PDP NT 102 Nutrition Essentials

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Meets once per week: 1.0 Credit

Course Description
Just as every person is unique, every person's healthy diet must also be unique. In this course students will learn the fundamentals of nutrition and be guided through an assessment of their individual nutritional needs. Participants will develop skills and strategies to apply course concepts to their day-to-day lives and work toward their personal health and nutrition goals. Emphasis will be placed on separating nutrition fact from fiction and examining products and marketing with a critical eye. Skills and strategies for meal planning, dining out, food shopping, and recipe modification will be introduced through interactive sessions and cooking demonstrations. This class is for non-nutrition majors only.

Grading Policy
This class will be graded Pass/Fail, based on attendance. Please visit the Registrar’s website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes
Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 unexcused absences. Excused absences (such as illness or injury with a doctor’s note or death of a family member) will not count against your attendance record. If you have more than 3 unexcused absences, you will need to arrange to make up the classes you have missed. You can do this by attending a section of Healthy Cooking on a Budget or Nutrition Essentials.
Please contact Rachel Reynolds, Nutrition Essentials Instructor, if you plan on attending a section of Healthy Cooking on a Budget or Nutrition Essentials so that she can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

**Blackboard, FitRec Website & Course Evaluation:**
A Blackboard course site is available for this class online at http://learn.bu.edu and can be accessed by entering your username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancellations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec’s website: http://www.bu.edu/fitrec/about/physical-education/

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**
Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities (www.bu.edu/dos/policies/student-responsibilities).

**Assignments**
1. Food Journal and Goal Setting Practice. The primary assignment for this course will include a weekly food journal and goals for each class.
   a. Please bring a notebook or journal with you to each class
   b. At the end of each class, you will create 1 goal for the next week related to the topics covered in that class.
   c. Each week you will complete a food record for at least 2 days: 1 weekday and 1 weekend day.
   d. Food records should be completed throughout the day in as much detail as possible. DO NOT complete your 2 food records on Tuesday night or Wednesday right before class. This will not be an accurate record of what you ate earlier in the week.
   e. When you arrive in class each week, you will spend the first 5 minutes of class reviewing your 2 food records from the week and the goal(s) you set in the previous week.
   f. Notate in your food records whether or not you felt you achieved your goal(s), and if not, rewrite your goal(s) based on your review of your past week.
   g. The instructor will collect your food records each class to review/provide feedback on goal setting. You will NOT be critiqued on the foods you choose to eat.

2. Throughout the semester, you will be given articles to read to supplement course material. It will be expected that you have read this article by the week after the article is passed out. If you miss class it will be your responsibility to contact the instructor and obtain any articles to read for the following week.
Course Schedule

Week 1 – Introduction and Factors that Impact our Eating Behaviors
Introduction to instructor and course objectives/expectations
Review syllabus
Goal Setting
Sargent Choice Nutrition Center resources
Factors that impact eating behaviors
Hunger/Fullness
Homework: Determining your baseline diet – food record 2 weekdays and 1 weekend day.

Week 2 - The Building Blocks of Nutrition: Carbohydrates
Dietary Reference Intakes
Discussion – What are the current messages about carbohydrates?
Carbohydrate Nutrition Facts
Nutrition and health implications: Whole grains vs refined grains
Identifying whole grains on a label

Week 3 – The Building Blocks of Nutrition: Protein
Discussion – what are the current messages about protein?
Protein Nutrition Facts
Lean Proteins: Cuts of red meat
Vegetarian Protein Considerations
NA The Kindest Cut Article

Week 4 – The Building Blocks of Nutrition: Fats
Discussion – what are the current messages about fats?
Fat Nutrition Facts – different types of fats
Comparison of dietary fats
When is low fat better?

Week 5 – Knowing how much YOU need: Individual Recommendations
Meal Planning 123 and Smart Snacking 123
Estimating energy needs
Energy Balance
Considerations for physical activity & healthy weight loss, maintenance or gain

Week 6 – Meal Planning Practice and Considerations
Determining your healthy meal pattern using meal planning exchanges
Meal planning ingredients (6 food groups + elective calories)
In class activity: Use food record to determine typical intake compared to recommendations
Meal planning basics
Homework: Practice breaking down food records into meal planning equivalents
**Week 7 – Elective Calories**  
Where do elective calories come from?  
*In class activity – Elective Calorie Assessment*  
Mindful eating questions  
Identifying added sugar on a label  
*In class activity: Nutrition label for processed foods*

**Week 8 – Challenges to Thoughtful Eating**  
What is thoughtful eating?  
Discussion: What are some of the challenges to achieving your food-related goals?  
Strategies for overcoming the challenges to thoughtful eating

**Week 9 – Eating for Physical Activity**  
How do your body’s needs increase with increased physical activity?  
Fueling your body for physical activity & sports – before, during and after  
Hydration

**Week 10 – Getting Enough: Nutrients of Concern**  
Nutrients of concern for young adults  
*In class activity: Assessing your intake of calcium*  
Vitamin D, Iron  
Nutrients of concern for vegetarians  
*In class activity: Assess existing multivitamin supplements – do they fall short, meet or exceed your body’s needs?*

**Week 11 – Changing Habits**  
The science of habits  
Identifying current helpful and unhelpful habits  
Nutrition Opportunities Menu  
*In class activity: Create one new habit*

**Week 12 - Healthy Eating as a Lifestyle**  
Recipe modification  
Strategies for eating out

**Week 13 – Additional Topics and Course Review**  
Review of topics covered in class  
Q&A  
Additional topics of interest as they arise in previous classes

**Week 14 – Final Evaluations & Course Wrap Up**  
Course wrap up  
Final Evaluations