

# NUTR 1313 CIN4: Human Nutrition 1

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## Syllabus - webpage

### Course Overview

*NUTR 1313: Human Nutrition* is an examination of: the evidence-based principles of healthy eating; food consumption patterns and trends; digestion, absorption, metabolism and food sources of macronutrients essential to human health; and energy metabolism and balance.

*Human Nutrition* deals with the basic foundations of nutrition as a science. Therefore, the information presented in this course builds upon basic biological and chemical foundations. By understanding the science of nutrients and how your body uses them, you should be able to critically analyze your own diet and beware of misinformation fed to you by the media.

*NUTR 1313* is broken into 5 *modules*, each with a specific focus. See the Course Schedule to access the modules.

There are 6 *quizzes* and 1 *assignment*. Study at your own pace (preparing for each module quiz and the assignment), keeping in mind that you have six months to complete the entire course (while many students finish it in less time) and that the assignment must be in at least 1 week prior to the date you wish to write the exam. (See below for information about booking the final exam).

### Learning Objectives

After successfully completing this course you will be able to:

- Demonstrate comprehension of rigour in the production of credible nutrition knowledge.
- Trace the food we eat from the mouth to the cells within the body and thereby understand the role of digestion and metabolism in turning food we eat into nutrients and energy the body can use.
- Understand what the Dietary Reference Intakes (DRIs) are and how they are used in the evaluation and planning of diets.
- Identify the sources, functions, requirements and risks of over and under consumption of the nutrients.
- Perform calculations necessary to determine the energy contribution of carbohydrate, protein and fat.
- Become aware of Canada's food guide and learn how to use it for planning nutritious diets.
- Evaluate the reliability of nutrition claims.
- Appreciate the complexity of genetic and environmental issues that surround energy balance and weight maintenance.
- Understand the complex balance that exists between the foods we eat and their relationship to human health.

### Instructor

Tristaca is a Registered Dietitian who relocated to Kelowna, BC after living in Halifax for 6 years. While in Nova Scotia, she taught a variety of courses in the School of Nutrition and Dietetics at Acadia University. In fact, she continues to teach 5 Nutrition courses through Acadia's distance education department. While at Acadia, Tristaca founded the first ever Canadian university convivium of Slow Food, aimed at helping dietetics students foster an appreciation for high quality, socially responsible food. She also spear-headed a collaboration between Acadia University and Magnolia Creek, a residential treatment center for eating disorders based in Alabama. This program will allow Acadia staff and faculty to receive mentorship and training to be better able to support students who may be struggling with disordered eating. In addition to her work at Acadia, Tristaca has also developed online nutrition curriculum for Thompson Rivers University, the National Coaching Institute, and Dietitians of Canada. In addition, she has been a content reviewer for several undergraduate nutrition textbooks and co-authored the Instructor's Manual for *Nutrition: Science and Applications, 2nd Canadian Edition*. She has also been both an item writer and appraiser of the Canadian Dietetic Registration Examination. As part of her nutrition practice, she specializes in disordered eating, sports nutrition and media communications.



Tristaca Curley, MSc, RD

Contact Information:

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Please note that I will respond to emails within regular business hours, Monday to Friday. As I teach 6 courses, please allow up to 3 business days for me to respond to your queries, although I will often respond sooner. Please also reference the course you are referring to in any email discussions, as I teach several courses.

## Course Materials

### **Required text (See the [student handbook](#) for ordering information):**

Whitney E, Rolfes SR, Hammond G, and Piche LA. (2016) Understanding Nutrition. Second Canadian Ed. Nelson Education, Ltd. with 12 month access to MINDTAP ISBN: 9780176706234.

An electronic copy of this book can be purchased at [here](#).

### **MINDTAP:**

Access to MINDTAP is **required** in order to access the resources used within this course, including the software for the assignment (Diet and Wellness PLUS), module activities, and practice questions. Please note that the activities in Mindtap are not actually graded, even though it says in Mindtap that they are. I can't change that setting in Mindtap, so I realize it's confusing. Know that your grade is made up of the activities listed in this syllabus.

How to access MINDTAP:

### **Registration**

1. Connect to <https://login.nelsonbrain.com/course/MTPP29DPR9Q4>
2. Follow the prompts to register your MindTap course, using the access code provided with the textbook (ISBN listed above). The course key to register for this course is: **MTPP-29DP-R9Q4**

### **System Check**

To check whether your computer meets the requirements for using MindTap, go to <http://ng.cengage.com/static/browsercheck/index.html>

Please Note: the System Check is also accessible in the drop down box next to your name located in the upper right corner of your MindTap page.

### **Required Supplementary materials:**

*The following 2 articles are posted in the Resources section for this course, and are required reading.*

- Barr SI. [Introduction to Dietary Reference Intakes](#). Appl Physiol Nutr Metab 31:61-65, 2006.
- Barr SI. [Applications of Dietary Reference Intakes in dietary assessment and planning](#). Appl Physiol Nutr Metab 31:66-73, 2006.

Eating Well with Canada's Food Guide can be downloaded at: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php#1>

## Evaluation

Quizzes	30%
Assignment	25%
Final Exam	45%

**\*NOTE: The exercises in MINDTAP are optional, but recommended.**

## Quizzes

You are required to complete 6 *quizzes* for this course. Each quiz is comprised of multiple-choice and true /false questions, some of which may be calculations, and is worth 5% of your final grade. Make sure to read each question VERY CAREFULLY!

Be sure you are familiar with the material *before* taking the quiz as each quiz is only *30 minutes* in duration, and can only be *taken once*. The timer will begin counting down once the quiz is opened. When the 30 minutes have passed the quiz will no longer accept new entries. Be sure to submit your quiz prior to the 30 minutes being complete, as once the quiz closes, there is no way to submit your answers and you will receive a zero on the quiz. There are no rewrites permitted for the quizzes. The quizzes will test both your recall and your ability to apply your knowledge. As dietitians, we rarely have clients ask us questions worded exactly like they came from a text book. As a result we need to be skilled in taking the basic knowledge we gain from reading texts, journal articles, research findings etc. and applying this to a clients' particular question or scenario. You will need these same skills to apply what you learned to your everyday life! Hence, in every quiz there will be questions that ask you to apply the concepts you learned in the chapter to different scenarios. That also makes it interesting and should help you retain the information better. It is also important to do the chapters/modules and quizzes in order, as information given earlier in course provides the basis for information given later.

To prepare for quizzes, I suggest using the information provided in each module, the associated text chapters, and practice quizzes from the text companion site, MINDTAP. I would advise that you read the chapter, take some notes, practice the review questions at the end of the chapter and THEN complete the quiz (with your textbook and notes in hand). Try to view the quizzes not just as a test, but also as a way to learn; a way of looking at the material differently and a way to **apply** your knowledge. The quiz questions were selected because they are most relevant to what we as dietitians deal with in our work. Hence, the topics and skills that are most relevant to everyday life are emphasized in these quizzes. An important tip: Read the multiple choice and true/false questions and answers VERY CAREFULLY. ONE word can **completely** change the meaning of the sentence! At the conclusion of your quiz you have immediate access to your results. Make sure you refer back to the text to understand any incorrect answers you gave. These questions may appear again on the final.

Click *Quizzes* on the left of the course homepage to access the quizzes.

## Dietary Analysis Assignment

Purpose:

- o Analyse, interpret, and apply knowledge of dietary requirements, healthy eating principles, and dietary guidance, to dietary planning.
- o Analyse, interpret, and apply knowledge of macronutrient metabolism and food sources.

This assignment will involve meticulously recording your intake of all foods and beverages over a three day period, as well as making notes about your hunger levels, and then comparing it to the Dietary Reference Intakes and Canada's Food Guide. (\*If you are not comfortable recording your own food intake, please email me for an alternative 3 day food diary that you can input into the software and analyze.) You will input your food record into the textbook's software Diet and Wellness PLUS. The software is available in MINDTAP. If you are having difficulty accessing the Diet and Wellness PLUS software, you may opt to use the free online resource Cronometer. This software will allow you to input food and will provide you with some summaries of the nutrients consumed. However, you will likely find that the tool lacks the variety of food and detailed reporting that is found by Diet Analysis Plus. So I recommend using Cronometer only if you are absolutely unable to access Diet and Wellness PLUS and if you have the time to manually create some of the reports needed for this assignment. Other online food tracking programs such as My Fitness Pal, etc, are not permitted to be used for this assignment, as they lack accuracy and detail when it comes to nutrient composition.

After you input your food intake into the software (Part A), you will analyze your eating habits based on what you have learned in the course (Part B). Use your textbook and the unit notes to write a complete report. You should find that completing this assignment will reinforce what you learned throughout the course and provide a better understanding of the different topics that you have come across. Both Part A and Part B must be submitted.

## PART A: Dietary Records

Select 2 weekdays and 1 weekend day to record your food and beverage intake. It helps to record all intakes as they occur. Recording intakes at the end of the day tends to result in unintentional under-reporting. Be sure to include EVERYTHING that you eat and drink, including water.

Some sample food record sheets that you can print and carry with you throughout the day can be found under "Resources" on your course Acorn page. Alternatively you may create your own. If you are using an app such as Cronometer to input your food, you can add food directly into it throughout the day. Submit these with your assignment in PDF format. Be sure to include the time of day that you consumed your foods and beverages and the location. Also, please note your hunger level throughout the day and how you responded to your hunger. This will make you more aware of your eating patterns and it is something you can comment on in your written evaluation. For example you may realize that most of your caloric intake is in the evening or and that you're not eating enough throughout the day.

Here is an example of what one day of your food diary may look like:

<b>Breakfast:</b>	2 slices whole wheat toast 1 tbsp peanut butter 1 cup of coffee with 1 tsp cream and 1 tsp sugar
<b>Morning Snack:</b>	1 apple 1 Fibre One granola bar 2 cups of water
<b>Lunch:</b>	Chicken wrap: 1x12in whole wheat tortilla 100g cooked skinless, boneless chicken breast ¼ cup shredded lettuce ½ sliced red pepper 1 tbsp Ranch dressing 2 Oreo cookies 1 cup of skim milk
<b>Afternoon Snack:</b>	75g bag of salt and vinegar potato chips 355ml can of Coke 1 cup of water
<b>Supper:</b>	100g cooked roast beef 1 cup of mashed potatoes ¼ cup beef gravy ½ cup of cooked peas ½ cup of cooked carrots 1 cup of orange juice

<b>Evening snack:</b>	<p>3 cups of popcorn with 2 tbsp butter and ½ tsp salt</p> <p>1 cup of skim milk</p>
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The accuracy of your diet analysis (Part B) will only be as accurate as your dietary records (Part A). Keep the following in mind when recording intakes:

- Include everything you consume, no matter how small. Include every jelly bean, every teaspoon of ketchup, every teaspoon of sugar in your coffee, every potato chip and every glass or sip of water. Everything!
- Measure or weigh servings of all foods, beverages and condiments whenever possible. Include the AMOUNT that you consumed. For example: 1 slice of bread or 35 g of bread, 1 tbsp or 15 mL of ketchup, 250 mL of orange juice etc. The food labels on food will be helpful for interpreting portion size. If you eat out, estimating portion size may be difficult, but be as accurate as you can be.
- Indicate whether the food is cooked or raw. For example: "1 cup of spinach" would not be a good diet record entry. Instead "1 cup of cooked spinach" or "1 cup of raw spinach" would be good entries because they provide an important level of detail. Spinach for example shrinks considerably when cooked. An entire bag of raw spinach may cook down to ½ cup of cooked spinach for example. As a result, the nutrient content of "1 cup of raw spinach" and "1 cup of cooked spinach" is VERY different.
- Describe all foods in detail. For example, for 1 cup of milk, indicate if it is skim milk, 1%, 2% etc. For example with chicken, indicate the cut of chicken, whether it is boneless or not, whether it is skinless or not etc.
- Break down meals into component parts. For example, if you had a tuna sandwich for lunch then your diet record should include a level of detail like the following: 75 grams of light flake canned tuna in water drained, 15 mL of Hellman's low fat mayonnaise, 2 slices of whole grain whole wheat bread, ½ tsp of table salt, ¼ cup diced onion. If you had a salad for lunch, the record should include a level of detail like the following: 2 cups of chopped romaine lettuce, 1 shredded carrot, ½ cup garbanzo beans, 1 small plum tomato diced, ½ cup sliced, peeled cucumber, 1 tbsp of full fat Kraft brand Catalina salad dressing.
- For mixed dishes like casseroles that you did not prepare, you may need to spend some time exploring items in the diet analysis software to find a product that is most similar.
- Include brand names where possible, as you will find many popular brands in the diet analysis software.
- Include any fat used in cooking, such as oil used in frying for example.
- Don't forget to include any alcohol you consume. Record any beer, wine, spirits etc. that was consumed.
- Record your hunger level at least once each day as well as how you responded to it.
- If you take any vitamin/mineral supplements, make note of this in your written evaluation (Part B).

### Instructions:

Go to your MINDTAP page. Head to the Diet and Wellness Plus App (the green apple on the right). After you click on it, you will be asked to input some preliminary information so that the software can be individualized to you. Now you can begin inputting your food by entering the specific food item in the search bar. If you don't find the exact food item or brand you ate, choose the closest alternative. You also have the option of creating custom foods or recipes if you don't find an acceptable alternative in the database. You can also use this software to input your physical activity. You have the option of entering your food and activity on the go from your iPhone. Go to the iTunes store to download the [Diet & Wellness Plus iPhone App](#) and sign in with your Cengage account.

After you have completed inputting all three days, you will find that there are many report options in the program. Feel free to browse the different reports available, you may find the information here very helpful to include in your assignment. You are required to submit the report entitled "Intake vs Goals" which is listed in the Reports section of the home page. Choose the applicable dates for your inputted foods and click 'Print PDF.' Once the report opens as a PDF, you can save the document and attach it to your Part B submission.

## PART B: Written Evaluation and Discussion

You will see that the reports generated by the diet analysis software are quite in depth and will give you a lot to discuss in your own report. As an absolute minimum, discuss how your intakes compare to the DRIs (the AMDRs for carbohydrate, protein and fat and the RDA for protein and carbohydrate). Also, compare your dietary records to Canada's Food Guide and discuss your findings. Because the diet analysis software is American based, you will have to turn to Canada's Food Guide and make these comparisons yourself.

Refer to your textbook and unit lesson notes when writing. The following are some potential discussion points/questions for you to consider incorporating into your written evaluation.

- Were any of your vitamin and mineral intakes typically below 80% of the AI or RDA? Were any of your nutrient intakes typically above 120% of the AI or RDA? How did your intakes compare to the ULs (diet and any supplements combined)?
- How did your intakes compare to fiber and water recommendations? Discuss.
- Discuss your carbohydrate intake. How does it compare to the AMDR? How does it compare to the RDA? Why are these numbers different? How much of your intake comes from simple sugars? What health consequences might accompany some of these overages and underages?
- Discuss your overall fat intake and what types of fat predominate in your diet. What health consequences might accompany some of these overages and underages?
- How do your protein intakes compare to recommendations in terms of RDA and AMDR? Discuss the difference between the two recommendations. What health consequences might accompany some of these overages and underages?
- How did you respond to your hunger? Did you find something to satisfy you right away? Or did you hold off and try to delay eating until later? How did this impact your hunger then and later in the day?
- With all of the above points, if there is any room for improvement discuss and **describe in detail** what kind of changes you would like to make and how you plan to implement them. If you are not meeting recommendations, what could you do to change that? Be very specific with your improvements, detailing specific foods that you would eat and at what frequency to improve intake. Don't just say you would take a supplement to meet needs. The purpose of this is to understand how food choices directly impact nutrient adequacy.

This section (Part B) should be four to five typed pages (single or 1.5 spacing). Pay close attention to grammar and organization, as your ability to write clearly and coherently will form a component of your mark on this assignment.

The assignment is to be delivered to the instructor via assignment drop-boxes **in PDF format**. I suggest saving your assignment as PDF in whatever software you use to create your assignment before submitting. Please remember to put your name, student number, and assignment name and keep a copy in the event the original is lost.

The assignment should be **received at least 1 week prior** to the date you wish to write the exam. This will allow adequate processing time for the request and for marking the assignment.

## Course Schedule

**Click to download the suggested schedule for this course: [NUTR 1313 CIN4 - Suggested Schedule](#)**

Fill in your start date and use the recommended timeline to plan out when you will do readings and assignments. This is a tool to help you time manage this course. If you get off-track, make sure to revisit your schedule and re-evaluate the dates you've set for yourself. This course can be completed much quicker than the 23 weeks outlined in the schedule if you have the time to devote to it.

You have 6 months to complete this course. You may set your own schedule and complete the course in less than 6 months if you choose.

Please do not leave all of your course work until a few weeks before your completion date. Although I will make every effort to accommodate your schedule within reason, I need time to grade assignments and mark exams. As mentioned above, your assignment needs to be submitted 1 week prior to the date you wish to write the exam.

### Quick Overview: Recommended Schedule

Week 1-2	Module 1
Week 3-6	Module 2
Week 7-10	Module 3
Week 11-13	Module 4
Week 14-16	Module 5
Week 17-20	Assignment Completion
Week 21-23	Exam Prep
Week 24	Final Exam

## Exam

The final exam will be administered through Acorn and will cover the material from the entire course. **When you have completed all course work, a link to apply to write the final exam will appear in your course home page. Once you apply at that link, the exam will be available to you to write online at an agreed upon time.** It will consist of approximately 60 multiple choice questions and calculations, as well as 4 short answer questions and a Case Study. The Multiple Choice questions will be very similar to the questions asked in the quizzes, so you will have to know the material to the same level of detail. Among the short answer questions there will be some choice. In other words, you may be presented with 5 short answer questions and be asked to answer 4. As a tip, review the course objectives listed in each module. They highlight what I feel are the most important concepts from each chapter. In fact, many of them would make excellent final exam questions stated just as they are. In the Case Study, I will be looking for you to showcase your ability to synthesize the material covered in the course by detailing SPECIFIC and comprehensive answers. Also, review the course content and learning activities provided by the text and CengageNow website. In this course we will look at the requirements of each nutrient. For the exam, you are only required to memorize the requirements of the macronutrients, i.e. carbohydrate, protein, and fat. You should also know the Acceptable Macronutrient Distribution Ranges for the macronutrients.

## Student Handbook

You are responsible for becoming familiar with the contents of the Student Handbook. It contains important information about scheduling examinations (if applicable), applying for extensions, withdrawing from your course, ordering books, and computer and library services available to you. If you have questions about the policies outlined in the handbook (<https://courseware.acadiau.ca/openacadia/studenthandbook.html>), contact:

Open Acadia  
21 University Avenue (Rhodes Hall)  
Wolfville, NS B4P 2R6  
Phone: 1-800-565-6568  
Fax: 1-902-585-1068  
Email: [openacadia@acadiau.ca](mailto:openacadia@acadiau.ca)

## Academic Integrity

Academic integrity demands responsible use of the work of other scholars. It is compromised by academic dishonesty such as cheating and plagiarism. A student who is uncertain whether or not a course of action might constitute cheating or plagiarism should seek in advance the advice of the instructor involved.

- Cheating is copying or the use of unauthorized aids or the intentional falsification or invention of information in any academic exercise
- Plagiarism is the act of presenting the ideas or words of another as one's own. Students are required to acknowledge and document the sources of ideas that they use in their written work.
- Self-plagiarism is also a form of plagiarism. It is the presentation of the same work in more than one course without the permission of the instructors involved.
- A student who knowingly helps another to commit an act of academic dishonesty is equally guilty.
- Penalties are levied in relation to the degree of the relevant infraction. They range from requiring the student to re-do the piece of work, through failure on that piece of work, to failure in the course, and to dismissal from the university.

[Click here to return to the Module](#)

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[◀ Course Introduction - video](#)

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