

NUTRITION 12: INTRODUCTION TO NUTRITION

Professor: Linda Bacon, Ph.D.
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Office hours: Tuesday, 7:00 to 8:00 a.m. (in BRC, Room 350)
Wednesday, 11:00 to 11:30 a.m. (in office)
Friday, 8:30 to 9:00 a.m. (in office)

or by appointment

I am also frequently in my office at other times and available for drop-in hours.

Web Home Page: <http://fog.ccsf.edu/lbacon/Nutrition12.htm>
This is the primary website for course information and downloadable files.



Insight Website: <http://insight.ccsf.edu/>

The login is your student ID number. If your student ID begins with a letter, use lowercase. If your student ID begins with an @ symbol, substitute a lowercase “x”. The initial password is “changeme”. (If you’ve used Insight before, use your previous password.) Only registered students can access the Insight website; if you are trying to add the course, please submit your papers in hard copy. More information about Insight will be provided in a separate handout.

Tutoring: Tutoring takes place in the Learning Assistance Center (Room 207) in Rosenberg Library. Tutoring sessions are a great place to get your questions answered, review course material, or just generally talk nutrition.

Tutor: Jeff Dean

Times: Tuesday, 11:10-1:00; and Wednesday, 1:10-3:00.

Course Goal: To help the student understand the science of nutrition, why they make particular food choices, and the consequences of those food choices. This course will empower students to consciously define their values and to make satisfying nutritional choices that support these values. The emphasis is on sustainability, both in terms of personal and planetary health.

Upon completion of the course, the student will be able to:

- ✓ Identify carbohydrates, lipids and proteins, and describe their function in the human body.
- ✓ Describe the function of vitamins, minerals, phytochemicals and water in the human body.
- ✓ Understand the role of food choices in:
 - personal health and well-being;
 - the health and sustainability of the social and physical environment.
- ✓ Critically evaluate nutrition information, and be able to apply this information in making food choices.
- ✓ Assess current nutrition issues and controversies and justify arguments scientifically.

Pre-requisites: None required. However, it will be difficult to do well in the class without strong high school level **math** and **writing** skills. Besides performing addition, subtraction, multiplication and division, students will need to calculate and understand percentages. Additionally, students need to have writing skills adequate to communicate understanding of the material. It is highly recommended that **ESL** (English as a Second Language) students have completed ESL 140 (or placement in ESL 150) or ENGL 90 (or placement in ENGL 92).

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Required Text: *Eat Well... For your Self, For the World*, by Linda Bacon. *Eat Well* is an unfinished manuscript and only available in the CCSF bookstore or through mail order at <http://www.lulu.com/content/128917>. Required publication date: January 1, 2011 or later. The current edition is dated October 21, 2011.

Optional Text: Bacon, Linda, *Health at Every Size: The Surprising Truth About Your Weight*, BenBella Books, Dallas, 2010. Available through most booksellers. Provides additional detail on weight regulation. Supports material taught in class, but is not required. For more information, visit www.HAESbook.com.

Additional Requirements: Computer, internet, and printer access.

Reading Assignments: Students are advised to read each chapter in *Eat Well* before the lecture/discussion on that topic begins. You will be provided with a study guide that identifies the major points that you are expected to understand. Note that material will be discussed in class in a different order than presented in the book.

Get started by immediately reading the **Preface** and the **Introduction to Nutrition**. These sections are intended to make sure everyone is familiar with background concepts and initial nutrition terms. We may not review these sections in class, but students are responsible for understanding the content.

Eat Well contains chapters which discuss nutrients. Since foods are combinations of different nutrients, details about specific foods are described in a separate chapter, called "**Food Categories**." We will not be discussing the Food Categories chapter on its own, but students are expected to refer to it as different foods are discussed throughout the course.

Course Content/Order

Topic	
Syllabus review	Proteins
Introduction to Nutrition	Micronutrients
Food Politics	Water
Eating in a Disordered Culture	Food Safety
Pleasure and Taste	Agriculture and Sustainability
Food Labels	Animal Welfare
Energy and Metabolism	World Hunger
Weight Regulation	Biotechnology
Digestion and Absorption	Sustainability: Conclusions
Scientific Reductionism	Eating Disorders
Carbohydrates	Reclaiming Pleasure in Eating
Fats	

Be prepared to work! The intent of this course is to highlight the applied aspects of nutrition. Please don't make the mistake of thinking that this will be an easy course just because the topics are of general interest. Nutrition 12 is a rigorous and demanding science course.

Attendance: You are expected to attend all classes and *attendance is a large aspect of success in this course*. Attendance will be taken each class and is required for the entire class. You are responsible for signing the attendance sheet; if it does not circulate to you during class, please be sure to sign it after class.

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Absences for more than 10% of the scheduled classes may result in your final grade being lowered one or more letter grades. If you are absent for more than 25% of scheduled classes, you will receive an “F.” There are no excused or unexcused absences. Please budget your absences accordingly. Please do not contact the professor to report missing an individual class. If you have an emergency which requires you to miss several classes, please discuss the details with the professor.

Please exchange contact information with another class member so that you can find out about missed information or announcements in the event of an absence. You are responsible for all information and announcements made in class, regardless of whether you attend.

Study Tips: The material that I choose to discuss in class is what I believe is the most important information you need to know about nutrition. The reading is intended to support your learning. Use the reading as a tool to help you understand lecture material, but don’t labor over details not discussed in class. Review questions are provided to help you identify the main points. A handout on study tips is available on the course website.

Exams

Exams: Exams are based on material from lectures, class discussion, and the textbook. For each exam, the student will receive a grade that reflects the percentage correct. If class grades are not in a standard distribution, the professor may also give students a scaled score that will be used in calculating final grades.

Unless otherwise stated, no dictionaries, translators or hand-held devices (including cell phones) will be allowed during the exams. Students will receive a “0” and be reported to the College for disciplinary action for any violation of this policy. Please bring your student (picture) ID to exams.

MEETING/EXAM SCHEDULE				
Class Section	1	2	3	4
Meeting Time	MWF 9:10 - 10:00	MWF 10:10 – 11:00	T/Th 8:10 - 9:30	T/Th 9:40 -11:00
Location	Science Bldg 100	Science Bldg 302	Science Bldg 100	Science Bldg 302
Midterm Exam	Wed, March 14th		Tues, March 13th	
Final Exam	8:30am-10:30am Wed, 5/23	10:30am-12:30pm Mon, 5/21	8:00am-10:00am Thurs, 5/24	8:00am-10:00am Tues, 5/22

Make-Up Exams: If you need to miss an exam, contact the professor **prior** to the exam. If this is not possible, notify the professor as soon as possible; don’t wait until the next class meeting. Make-up exams will be given at the professor’s discretion. Special arrangements can be made for legitimate and verifiable emergencies. Late penalties will also be assessed at the professor’s discretion.

Grades: Letter grades will be assigned on the basis of traditional scoring: 90-100% A; 80-89% B; 70-79% C; 60-69% D; <60% F.

Assignments: A separate handout describes the assignments.

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ASSIGNMENTS & TESTS	% contributes to final grade
“Why We Choose Foods” handout	1
Critical Thinking about Bias assignment	3
Food Label Assignment	6
Personal Reaction Assignments (4)	12
Weight Regulation Essay	8
Sustainable Food Project and Essay	8
“Why We Choose Foods” handout and final essay	2
Midterm Exam	23
Final Exam	37
	100

Extra Credit: The instructor ensures that grades are awarded in a fair distribution. No “extra credit” is given as it would result in unfair grade inflation.

Punctuality: Please come to class on time; late entrances are disruptive and distracting for everyone. You are considered late if you walk in after the professor has started the class. When you come in late, leave your ID on the front desk. Your lateness will be recorded at the end of class and you can retrieve your ID then. Two late entrances will count as an absence. If you need to leave early, inform the professor in advance.

Participation: You are expected to actively participate in the learning process. Participation is not about speaking a lot; it includes attentive listening, asking thoughtful questions, and making comments that advance class discussion. Poor participation may result in your grade being lowered.

Student Honor Code: It is assumed that all students taking this course have read and agree to the honor code expressed in the next paragraph. If you do not agree to this, discuss your concerns with the professor within the first week of class.

Honesty, integrity and ethical behavior are fundamental to our educational community. Examples of ethical behavior include (but are not limited to) engaging honestly, not copying from others, not asking for or giving help on a take-home exam, not allowing another individual to copy from you, not using unauthorized material, not telling someone taking the exam at a later time the content of an earlier exam, and not obtaining information about an earlier exam from someone else. It also obligates you to report the cheating of others.

Classroom Community Guidelines: Please be respectful to your fellow students and professor. Make an effort to be present during class; this means no texting, e-mailing, web browsing, reading other materials, talking to classmates, etc. Cellular phones should not be seen or heard once class starts (under the desk is considered “seen”). The professor reserves the right to ask a disruptive or disrespectful student to leave (which will constitute an absence) and to lower the grade of a student whose behavior is disruptive or disrespectful.

Any student who engages in signature forgery and/or unethical behavior on tests, assignments or the final examination will receive a permanent course grade of “F” and will be subject to further disciplinary action by the College.

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Miscellaneous Announcements: If you know that you have a **learning disability** or suspect that you might, please schedule a time to meet with the professor during the first two weeks of class so that we can ensure that you get the support you need and that equivalent experiences are made available to you. If you are registered with the Disabled Students Placement Services, please provide the professor with a copy of the paperwork that documents the accommodations you are entitled to.

If you have an **e-mail** address, please be sure it is current in your CCSF personal information file. This can be done online by accessing the personal information page on the CCSF website. Go to student services and click on the student record link. Log on and then make the appropriate changes to your personal information. An e-mail message will be sent in the event that the professor needs to miss a class or otherwise make an announcement outside of class time.

Note that when you contact the professor by e-mail, you should always receive a response or a confirmation that the e-mail was received. If you do not receive a confirmation within two school days please re-contact the professor. Please recognize that there are occasional lapses or difficulties that occur in sending/receiving e-mail.

Recommended Reading

Eat Well provides extensive recommendations for topic-specific resources. Below is a list of books that I frequently recommend in response to student interest. Most are on reserve in Rosenberg Library under this course and/or in general circulation at Rosenberg Library and/or Statler Library. If you view this syllabus on our course website, you will note that the book titles are hyperlinked to the library catalog.

Barstow, Cynthia, [*The Eco-Foods Guide*](#), New Society Publishers, Canada, 2002.

Basham, Patrick & Gio Gori and John Luik, [*Diet Nation: Exposing the Obesity Crusade*](#), The Social Affairs Unit, London, 2006.

Campbell, T. Colin, [*The China Study*](#), Benbella Books, Dallas, 2005.

Gaesser, Glenn, [*Big Fat Lies*](#), Gurze Books, Carlsbad, 2002.

Hall, Ross Hume, [*The Unofficial Guide to Smart Nutrition*](#), IDG Books Worldwide, Foster City, 2000.

Harding, Kate, and Marianne Kirby, [*Lessons from the Fatosphere: Quit Dieting and Declare a Truce With Your Body*](#), Perigree Books, 2009.

Kolata, Gina, [*Rethinking Thin: The New Science of Weight Loss - and the Myths and Realities of Dieting*](#), Farrar, Straus and Giroux, New York, 2007.

Lappe, Anne, and Bryant Terry, [*Grub: Ideas for an Urban Organic Kitchen*](#), Penguin Group, London, 2006.

Matz, Judith, and Ellen Frankel, *The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-care*, SourceBooks, Naperville, IL, 2006.

Move-On.Org, [*50 Ways to Love Your Country. How to Find Your Political Voice and Become a Catalyst for Change*](#), Inner Ocean Publishing, 2004.

Nestle, Marion, [*Food Politics*](#). University of California Press, Berkeley, 2002.

Nestle, Marion, [*What to Eat*](#), North Point Press, New York, 2006.

Oliver, J. Eric, [*Fat Politics: The Real Story Behind America's Obesity Epidemic*](#), Oxford University Press, New York, 2006.

Pollan, Michael, *In Defense of Food: An Eater's Manifesto*, Penguin Group, New York, 2008.

Pollan, Michael, [*The Omnivore's Dilemma*](#), Penguin Group, London, 2006.

Robbins, John, [*The Food Revolution: How Your Diet Can Help Save Your Life and the World*](#), Conari Press, Berkeley, 2001.

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Schlosser, Eric, *[Fast Food Nation](#)*, Houghton Mifflin Company, New York, 2001.

Simon, Michele, *[Appetite for Profit: How the Food Industry Undermines our Health and How to Fight Back](#)*, Nation Books, New York, 2006.

Tribole, Evelyn & Elyse Resch. *[Intuitive Eating](#)*, St. Martin's Griffin, New York, 2003.

Wann, Marilyn, *[Fat!So?: Because You Don't Have to Apologize For Your Size](#)*, Ten Speed Press, Berkeley, 1998.