

NUTR1450 PRINCIPLES OF NUTRITION

Fall 2026

Instructor Information

Priscilla Connors PhD, RDN, Associate Professor
Communicate with me via email at priscilla.connors@unt.edu
Emails are answered during regular business hours M-F
Office Hours are online (Teams) by appointment M-F

Getting in Touch: If you have a private question, contact me via email Priscilla.Connors@unt.edu and I will respond within 24 hours on weekdays. Normally, all assignments are graded within 1 week of due date. If I am unable to grade that quickly, I will let everyone know when to see their scores.

Course Description

This course is an introduction to human nutrition in health from an examination of nutrients and body function to food choice and healthful eating behaviors. Energy needs are calculated, nutrient information is analyzed, and national food and nutrition reports are reviewed. The connection between nutrition and risk of chronic disease is described with nutrition practices that promote health emphasized. The food environment is examined from the perspective of making informed food choices in a complex marketplace. This 3 credit-hour course satisfies Component 1 of the University Core Curriculum.

Course Objectives and Learning Outcomes

- CLO 1: Analyze the context of nutrition recommendations & personal choices
- CLO 2: Examine the nutrients and describe their metabolic function
- CLO 3: Relate nutritional status to disease risk & outcomes of eating
- CLO 4: Illustrate healthy, economical & socially responsible food choices

THECB Core Objectives for Social & Behavioral Sciences

Critical Thinking: creative thinking, innovation, inquiry, and analysis, evaluation, and synthesis of information.

Communication: effective development, interpretation, and expression of ideas through writing, oral, and visual communication.

Empirical and Quantitative Skills: manipulation and analysis of numerical data or observable facts resulting in informed conclusions

Social Responsibility: intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional national and global goals

Prerequisites

There are no required formal prerequisites for this course. Be curious, see applications of what you have learned, and become an informed consumer in our food marketplace.

Textbook

There is NO required textbook! All the readings and materials that you need are available in your Canvas class. You do not need to purchase a text or any materials to be successful.

The readings are also available on the UNT Digital Library in the book, Nutrition for Consumers. This is an open educational resource that you are welcome to use at no cost.

Nutrition for Consumers is listed on UNT Open Books Catalog
<https://openbooks.library.unt.edu/about/catalog/> DOI link is:
<https://dx.doi.org/10.12794/sps.ot-nutritionfc>

Office of Disability Access Statement

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the [Office of Disability Access](http://www.unt.edu/oda) website (<http://www.unt.edu/oda>). You may also contact ODA by phone at (940) 565-4323.

Assessments

Unit Quizzes are in three groups. All the Units in a group open on the same day and close in sequence. The first group opens on the first day of classes and closes in order with Unit 1 Food Safety & Security quizzes closing first followed by Unit 2 Nutrition Recommendations and so forth through all the units in each group. Quizzes are available at 12:01 am and close at 11:59 pm. You have two opportunities to take a quiz with only the highest score recorded in Grades. Once quizzes close, they are not reopened! Review your Canvas Calendar to keep up to date when assignments are due. Activities are open for one week and are not timed. You have one attempt. Exams are open for two days. Exams are timed, and you have one attempt.

Late Policy

Once quizzes close, they are not reopened! You have two opportunities with only the highest score recorded in Grades. Activities are open for a set period and are not re-opened. Exams are open for two days and are not reopened. If you miss any class activity, contact me within 24 hours at Priscilla.Connors@unt.edu.

Turn Around Time, Grade Questions

I aim to return graded work to you within a few days of the due date. If this is not possible, I will send an announcement to the class. I am happy to review any work that you feel was incorrectly graded. I often learn useful information about both the design of the class and the effectiveness of the assessments through conversations with students. My goal is that each student successfully completes the course and discussions about grades are determined is a part of how we achieve that goal together.

Grading

Assignment categories like Activities or Modules are given weights in CANVAS GRADES. Your final grade (a percentage) is based upon the distribution of weight (or percent out 100%) assigned to each assignment category and your scores on assessments in that category. Check SYLLABUS in Canvas to see the percentage for each assignment group. A = 90.0-100%, B=80.0-89.9%; C =70.0-79.9%; D=60.0-69.9%; F≤59.9%

Assignment Group	Weight (%)
Activities 1-6	30%
Discussion 1	2%
Module Units 1-10 quizzes	53%
Exams 1-3 (Optional Makeup Exam)	15%

WEEK	ASSIGNMENT	DUE DATE	POINTS
Week 1-2			
CLO 1 & 3	Unit 1 Quizzes	Aug 25	30
Week 3			
CLO 1 & 3	Unit 2 Quizzes	Sept 1	20
Week 4			
CLO 3 & 4	Unit 3 Quizzes	Sept 8	20
Week 5			
CLO 1-4	EXAM 1	Sept 15-16	20
Week 6			
CLO 1	Activity 1	Sept 22	20
CLO 2 & 4	Unit 4 Quizzes	Sept 22	25
Week 6			
CLO 2 & 4	Unit 5 Quizzes	Sept 29	20
CLO 2	Activity 2	Sept 29	20
Week 7			
CLO 2	Activity 3	Oct 6	20
CLO 4	Unit 6 Quizzes	Oct 6	20
Week 8			
CLO 2-4	EXAM 2	Oct 13-14	20
CLO 2 & 4	Activity 4	Oct 13	20
Week 10			
CLO 2	Unit 7 Quizzes	Oct 27	25
CLO 2, 3 & 4	Activity 5	Oct 27	20
Week 11			
CLO 2 & 4	Unit 8 Quizzes	Nov 3	15
Week 12			
CLO 1-3	Unit 9 Quizzes	Nov 10	15
Week 13			
CLO 4	Unit 10 Quizzes	Nov 17	20
	Activity 6	Dec 1	20
Week 15	Exam 3	Dec 2	20
Week 16	Makeup Exam	Dec 8	20

Lesson Outline

1. Unit 1 Food safety and security
2. Unit 2 Nutrition recommendations
3. Unit 3 Digestion and absorption of nutrients
4. Unit 4 Carbohydrate
5. Unit 5 Lipid
6. Unit 6 Protein
7. Unit 7 Vitamin
8. Unit 8 Mineral
9. Unit 9 Water
10. Unit 10 Nutrition in Health

Activity Outline

1. Activity 1 Carbohydrates
2. Activity 2 Oils in plant foods
3. Activity 3 Protein and plant-forward eating
4. Activity 4 Vitamins
5. Activity 5 Minerals
6. Activity 6 Food Safety

Exam Outline

- Exam 1 – Units 1-3
Exam 2 – Units 4-6
Exam 3 – Units 7-10
Makeup – Units 1-10

Revisions

The instructor reserves the right to revise this syllabus and list of requirements when such revision benefits the objectives of the course and effective use of class time.

Policies**Office of Disability Access Statement**

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Attendance Policy

The University of North Texas recognizes that regular attendance and participation in class promotes student success. It is the responsibility of the faculty member to notify students in writing of any special attendance requirements for the class which may be in addition to this policy. This policy applies to all modes of course delivery. The student is responsible for regular and punctual attendance and is expected to participate in all courses in which the student is enrolled. Faculty members must clearly state in their syllabus the requirements for class absence and/or participation, and the impact of absences/participation on course grades. Faculty members must record student class attendance through the reported Census date. Absences may lower a student's grade where class attendance and class participation are deemed essential by the faculty member. Departments and similar academic units have the authority to establish departmentwide or course-wide attendance standards. Students must be notified of the standards in writing. The first point of contact for all students should be the instructor. Absences that do not fall under Title IX, Required Military Service, and Official University Functions, are deemed a matter between the student and their faculty member. If the absence is due to an extenuating circumstance that exceeds 5 consecutive days, the faculty member may request the student to provide documentation through the Dean of Students' office.

Late Policy

You have two opportunities to complete quizzes with only the highest score recorded in Grades. You have one opportunity to submit activities, exams, and discussions. You can submit quizzes, discussions and activities late for up to two days with a 5% late penalty. Exams are open for two days and are not reopened. If you miss any class activity, contact me within 24 hours at Priscilla.Connors@unt.edu.

Turn Around Time, Grade Questions

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Academic Integrity Standards and Consequences, UNT Policy 06.003.

Academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. Academic dishonesty includes, but is not limited to, the use of any unauthorized assistance in taking quizzes, tests, or exams; dependence upon the aid of sources beyond those authorized by the instructor, the acquisition of tests or other material belonging to a faculty member, dual submission of a paper or project, resubmission of a paper or project to a different class without express permission from the instructors, or any other act designed to give a student an unfair advantage. Plagiarism includes the paraphrase or direct quotation of published or unpublished works *without* full and clear acknowledgment of the author/source. Academic dishonesty will bring about disciplinary action, which may include expulsion from the university. This is explained in the UNT Student Handbook. Your teacher should have a syllabus policy describing penalties for academic dishonesty.

Are You An F-1 Visa Holder?

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the [Electronic Code of Federal Regulations website](http://www.ecfr.gov/) (<http://www.ecfr.gov/>). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(a)(G).

The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An online or distance education course is a course that is offered principally using television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course

Safety Guidelines

Students are urged to use proper safety procedures and guidelines. In lab sessions, students are expected and required to identify and use property safety guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that the University of North Texas is not liable for injuries incurred

while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in case of accidental injury.

Students who do not have insurance coverage should consider obtaining Student Health Insurance for this insurance program. Brochures for this insurance are available in the UNT Health and Wellness Center on campus. Students who are injured during class activities may seek medical attention at the UNT Health and Wellness Center at rates that are reduced compared to other medical facilities. If you have an insurance plan other than Student Health Insurance at UNT, please be sure that your plan covers treatment at this facility. If you choose not to go to the UNT Health and Wellness Center, you may be transported to an emergency room at a local hospital. You are responsible for expenses incurred there.

Policy on Discrimination, Harassment, Retaliation

The University of North Texas prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

UNT Emergency and Closure

UNT uses a system called Eagle Alert to quickly notify you with critical information in an event of emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). The system sends voice messages (and text messages upon permission) to the phones of all active faculty staff, and students. Please make certain to update your phone numbers at <https://my.unt.edu>.

Some helpful emergency preparedness actions include: 1) ensuring you know the evacuation routes and severe weather shelter areas, determining how you will contact family and friends if phones are temporarily unavailable, and identifying where you will go if you need to evacuate the Denton area suddenly. In the event of a university closure, your instructor will communicate with you through Canvas regarding assignments, exams, field trips, and other items that may be impacted by the closure.

Sexual Assault Prevention

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT's Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim's compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565- 2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the Instructor of Record. All records, such as exams, answer sheets (with keys), and written papers, that are submitted during the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual records; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information