

NUTRITION 12: INTRODUCTION TO NUTRITION

Professor: Linda Bacon, Ph.D.
Contact Info: Office: Science Bldg. Room 341
Phone: 239-3189
E-mail: lbacon@ccsf.edu
Office hours: Monday, 7:30 to 8:00 a.m. and 10:15 to 10:45 a.m.
Tuesday, 11:15 to 11:45 a.m.
Thursday, 7:30 to 8:00 a.m.
or by appointment
Please don't be shy about scheduling another time.
I am frequently in my office and available other times
for drop-in hours; come look!

Web Home Page: <http://fog.ccsf.edu/lbacon/Nutrition12.htm>



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. The tutoring schedule will be announced in class and will be posted on the website and outside the professor's office door.

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, some of the tests and/or assignments may include essays which require writing skills adequate to communicate understanding of the material. It is highly recommended that **ESL** (English as a Second Language) students have completed ESL 130 and/or be eligible for ESL 140. (Past experience shows that ESL students who ignore this recommendation perform poorly in the class. Students are urged to wait to take this course until they are prepared.)

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>. If you get a used copy, look for has a publication date of January 1, 2011. Older copies won't contain sufficient material.

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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.

Reading Assignments: Students are advised to read each chapter in *Eat Well* before the lecture/discussion on that topic begins.

Note that the **Preface** and the **Introduction to Nutrition** 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. Get started reading them right away.

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.

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. Students who are interested in the topics but hesitant about their ability to succeed in this course are encouraged to consult the professor and/or to instead take Nutrition 51 (Elementary Nutrition), which covers some of the same topics.

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. It is your responsibility to sign the attendance sheet; if it does not circulate to you during class, please be sure to sign it after class.

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, although you are welcome to be in touch with questions or comments. If you have an emergency which requires you to miss several classes, please discuss the details with the professor.

Please exchange phone numbers 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.

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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.

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.

EXAM SCHEDULE				
Class Section	Section 1 (meets MWF 8:10 - 9:00)	Section 2 (meets MWF 9:10 – 10:00)	Section 3 (meets T/Th 8:10 - 9:30)	Section 4 (meets T/Th 9:40 -11:00)
Midterm Exam 1	Wednesday, September 28 th		Thursday, September 29 th	
Midterm Exam 2	Wednesday, November 9 th		Thursday, November 10 th	
Final Exam	Monday, 12/19 8:00–10:00AM	Wednesday, 12/14 8:30–10:30PM	Tuesday, 12/20 8:00–10:00AM	Thursday, 12/15 8:00AM–10:00AM

ASSIGNMENTS	DUE DATE		COMMENTS
	MWF sections	T/Th sections	
“Why We Choose Foods” handout	August 24 th	August 25 th	Handout given in class (and downloadable from website). No credit given for late assignments, however, if you miss the due date, hand in the checklist portion anyway so you don’t get penalized for the end assignment.
Animal Welfare Essay	Due dates to be announced in class.		Specific instructions will be provided for each.
Weight Regulation Essay			
Sustainable Food Project and Essay			
“Why We Choose Foods” handout and final essay	December 9 th	December 8 th	Handout given in class (and downloadable from website). No credit for late assignments. (Do not hand in at final exam!)

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.

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Letter 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. The course website has a Frequently Asked Questions section that provides more information about grades.

Grade Components	% of final grade
“Why We Choose Foods” handout	1
Animal Welfare Essay	3
Weight Regulation Essay	4
Sustainable Food Project and Essay	6
“Why We Choose Foods” handout and final essay	2
Midterm Exam	25
Midterm Exam	25
Final Exam	34
Total	100

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. Make sure cell phones and other devices are off. 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.

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

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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.

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.