

N&D 240: Fundamentals of Nutrition

Self-Paced Enroll Anytime Online Course

This is an unofficial syllabus and is subject to change at any time. The official course syllabus is posted in Blackboard or available upon request.

Instructor & Course Information

Credits	3 undergraduate credits
Pre-Requisites	None
Instructor	Desiree Tande, PhD, MS, RDN, LRD
Email & Phone	Visit the Blackboard course for contact information

*If you have any course questions prior to enrollment, please email und.online@und.edu

About the Professor

Desiree received her doctorate from North Dakota State University in Human Development, master's degree from the University of Delaware in Human Nutrition and B.S. from the University of Minnesota-Twin Cities in Nutrition. She is currently an Associate Professor and Department Chair at the University of North Dakota. She is a registered dietitian nutritionist and certified lactation counselor. Previously, Desiree worked with the NDSU Extension Service, WIC in Elton, M.D. and DuPont Consumer Health in Wilmington, D.E. She was raised on a farm south of Palermo, N.D. where she learned to appreciate hard work, the importance of food production, and began to consider the role of food and nutrition in relation to health and disease. Her research interests have focused on nutrition during early childhood and prevention of chronic disease through the life cycle. She has four children (two grown): Lucas, Joel, Gabriel, and Adrianna. Her husband, Brian, and children have lived in Grand Forks for over a decade. Hobbies include pretty much doing anything outdoors including gardening, hiking and jogging, while walking, reading, and baking are favorites during the winter months.

Course Description and Objectives

Fundamentals of Nutrition presents the basic understanding of nutrition science. This introductory course identifies nutrients, their functions and food sources and discusses how food behavior translates into nutritional health. The course also includes such topics as strategies to manage weight, non-nutrients in food, nutrition and physical fitness and other current nutrition topics. Students learn to apply the principles of nutrition to their own food intake to improve their nutritional health.

Learning Outcomes

- understand macronutrients and micronutrients.
- apply the knowledge of nutrition and problem-solving skills in order to make dietary selections that promote a healthy lifestyle.
- utilize dietary recommendations (DRIs, Dietary Guidelines for Americans, etc.) in order to achieve a balanced, healthful diet.
- recognize the relationships among food intake, nutritional status and individual needs to encourage behaviors that optimize health and wellbeing.
- understand the relationships between nutrition, physical activity, and weight status.
- compare and contrast nutrient needs across the life span.
- explore current nutrition topics, including the role of food and nutrition in disease prevention.

- utilize critical thinking skills to evaluate the accuracy of nutrition information available to the general public in order to make appropriate nutrition-related decisions.

Essential Studies Course

N&D 240 is an Essential Studies-Math, Science and Technology Course, specifically a Natural Sciences course.

Natural Sciences: Pure science is concerned with the production of knowledge about the natural world. As such, it is often based on natural observation, experimentation and analysis.

- Courses in the natural sciences make use of inductive and deductive reasoning, in conjunction with the scientific method, to investigate how the natural physical, chemical, and biological world operates.
- ES courses in the natural sciences should give students experience in asking questions about the natural world and the chance to use observation and experimentation to formulate answers to those questions.

N&D 240 addresses the Essential Studies learning goal of Quantitative Reasoning.

- This means it will focus on how you can become competent and comfortable when working with numbers and graphic displays of information based on numbers.
- More specifically, quantitative reasoning is competency and comfort in working with numerical data, using it to reason and solve quantitative problems from a wide array of authentic contexts and everyday life situations, and to create and clearly communicate sophisticated arguments supported by quantitative evidence, such as by using words, tables, graphs, mathematical equations, etc., as appropriate. You should expect to focus on these intellectual skills as part of this course.
- To this end, course assessments will include evaluation of your development in this area as well as your knowledge and understanding of nutrition. Evaluation of the Nutritional Health Study project includes assessment of your quantitative reasoning skills and ability to communicate this knowledge and capability based on the facts of nutrition science through written communication (i.e. worksheets).

Textbook and Course Materials

You will need a (1) **textbook** and (2) **nutrient analysis software**. The course key for MindTap or Cengage Unlimited is **MTPN62WZDWXZ**. Cengage (MindTap/Unlimited) materials are **not** integrated with Blackboard and are **not required assessments** in the course. Only assessments posted directly in the Blackboard course are required for N&D 240.

- (1) Textbook:Sizer, F and Whitney, E. Nutrition Concepts and Controversies. 16th Edition. Belmont, Cengage Learning, 2023.
- (2) Software: Diet and Wellness Plus [computer software]. (2015). Cengage Learning.

Additional resources will be posted in Blackboard.

Technical Requirements

The [UND Technical Support webpage](#) contains information on your UND email and how to download a free version of Microsoft Office.

- Students are expected to use their official UND email in the course.
- You will use Microsoft Word to complete assignments.
- You will use Adobe Acrobat for the Nutritional Health Study project .
- [View the basic technical requirements](#) for every online course.

Course Overview and Organization

This course contains has four units designed to focus your study of nutrition science and to assist you in achieving the course learning objectives/outcomes. The course content is organized by units with chapter folders and assessments found under each respective Unit under Lessons link (this link is available on the left navigation menu) in Blackboard. Each unit folder contains a learning outcomes and assignment resources as appropriate.

Each Unit contains the following structural elements:

- To-Do List
- Lesson folders (organized by chapter)
 - Required Reading
 - Chapter Outline
 - Recorded Lectures
 - Chapter Quizzes
 - Optional additional resources (as applicable)
- Assessments – vary by specific unit and are listed in the To-Do List for the Unit (e.g. worksheet, quizzes, exam instructions, and/or Nutritional Health Study assignments)

Schedule of Assessments (recommended order and progress through material and assessments):

Module (folder title)	Topic	Assignment/Assessment (bold are graded)
UNIT 1	Food Choices and Human Health	Read Chapter 1, Chapter 1 Quiz (5 points)
	Nutrition Tools – Standards and Guidelines	Read Chapter 2, Chapter 2 Quiz (5 points)
	The Remarkable Body	Read Chapter 3, Chapter 3 Quiz (5 points)
	Review chapters 1, 2, and 3	Exam 1 (50 points)
	Nutritional Health Study Project	Introduction to the Nutritional Health Study (NHS) Project quiz (10 points)
	Nutritional Health Study Project	Nutritional Health Study (NHS) Part I (40 points)
UNIT 2	The Carbohydrates	Read Chapter 4, Chapter 4 Quiz (5 points)
	The Lipids	Read Chapter 5, Chapter 5 Quiz (5 points)
	The Protein and Amino Acids	Read Chapter 6, Chapter 6 Quiz (5 points)
	Review chapters 4, 5, and 6	Exam 2 (50 points)
UNIT 3	The Vitamins	Read Chapter 7, Chapter 7 Quiz (5 points)
	Water and Minerals	Read Chapter 8, Chapter 8 Quiz (5 points)
	Energy Balance and Healthy Weight	Read Chapter 9, Chapter 9 Quiz (5 points)
	Review chapters 7, 8, and 9	Exam 3 (50 points)
	Nutritional Health Study Project	Nutritional Health Study (NHS) Part II (50 points)
UNIT 4	Nutrition and Chronic Disease	Read Chapter 11, Chapter 11 Quiz (5 points)
	Food Safety and Food Technology	Read Chapter 12, Chapter 12 Quiz (5 points)
	Life Cycle Nutrition: Mother and Infant	Read Chapter 13, Chapter 13 Quiz (5 points)
	Life Cycle Nutrition: Child, Teen, and Older Adult	Read Chapter 14, Chapter 14 Quiz (5 points)
	Exam Review Chapters 11, 12, 13, & 14	Final Exam (50 points)
	Nutritional Health Study Project	Nutritional Health Study (NHS) Part III (60 points)

Assessment and Grading

This course is made up of a series of assessments which will be graded. You will work on a combination of quizzes, a worksheet, a project, and exams.

65 points	On-line quizzes (13 quizzes at 5 pts each)
10 points	Nutritional Health Study Project Introduction Quiz
150 points	Nutritional Health Assignment (Parts I, II, and III; 40, 50, 60 points respectively)

150 points	Three Unit Exams (50 points each)
<u>50 points</u>	Final Exam
425 points	Total Points

Examinations

Exams are multiple choice and true/false format and are computer graded. Students are responsible for all materials in the assigned readings, recorded lectures, and assignments. All students are expected to complete the unit and final exams.

The exams are proctored using ProctorU Live service as the proctoring method. You will need an appointment to use ProctorU Live+. Schedule appointments at least one week in advance of the desired test date. Visit the exam folders in Blackboard or the [Self-Paced Enroll Anytime Exams webpage](#) for more information on the exam process and technical requirements. **You will need access to a reliable computer with a working webcam and audio and reliable internet connection.**

Nutritional Health Study Project (Parts I, II, & III)

The overall purpose of this assignment is to enable you to critically evaluate your current eating behaviors, identify areas of strength and opportunity, and to develop an effective strategy to improve overall nutritional health. There is increasing evidence that what we eat influences our health and the overall quality of our lives. Unfortunately, people do not instinctively select a nutritious diet. This assignment will be used to evaluate your understanding of some major nutrition concepts studied in the course. Finally, the activities required to successfully complete the Nutritional Health Study (NHS) are also important to strengthen your quantitative reasoning skills demonstrated through a series of three worksheets/reports (Part I, II, & III). Evaluation of your assignment will consider all these purposes. A rubric is utilized for each part of the project and is available for you to view prior to submission through the *My Grades* area. **There are no “redos” for these assignments.** Contact your instructor ahead of the due date with questions; she is available to respond to emails and meet with you in-person or via Zoom to ensure any questions you have are addressed.

Quizzes

Chapter quizzes are multiple choice, true/false, or matching format and are administered through Blackboard and computer graded. The quizzes are timed with forced completion. Quizzes are open-book and do not require proctoring. **You will need access to a reliable internet connection.** Students must work independently.

No emergency extra credit will be offered.

Students have **five business days** (Monday through Friday, 8:00 a.m. to 4:30 p.m.) after an exam, quiz, or other assignment grade is posted to contest a grade.

Grading Scale

A	90% to 100%	382-425 points
B	80% to 89%	340-381 points
C	70% to 79%	297-339 points
D	60% to 69%	255-297 points
F	less than 60%	<255 points

Course Evaluation

Once you complete your course, you will be asked to complete an online course evaluation. Your feedback on the course is very important to me. I read all students’ comments carefully and use them to improve my course.

Course Etiquette

When participating in class (online or in person) it is important to interact with your peers and instructor in an

appropriate manner. Always use professional language (no netspeak) in your postings and emails. Please be respectful of your classmates at all times even if you disagree with their ideas.

About UND Self-Paced Enroll Anytime Courses

You have 3 to 9 months to complete this course from the time of your enrollment. You may work at your own pace and complete lessons/exams on your own schedule, submitting up to 3 per week for grading.

After you finish your course, your final grade will be posted in Blackboard. Please **allow 3-5 business days for your final grade to appear** on your transcript in Campus Connection. You will receive a confirmation email from the Enroll Anytime staff once the final grade is officially posted on your transcript. You may then order an official transcript, if desired.

If you have an **administrative** question regarding course enrollment dates, extensions, withdrawals, questions regarding your transcript, or need exam assistance, please contact the **Office of Extended Learning** at und.courses@UND.edu or 701-777-0488.

Questions regarding **coursework** should be directed to the **instructor**.

For **technical support** including username and password help, assignment submission, or other technical assistance in the course, contact [University Information Technology](#).

Student Resources

Many services are available to online students such as writing assistance from the UND Writing Center, free online tutoring, and more. Visit the [Student Resources page](#) for more information. You can also access the resources webpage from the *Student Resources* link in your Blackboard course menu.

Instructor Responsibilities and Feedback

I attempt to respond to all email and voice messages within 24 hours (Monday-Friday; 8:00 a.m. to 4:30 p.m.) or one business day whenever possible. You can expect to receive feedback for most assignments within one week. Assessments automatically graded in Blackboard will display the score but will not show you the answers to questions. If you would like to look at your quiz in Blackboard, schedule an appointment to meet with me via Zoom or in-person to review the assessment. The Nutritional Health Study project may take up to two weeks for feedback since each unique (personalized) assignment is carefully reviewed with extensive feedback offered to you.

University of North Dakota Policies & Resources

The University of North Dakota is committed to safe and welcoming environment for students. Visit [this page](#) to learn more.