

HUN3403
Nutrition Thru the Life Cycle
Spring 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: 9:30 – 11:00 Monday and Wednesday (office and zoom)
1:00 – 2:00 Thursday (office and zoom)
7:00 PM – 8:00 PM – Monday (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: 4-5 pm Tuesdays (zoom only)
Zoom Meeting ID:
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 at the Reserve Desk, and you can read it there using the Ares online course reserve system. [UF All Access \(ufl.edu\)](https://ufl.edu/all-access)

In Person Class: Class is in person in LIT 0109 (Little Hall). It is very important to arrive to class on time to be settled into your seat when class starts. This also keeps from interrupting class by late arrival, though if you are late, please do come in and sit at the back. 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. Tests will be in class.

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 has Lecture periods twice a week. Attendance in class will be taken and count for points as explained below.

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. See Rubric. Each is worth 30 points. 60 points.

International Project:

We will be working with students in Spain. There will be more explanation on this later. 20 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. 20 points for assignment portion.

Diet Analysis Assignment:

You will be observing a meal eaten by an individual of one of the assigned Life Stages. You will be recording observations and their diet. You will analyze the diet using a computer diet analysis program. You will make suggestions to improve the meal. 20 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, excluding 2 exam 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. 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 \(ufl.edu\)](#)

Exams:

There will be three exams. 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 two Essays. For some questions you will need a calculator and to show your work. These will be 50 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 120 minutes. There will be no cumulative exam. Exams are closed book/closed notes so read each chapter several times and study your notes frequently. If you have Accommodations then make sure to have applied and gotten that settled well before the first exam. Three exams = 160 points

Course Evaluation

Grading:

Assessment	Points	Total
Discussions		
Main Post 2	@ 20	40
Replies – 4	@ 5	20
Diet Analysis	@ 20	20
Critical Thinking	@ 20	20
International Project	@ 20	20
Attendance – 20	@ 1	20
Exams – 3	2@ 50 1@ 60	160
Total		300

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%	83 - 86.99%	B	80 - 82.99%	B-
77 - 79.99%	73 - 76.99%	C	70 - 72.99%	C-
67 - 69.99%	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 iClicker. 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.

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.

Special Accommodations:

The Disability Resource Center, 0001 Reid Hall, 352-392-8565 [Disability Resource Center - Disability \(ufl.edu\)](#), 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.

Office Hour Recordings

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 \(ufl.edu\)](#) 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.

HUN3403 Spring 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	Readings and Assignments
Jan 14	Tu	Chapter One - Nutrition Basics – iron, zinc, folate, vit D, iodine	Read Chapter One on own For Group Activities be prepared by having computer or tablet to use . We will have Group Activities on about half the days. Set up iClicker for class
Jan 16	Th	Class Activity – Brainstorm Fertility Factors Chapter Two – Preconception	Chapter Two
Jan 21	Tu	Class Activity – Practice Calculations Chapter Two – Preconception	Chapter Two Watch recording on Research
Jan 23	Th	Chapter Two – Preconception	Chapter Two Take the Second Week ‘Quiz’ – this is just to see that you know how class operates
Jan 28	Tu	Chapter Two - Preconception Group Activity – Preconception Part One – keep for later use	Chapter Two
Jan 30	Th	Chapter Four – Pregnancy	Chapter Four Work on Discussion Forum One

			For next week's International Project Practice Meeting know which group you are in and what your assigned topic is – TA Sofia
Feb 3	MONDAY		Discussion Forum One Reports due in Turnitin Dropbox tonight - this dropbox is only for checking Turnitin – check this for corrections before placing in Discussion Forum One by Tuesday Feb 4
Feb 4	Tu	Chapter Four – Pregnancy 11:00 Practice Meeting with Spanish Students in class on TEAMS- 5 minutes	Chapter Four Practicing getting in Teams in your group Discussion Forum One Main Posts due after checking with Turnitin and for corrections
Feb 6	Th	Chapter Four – Pregnancy Group Activity – Pregnancy – know your group # and keep this activity for later use	Chapter Six
Feb 11	Tu	Chapter Six – Lactation International Project	Chapter Six Class today will be on Zoom Link found in Class Calendar. We will do 15 minutes of lecture then be ready to join the Spanish TEAMS meeting.
Feb 13	Th	Chapter Six – Lactation	Chapter Six Work on your part of the International Project Watch lecture video that finishes up Lactation
Feb 18	Tu	EXAM ONE – Chapters 2,4,6	
Feb 20	Th	Guest Speaker – Dr. Taft - lactation and microbiome research Chapter Eight – Infants	Chapter Eight Each International group should be finishing their entries and checking that the information holds together. This should be ready on Tuesday Feb 25 for our last International Meeting.
Feb 25	Tu	Chapter Eight – Infants International Project	Chapter Eight Class today will be on Zoom Link found in Class Calendar. We will do 15 minutes of lecture then be ready to join the Spanish TEAMS meeting.
Feb 27	Th	Chapter Eight – Infants Critical Thinking	Chapter Eight Critical Thinking Watch the video on Infants to finish off this section

			<p>Diet Analysis Assignment is not due until April 10 but you need to decide who you are going to observe</p> <p>The UF group will write a Summary of what they found (long paragraph) and the Spanish students will do the same and these will be placed below the table in the shared document to be turned in to class on Mar 2 Sunday.</p>
Mar 2	Sunday	International Project due	<p>Turn in International Project all finished</p> <p>Have you watched the Infant video</p> <p>Have your Pregnancy activity with you for Tuesday</p>
Mar 4	Tu	<p>Chapter Ten – Toddler and Preschooler</p> <p>Group Activity – Writing Concepts using the Pregnancy Activity</p>	<p>Chapter Ten</p> <p>Work on Discussion Forum Two</p> <p>First Extra Credit due by Sunday Mar 30– if you turn one in by Mar 30 then you may turn another in by Wed Apr 30– if you do not turn one in by Mar 30, then the most you can do is one by Apr 30</p>
Mar 6	Th	<p>Chapter Ten – Toddler and Preschooler</p> <p>Group Activity – calculations, growth charts, infancy</p>	<p>Chapter Ten</p> <p>Discussion Forum Two Main Posts due after checking with Turnitin and for corrections</p>
Mar 10	MONDAY		<p>Discussion Forum Two Reports due in Turnitin Dropbox tonight - this dropbox is only for checking Turnitin – check this for corrections before placing in Discussion Forum Two by Tuesday Mar 11</p>
Mar 11	Tu	<p>Chapter Ten – Toddler and Preschooler</p> <p>Group Activity Toddler/Preschool growth</p>	Chapter Ten
Mar 13	Th	Chapter Twelve – Child and Preadolescent	<p>Chapter Twelve</p> <p>You will likely want to go ahead and get the Replies done before Spring Break weekend begins</p>
Mar 16	SUNDAY		Discussion Forum Two Replies due tonight
SPRING BREAK			
Mar 25	Tu	Chapter Twelve – Child and Preadolescent	Chapter Twelve
Mar 27	Th	EXAM TWO – Chapters 8, 10, 12	
Mar 30	SUNDAY		First Extra Credit due on Sunday Mar 30

Apr 1	Tu	Chapter Fourteen – Adolescent	Chapter Fourteen Work on Diet Analysis Assignment due Sun Apr 6
Apr 3	Th	Chapter Fourteen – Adolescent -	Chapter Fourteen
Apr 6	SUNDAY		Diet Analysis Assignment due Sun Apr 6
Apr 8	Tu	Group Activity – Adolescent Scenarios Chapter Sixteen – Adults	Chapter Sixteen Work on Critical Thinking Assignment due Sunday Nov 24 – this will take 2 – 4 hours
Apr 10	Th	Chapter Sixteen – Adults	Chapter Sixteen Work on Critical Thinking Assignment due Sunday Apr 20 – this will take 2 – 4 hours
Apr 15	Tu	Chapter Sixteen – Adults Guest Speaker - Dr. Shelnett - ??	Chapter Sixteen
Apr 17	Th	Chapter Eighteen – Seniors	Chapter Eighteen
Apr 20	SUNDAY		Critical Thinking Assignment due
Apr 22	Tu	Chapter Eighteen – Seniors Group Activity – Senior Scenarios	Chapter Eighteen
Apr 24, 25	Th/F	Reading Days	
Apr 28	Mon	EXAM THREE - Chapters 14,16,18 with a section on Critical Thinking	Final Exam: 4/28/2025 @ 10:00 AM - 12:00 PM
Apr 30	Wed		Extra Credit due by Wednesday Apr 30