forum Two due in the Discussion Dropbox – Cognition and Diet - this dropbox is only for checking Turnitin – check this for corrections before placing in Discussion Forum Two by Tuesday Nov 18
Nov 18	Tu	Chapter Sixteen – Seniors Group Activity -	Chapter Eighteen
Nov 20	Th	Chapter Eighteen – Seniors	Chapter Eighteen Discussion Forum Two Replies due Sun Nov 23
THANKSGIVING HOLIDAY			
Dec 2	Tu	Chapter Eighteen – Seniors Group Activity – Senior Scenarios	Chapter Eighteen
Dec 4, 5	Th/F	Reading Days	
Dec 12	Fri	EXAM THREE - Chapters 14,16,18 with a section on Critical Thinking	Final Exam: 12/11/2025 @ 10:00 AM - 12:00 PM – this is official time – our exam will be open all day Friday 7:00 AM – 11:59 PM
Dec 12	Fri	Last Extra Credit due	