

Course Information

HMGT 1450 Principles of Nutrition (3 credit hours)  
INET Blackboard Learn (100% online)

Instructor Information

Priscilla Connors PhD, RDN, Associate Professor  
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Emails are routinely answered during regular business hours M-F

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 the Component 1 of the University Core Curriculum.

Learning Outcomes

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

Interesting Facts About This Class

This is a large enrollment class. You probably have over 250 classmates! Expect to share insights as part of this course. You're assigned to a discussion group of about 25 students based upon the first letter of your last name. Discussions start the first week of class, so join your group early. Despite this class size I will get to know you through your work.

Textbook & Supplemental Materials

For this course, you are required to purchase McGraw-Hill Education Connect® access for *Nutrition Essentials 2<sup>nd</sup> edition* by WJ Schiff McGraw Hill Publishing. No need to purchase a printed book. This is an e-text via Course Connect. Please be aware if you purchase a used textbook you will still need to purchase Connect access to complete required assignments that make up over half of your total course grade.

*e-Textbook: Nutrition Essentials 2<sup>nd</sup> edition by WJ Schiff  
McGraw Hill Publishing ISBN 9781259706547*

Connect is a learning management solution that embeds learning science and adaptive tools. It is designed to create a personalized pathway for your success, making every minute you study more effective. Using adaptive technology, Connect pinpoints exactly what you know and don't know yet, and seamlessly offers up learning resources in real time to help you focus your study time. Connect contains the interactive eBook and study tools, giving you anytime access to course resources and assignments.

Purchase access online directly through your Blackboard course homepage by clicking on the McGraw Hill link or the first assignment. Purchasing Connect online is the best value for your required course materials. You'll be prompted to either log in with an existing Connect account username and password, or to create a new account. Then enter your access code, purchase access online or begin your 14-day Courtesy Access period. Once you've completed your selection, you'll arrive at the start of your first Connect assignment.

**TIP:** Use the same first and last name in Connect that you use with UNT. This ensures that you get credit in Blackboard for all the work that you do in Connect.

**TIP:** All textbook quizzes and exams are scheduled, completed, and recorded in Connect. Complete each quiz and exam by the due date listed the TABLE OF DATES.

**TIP:** If you have trouble registering or accessing Connect, contact McGraw-Hill's Customer Support.

Live chat, email, and phone support are available almost every hour of the day.

McGraw-Hill Website: [www.mhhe.com/support](http://www.mhhe.com/support)

Phone: (800) 331-5094 Hours (EST) Sunday: 12 PM - 12 AM Monday - Thursday: 24 hours

Friday: 12 AM - 9 PM Saturday: 10 AM - 8 PM

Ensure your computer meets system requirements by going to this link:

<http://connect.mheducation.com/connect/troubleshoot.do>

#### GRADE CALCULATION CHART

Description Each	Count/Points	Total	Letter Grade Determination
Unit quizzes	42 @ 5	210	A $\geq 360$
Exam 1 Units 1-4	1 @ 25	25	B 320-359
Exam 2 Units 5-7	1 @ 25	25	C 280-319
Exam 3 Units 8-11	1 @ 25	25	D 240-279
Group discussions	5 @ 10	50	F $\geq 239$
Meals for a Day	4 @ 10	40	
Vegetable Statement	1 @ 25	25	
<b>TOTAL POSSIBLE POINTS</b>		<b>400</b>	

**Overview:** Your class includes McGraw Hill Connect Quizzes & Exams, and Blackboard Assignments (discussions, nutrient analysis, and reasoned statement). To be successful complete work in both systems! Stay informed, make a habit of checking for announcements posted in Bboard. Look for weekly emails with class updates. Check your spam or trash folder if you don't get class news in your primary email box.

**TIP:** Quizzes and Assignments begin the first week of class. Your first discussion opens the first day of class and is due the second week! Review the Table of Dates to plan your time! During the first week read the first module in Unit 1, and prepare to take your first quiz. Post your first discussion response as you continue work on Unit 1. Plan time each week to work on class assignments and as quizzes.

#### Discussions, Meals for a Day & Vegetable Statement

Discussions: As a member of a discussion group you are required to respond to at least two postings from others in your group for each topic. Discussion forums are scheduled and once closed are not re-opened. Forums are monitored for participation and quality. You are assigned to a forum based upon the first letter of your last name. To receive credit, you must post within your assigned forum. Detailed instructions and a grading rubric are in the Discussions file.

In your responses to group member address these points:

- (1) Why do you agree or disagree?
- (2) Did the posting raise new questions for you?
- (3) Will you integrate new insights into your own conclusions?
- (4) Support your comments by citing the textbook, readings, and U.S. agency resources such as the Department of Agriculture, Food and Drug Administration, or Centers for Disease Control.

**Meals for a Day:** Dietary profiles are provided that describe the foods & beverages consumed by selected individuals in a typical day. An assignment in Connect walks you through how to use NutriCalc included with your e-book (McGraw-Hill), and the US National Nutrient Databank to analyze the nutrient content of their food intake. You are required to use these two analysis programs to ensure comparable results. Submit results in Connect. Late or emailed nutrient analysis assignments are not accepted or graded. See Nutrient Analysis file for detailed instructions.

**Vegetable Statement:** Your 500-word statement can include art work or media. It is a summation of what you have learned about the role of vegetables in a balanced diet and includes points from both your discussion posts on your least likely vegetable and your analysis of responses to your post. Late or emailed statements are not accepted or graded. Submit your statement via turnitin.com in your Bboard class. See Reasoned Statement file for detailed instructions.

### EXAMS AND QUIZZES – MCGRAW HILL CONNECT

Unit quizzes and exams are based on readings in your textbook, *Nutrition Essentials by Schiff*. quizzes are short (5 questions) and cover module segments within a textbook unit. Here's an example: In *Unit 5 Carbohydrate* you take a quiz for 5.1 *Sugars, Sweeteners, Starches & Fiber*, 5.2 *What Happens to the Carbohydrate You Eat* and 5.3 *Carbohydrates and Health*. Each quiz is worth 5 points. Once closed quizzes are not re-opened.

**TIP:** All quizzes open at 12:15 am on a Tuesday and closed 11:45 pm on a Monday. Plan your time and don't get locked out by taking a quiz at the last minute. Once closed quizzes are not re-opened!

**TIP:** Exams are open on a Tuesday (12:15 am – 11:45 pm) for ONE DAY ONLY. If you miss an exam plan to take the late exam, but remember, there is a 5-point penalty for taking an exam late.

Groups of quizzes open on the same date and close in a cascading fashion. For example, the first quiz closes earlier than the second which closes earlier than the third, etc. There are three exams: Each is open for only one day. Late Exams 1, 2 & 3 are scheduled during pre-final week however each has a 5-point penalty. If you've already taken the regularly scheduled exam you cannot take a late exam.

**There are three exams**, each is worth 25 points and has 25 multiple choice questions. Exam 1 covers Units 1-4; Exam 2 covers Units 5-7; Exam covers Units 8-11.

**TIP:** Both assignments and quizzes are scheduled each week. Watch for a weekly announcement that help you stay up to date. Download the Table of Dates for easy tracking of open/close dates.

REMEMBER YOU HAVE WORK IN BOTH BLACKBOARD AND MCGRAW HILL CONNECT!

**TIP:** Begin working on both quizzes and assignments the **first week!**

**TABLE OF DATES Class Activities by Week, Open/Close, Topic****LO 1:** Analyze the context of nutrition recommendations & personal choice

Open	Close	Weeks	Topics
01/16	01/22	1-2	Unit Quizzes <u>1.1-1.3</u> Unit 1 “Food is Something More than to Eat”
01/16	01/29	1-3	Unit Quizzes <u>2.1-2.4</u> Unit 2 “Nutrition Information Fact or Fiction?”
<b>01/23</b>	<b>01/29</b>	<b>2-3</b>	<b>Discussion 1</b> Social media for nutrition advice
01/16	02/05	1-4	Unit Quizzes <u>3.1-3.4</u> Unit 3 “Making More Nutritious Choices”
02/05	02/12	3-5	<b>Meals for a Day 1</b> Math & nutrition
01/16	02/12	1-5	Unit Quizzes <u>4.1-4.4</u> Unit 4 “How Food Becomes You”
<b>02/13</b>	<b>02/19</b>	<b>5-6</b>	<b>Discussion 2</b> Using Nutrition Facts Labels when you shop
<b>02/20</b>	<b>02/20</b>	<b>one day only</b>	<b>Exam 1</b> on readings in Units 1-4

**LO 2:** Examine the nutrients and describe their metabolic function

02/20	02/26	6-7	Unit Quizzes <u>5.1-5.3</u> Unit 5 “Carbohydrates”
<b>02/20</b>	<b>02/26</b>	<b>6-7</b>	<b>Meals for a Day 2</b> Food composition databases
02/20	03/05	6-8	Unit Quizzes <u>6.1-6.3</u> Unit 6 “Lipids, Focusing on Fats & Cholesterol”
<b>02/27</b>	<b>03/05</b>	<b>7-8</b>	<b>Discussion 3</b> What I learned about food databases
<b>***</b>	<b>***</b>		<b>***SPRING BREAK***</b>
02/20	03/19	6-10	Unit Quizzes <u>7.1-7.5</u> Unit 7 “Proteins Life’s Building Blocks”
<b>03/20</b>	<b>03/20</b>	<b>one day only</b>	<b>Exam 2</b> on readings in Units 5-7
03/20	03/26	10-11	Unit Quizzes <u>8.1-8.4</u> Unit 8 “Vitamins Nutrients that Multitask”
<b>03/20</b>	<b>03/26</b>	<b>10-11</b>	<b>Discussion 4</b> Your least likely vegetable (5 vegetable subgroups)
03/20	04/02	10-12	Unit Quizzes <u>9.1-9.4</u> Unit 9 “Key Minerals Water”

**LO 3:** Relate nutritional status to disease risk, & outcomes of eating patterns

03/20	04/09	10-13	Unit Quizzes <u>10.1-10.5</u> Unit 10 “Nutrition Healthy Weight Fit Body”
<b>03/27</b>	<b>04/09</b>	<b>11-12</b>	<b>Vegetable Statement</b> – <i>I really should eat these vegetables</i>

**LO 4:** Illustrate healthy, economical & socially responsible food choices

03/20	04/16	10-14	Unit Quizzes <u>11.2-11.3</u> Unit 11 “Nutrition, Life, Env., World”
04/17	04/17	<b>one day only</b>	<b>Exam 3</b> on readings in Units 8-11
04/16	04/23	13-14	<b>Meals for a Day 3</b> Analyze a day – Profile 1 (provided)
04/24	04/30	14-15	<b>Meals for a Day 4</b> Analyzing your own day – (You) Profile 2
04/24	04/30	14-15	<b>Discussion 5</b> What I learned about nutrition by analyzing meals
05/07	05/07	Finals Week	<b>Late Exam 1</b> (5-point penalty)
05/08	05/08	Finals Week	<b>Late Exam 2</b> (5-point penalty)
05/09	05/09	Finals Week	<b>Late Exam 3</b> (5-point penalty)

## NOTICE FROM THE COLLEGE OF MERCHANDISING HOSPITALITY &amp; TOURISM

College of Merchandising, Hospitality & Tourism  
Syllabus Statements  
Spring 2018

**Do you want to graduate on time?**

- A prerequisite is a course or other preparation that must be completed before enrollment in another course. All prerequisites are included in catalog course descriptions.
- Advisors help you sequence courses correctly for an “on time” graduation. Ultimately, it is a student’s responsibility to ensure they have met all prerequisites before enrolling in a class.
- Students who have not met prerequisites will not be allowed to remain in a course.
- Once classes begin, students often have few, if any, options for adding a different course, which can be an issue for financial aid.

**Have you met with your advisor?**

- ALL students should meet with their Academic Advisor at least one time per semester (Fall & Spring). Update your degree plan regularly to stay on track for a timely graduation.
- All pre-majors **MUST** meet with their Academic Advisor to receive an advising code to register for classes each semester.

**Could you be dropped from your courses?**

- It is imperative that students pay for all enrolled classes. **Please check your online schedule daily through the 12<sup>th</sup> class day to insure you have not been dropped for non-payment of any amount.** Students unknowingly have been dropped from classes for various reasons such as financial aid, schedule change fees, parking fees, etc.
- ***Students cannot be reinstated for any reason after the 12<sup>th</sup> class day regardless of situation.*** It is the student’s responsibility to ensure all payments have been made.

**Are you receiving financial aid?**

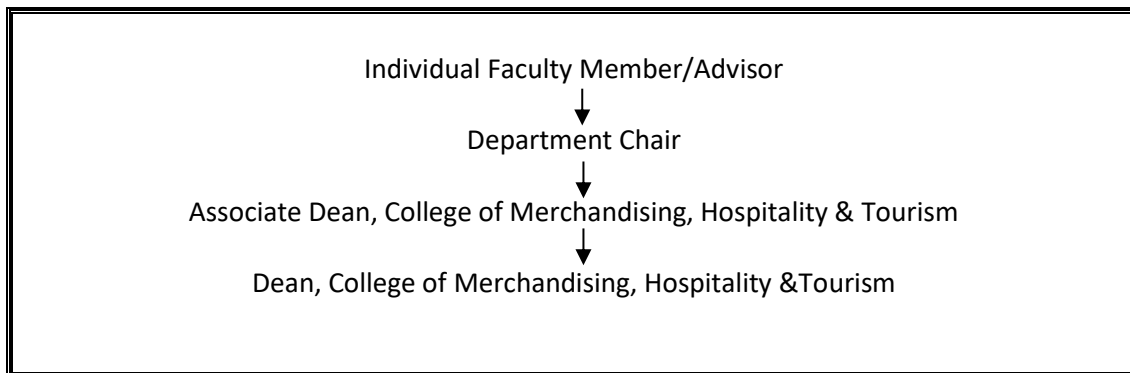
- A student must maintain Satisfactory Academic Progress (SAP) to continue receiving financial aid by maintaining a minimum 2.0 cumulative GPA and successfully completing the required number of credit hours based on total registered hours per semester.
- Students cannot exceed attempted credit hours above 150% of their required degree plan. If a student does not maintain the required standards, the student may lose financial aid eligibility.

**Do you know these important dates in Spring 2018?**

January 15	MLK Day – UNT Closed (No classes)
January 16	Classes begin
January 19	Last day to change or add a class (other than drop)
January 30	Beginning this date a student must first receive written consent of the instructor to drop a course.
February 23	Last day to drop a course or withdraw with a grade of W when not passing.
March 12 - 16	Spring Break – No classes
May 2-3	Pre-finals days
May 3	Last class day
May 4	Reading day – No classes
May 5-11	Final Exams ( <b><i>Exams begin on Saturday</i></b> )
May 11-12	Commencement

**Do you know who to contact for a course-related or advising issue?**

Understanding the academic organizational structure is important when resolving class-related or advising issues. When you need problems resolved, please follow the step outlined below:

**Do you require special accommodations?**

The University of North Texas and the College of Merchandising, Hospitality and Tourism make reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. ODA notices of 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 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 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 see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

**Are you aware of safety regulations?**

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 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.

**Do you know the penalties of 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 which may include expulsion from the university. See UNT policy:  
[https://policy.unt.edu/sites/default/files/06.003\\_StudentStandardsOfAcademicIntegrity\\_8\\_2017.pdf](https://policy.unt.edu/sites/default/files/06.003_StudentStandardsOfAcademicIntegrity_8_2017.pdf)

**Do you know behavioral expectations for students enrolled in this course?**

- Student are expected to be respectful of others, i.e., other students and faculty. 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 may be referred to the Dean of Students for possible violation of the Code of Student Conduct.
- UNTs expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu)

The College of Merchandising, Hospitality and 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).

### What is SPOT?

The Student Perceptions of Teaching (SPOT) is a requirement for all organized classes at UNT. This short survey at the end of the semester gives students the opportunity to comment on how the course is taught. Student feedback is important and is essential as we strive for excellence.

### Do you know the date/time of the final exam in this course?

**Final exams or other appropriate end of semester evaluations will be administered at the designated times during the final week of each long semester and during the specified day of each summer term.**

### Are you thinking about dropping course?

- **A decision to drop a course may affect your current and future financial aid eligibility.** Visit <http://financial.aid.unt.edu/satisfactory-academic-progress-requirements> for more information about financial aid Satisfactory Academic Progress. Talk to your academic advisor or Student Financial Aid if you think about dropping a course.
- A student needing to drop an online course should send their instructor an email with their name, student ID#, reason for dropping a course, and date you are sending the email. This *must be done prior to the UNT deadline to drop a course*.

If approved, the instructor will contact the Director of CMHT Advising in Chilton 385 where you may obtain a signed drop form. **It is your responsibility to turn in the completed drop slip to the UNT Registrar's office before the deadline to make sure you have been dropped from the course with a "W".** If you are taking only online courses and your instructor approves the drop, please contact the CMHT Director of Advising for instructions.

### Do you know what you may be missing?

- 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 EagleConnect or link it to your favorite e-mail account, please do so to learn about job and internship opportunities, CMHT events, scholarships, and other important information.
- The website that explains Eagle Connect and how to forward your email: <http://eagleconnect.unt.edu/>

### Are you considering transferring a course to meet UNT degree requirements?

Any CMHT equivalent course from another university must receive prior approval from the CMHT academic advisor to insure that all CMHT degree plan requirements are met. For example, courses that are taken online or from a program that offers course material via CD, booklet, or other manner of correspondence ***must have prior advisor approval***.



**Are you an F-1 visa holder?**

- 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 must be approved in advance by the instructor and can include activities such as taking an on-campus exam, participating in multiple on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.
  - If such an on-campus activity is required, it is the student's responsibility to do the following:
    - (1) Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
    - (2) Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Advising Office. The UNT International Advising Office has a form available that you may use for this purpose.
- **Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, students should contact the UNT International Advising Office (telephone 940-565-2195 or email [international@unt.edu](mailto:international@unt.edu)) to get clarification before the one-week deadline.**

**Do you know what to do in an emergency or UNT 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 [www.my.unt.edu](http://www.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 Blackboard regarding assignments, exams, field trips, and other items that may be impacted by the closure.