

University of North Texas  
College of Merchandising, Hospitality & Tourism  
HMGT 2460 INTRODUCTION TO NUTRITION SCIENCE

**Instructor**

Priscilla Connors, PhD, RD, Associate Professor  
343H Chilton Hall priscilla.connors@unt.edu

**Catalog Course Description**

This course is an introduction to the relationship between nourishment, lifestyle choices, and long-term health. Topics include classes, sources, and functions of nutrients; and their digestion, absorption, and metabolism. Investigation of eating patterns using database technology demonstrates the relationship between food consumption and nutrient adequacy. The economic, cultural, and psychological implications of food choices and eating behaviors are studied.

**UNT Over Arching Objectives (OAO)**

1. Gain an awareness of fundamental areas of knowledge and the interrelationships among them
2. Gain the skills required to explore and test ideas
3. Have the ability to read intelligently, write clearly and speak well
4. Value different ideas, perspectives, cultures and viewpoints
5. Demonstrate personal and social responsibility

**UNT Exemplary Educational Objectives for Natural Sciences (EEO)**

1. To understand and apply the scientific method and appropriate technology to the study of natural sciences.
2. To recognize scientific and quantitative methods of inquiry, and to be able to communicate findings, analyses, and interpretations based upon these methods.
3. To identify and recognize the differences among competing scientific theories.

**Learning Outcomes**

After successfully completing this course you are able to:

1. Describe the process by which the body obtains nutrients from food
2. Identify the macronutrients and outline their relationship to energy production
3. Explain the role of electrolytes in maintaining fluid balance
4. Describe health implications edible plant phytochemicals
5. List nutrients important to bone health and explain their function
6. Describe the scientific method and its application to research in nutrition science
7. Detail the relationship between nutrition and physical exercise
8. Write hypotheses and discuss procedures for accepting or rejecting hypotheses
9. Use reliable methods for data collection and analysis, and interpretation of results
10. Demonstrate how to form and communication conclusions

**Textbooks**

1. Thompson JL, Manore MM & Vaughn L. *Nutrition, An Applied Approach*. San Francisco, CA; Pearson.
2. Connors, P. *Discovering the Science of Nutrition*. Denton, TX: UNT Printing.
3. Levenstein, H. *Fear of Food*. University of Chicago Press.

**Grade Determination** (This is a 3-credit hour course: online lecture (3 hours) on-campus lab (2 hours))

| Component  | Points |
|--|--------|
| Lesson quizzes (11 @ 5 points each lowest score dropped) | 50     |
| Fear of Food quizzes (10 @ 10 points each)               | 100    |
| Fear of Food analysis (4 @ 10 points each)               | 40     |
| Healthy meals reports (4 @ 5 points each)                | 20     |
| Lesson exams (4 @ 50 points each)                        | 200    |
| Pre-Lab quizzes (7 @ 5 points each)                      | 35     |
| Lab reports (7 @ 10 points each)                         | 70     |
| <hr/>  |        |
| 515 points   |        |

Distribution of Points and Grade Determination

A = 463 or higher

B = 412-462

C = 360-411

D = 309-359

F = 308 or less

**LAB NOTICE:** You must complete each online Pre-Lab Quiz by 8:00 am Monday. You will not be admitted to lab-class if you have not submitted the Pre-Lab Quiz that matches the lab exercise for the day. This will result in a zero for both the pre-lab and the lab report. There is one online make-up lab. It is titled "Are Plant Phytochemicals Affected by Time or Temperature?"

**Course Outline**

**UNIT 1**

1. Readings and In-Depth in Text: Global Sustainable Nutrition (quiz 1)
2. Chapter 1 text: The Role of Nutrition in Our Health (quiz 2)
3. Chapter 2 text: Designing a Healthful Diet (quiz 3)
4. Fear of Food quizzes 1-3
5. Fear of Food analysis 1
6. Healthy Meals report 1
7. Lab 1

**8. UNIT EXAM 1**

**Unit 2**

9. Chapter 3 text: The Human Body: Are We Really What We Eat? (quiz 4)
10. Chapter 4 text: Carbohydrates: Plant –Derived Energy Nutrients (quiz 5)
11. Chapter 5 text: Fats: Essential Energy-Supplying Nutrients (quiz 6)
12. Fear of Food quizzes 4-6
13. Fear of Food analysis 2
14. Health Meals report 2
15. Lab 2-4

**16. UNIT EXAM 2**

### UNIT 3

17. Chapter 6 text: Protein: Crucial Components of All Body Tissues (quiz 7)
18. Readings and In-Depth in Text: Vitamin & Minerals – Micronutrients with Macro Powers (quiz 8)
19. Chapter 7 text: Nutrients Involved in Fluid and Electrolyte Balance (quiz 9)
20. Fear of Food quizzes 6-8
21. Fear of Food analysis 3
22. Health Meals report 3
23. Labs 6-7
- 24. UNIT EXAM 3**

### Unit 4

25. Chapter 8 text: Nutrients Involved in Antioxidant Function (quiz 10)
26. Chapter 9 text: Nutrients Involved in Bone Health (quiz 11)
27. Fear of Food quizzes 9-10
28. Fear of Food analysis 4
29. Health Meals report 4
- 30. UNIT EXAM 4**

### CONTACT INFORMATION FOR YOUR INSTRUCTOR

Your instructor answers emails on weekdays. Email your Instructor within your blackboard learn class. You will be answered as soon as possible on email days. You also are welcome to drop by during office hours or make an appointment to meet with your Instructor at a time that is convenient.

### Revisions

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

### Resolution of Class-Related Problems

When a class-related problem arises, contact your Instructor before the Hospitality Management Department Chair, Associate Dean, or Dean of the School of Merchandising and Hospitality Management. It is important that you first discuss issues with your Instructor and attempt to resolve any problems at this level before you contact others in the academic hierarchy. Understanding the academic organizational structure is important when resolving class-related or advising issues. When you need problems resolved, you should start with your individual faculty member and/or advisor who will then help you navigate the academic hierarchy.

### Payment Statement

To attend class, you must be paid in full. Check your online schedule daily through the 12<sup>th</sup> day of classes to make sure that you are not dropped from any class for non-payment. You may be unaware of a drop that occurred for an unexpected reason, such as unapplied financial aid or schedule change fees. The School of Merchandising and Hospitality Management does not reinstate anyone after the 12<sup>th</sup> class day regardless of cause. It is your responsibility to confirm that all your payments are made and that you are eligible to attend as of 12<sup>th</sup> class day.

*The Provost's Office asks that you complete the SETE survey that the University provides for all organized classes. This short survey will be made available at the end of the semester, providing you a chance to comment on how this class is taught. I am very interested in the feedback I get from*

*students, as I work to continually improve my teaching. I consider the SETE to be an important part of your participation in this class. Your answers are confidential and you are not identified in any report.*

### **Disability Accommodation**

The School of Merchandising and Hospitality Management cooperates with the UNT Office of Disability Accommodation ([ODA](#)) to make reasonable accommodations for qualified students with disabilities. If you have a disability for which you require accommodation under the terms of the Americans with Disabilities Act of the Rehabilitation Act of 1973 or Section 504 of the Rehabilitation Act of 1973, please contact the ODA office and your Instructor. Scan, email or hand deliver your ODA written accommodation request to your Instructor by the end of the first week of classes.

### **Privacy Statement**

The Family Educational Rights and Privacy Act states that upon the 18th birthday, rights regarding an individual's education transfer from the parent to the student. As a result, information concerning your progress in class or your grades cannot be released to family members. If you would like your parents to have access to your educational record, please go to the following link and complete the Parental Affidavit for Academic Information or contact the UNT Registrar's Office.

<http://www.unt.edu/ferpa/parents.htm>

### **Copyright Statement**

State common law and federal copyright law protects the materials provided in this class. They are the creator's own original expression. Whereas you are authorized to use all information provided to create a derivative work for the purpose of study, this authorization extends only to making one set for your own personal use and no other. You are not authorized to provide your notes or any rendition of this class to anyone who is not enrolled in the class, or to make any commercial use of it without the creator's expressed written permission.

### **Academic Dishonesty**

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 that may include expulsion from the university. This is explained in the UNT Student Handbook.

### **Access to Information**

Your access point for business and academic services at UNT occurs within the my.unt.edu site [www.my.unt.edu](http://www.my.unt.edu). If you do not regularly check Eagle Connect or link it to your favorite e-mail account, please so do, as this is where you learn about job opportunities, SMHM events, scholarships, and other important information. The website that explains Eagle Connect and how to forward your email: <http://eagleconnect.unt.edu/>

## **Course Safety Statement**

Students in the College of Merchandising, Hospitality & Tourism are urged to use proper safety procedures and guidelines. While working in laboratory 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 the event 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.

## **Classroom Policies**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom, and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct.

The University's expectations for student conduct apply to all instructional forums, including university and electronic classrooms, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [http://www.unt.edu/csrr/student\\_conduct/index.html](http://www.unt.edu/csrr/student_conduct/index.html).

The College of Merchandising, Hospitality & Tourism requires that students respect and maintain all university property. Students will be held accountable through disciplinary action for any intentional damages they cause in classrooms. (e.g., writing on tables). Disruptive behavior is not tolerated (e.g., arriving late, leaving early, sleeping, talking on the phone, texting or game playing, making inappropriate comments, ringing cellular phones/beepers, dressing inappropriately).

## **Final Exam Policy**

Final exams will be administered at the designated times during the final week of each long semester and during the specified day of each summer term. Please check the course calendar early in the semester to avoid any schedule conflicts.

## **Important UNT Academic Calendar Events**

Check the UNT Academic Calendar at [www.unt.edu](http://www.unt.edu) for up-to-date information on critical dates for course adds, drops, withdrawals, and incompletes. It is your responsibility to be informed about academic dates.