

## Food and Health (11:400:104:01)

M/Th	12:35-1:55 PM	LOREE-022	D/C
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Instructor(s): Dr. Loredana Quadro & Dr. Ho  
Office Hours: (Dr. Quadro)  
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Food and Health (11:400:104) is a 3-credit NS- core certified course about "personal" nutrition and its relationship to health by way of food, food components and nutraceuticals. This course will enable you to take a critical look at what you eat and give you a new perspective on how food affects you and your body. The course has no prerequisites and it is taught by a team of Instructors. **Enjoy, learn a lot, have fun, good luck!**

### SYLLABUS & SCHEDULE Spring Semester 2017

<u>LECTURE #</u>	<u>DATE</u>	<u>TITLE</u>	<u>PROFESSOR</u>
1	Th Jan. 19	Course Introduction	Dr. Quadro
2	M Jan. 23	Carbohydrates	Dr. Ho
3	Th Jan. 26	Fats	Dr. Ho
4	M Jan. 30	Proteins	Dr. Ho
5	Th Feb. 2	Water Soluble Vitamins: B's and C	Dr. Ho
6	M Feb. 6	Fat Soluble Vitamins: A, D, E, K	Dr. Quadro
7	Th Feb. 9	<b>EXAM 1</b> (Lectures 1 -6)	
8	M Feb. 13	Minerals and Water	Dr. Ho
9	Th Feb. 16	Energy, Calories and Dietary Guidelines	Dr. Quadro
10	M Feb. 20	<b>Diet Analysis Instructions</b>	Dr. Quadro
11	Th Feb. 23	Physiology of digestion	Dr. Quadro
12	M Feb. 27	Nutrition and Lifecycle I	Dr. Quadro
13	Th Mar. 2	Nutrition and Lifecycle II	Dr. Quadro
<b>Early submission Diet Analysis Project (+10 points) - via Sakai website</b>			
14	M Mar. 6	Microorganisms in food	Dr. Ho
15	Th Mar. 9	<b>EXAM 2</b> (Lectures 8, 9, 11-14)	
<b>Final submission Diet Analysis Project - via Sakai website</b>			
SPRING RECESS - March 11-19			
16	M Mar. 20	Diabetes	Dr. Ho
17	Th Mar. 23	Under and Over-nutrition	Dr. Quadro
18	M Mar. 27	Nutrition & Fitness	Dr. Quadro
19	Th Mar. 30	Nutrition and cancer	Dr. Quadro
20	M Apr. 3	Food and skin health	Dr. Quadro
21	Th Apr. 6	<b>EXAM 3</b> (lectures 16-20)	
22	M Apr. 10	Food and your heart	Dr. Quadro
23	Th Apr. 13	Nutrient-drug interaction	Dr. Quadro
24	M Apr. 17	Nutrigenomics	Dr. Quadro
25	Th Apr. 20	Food Allergies	Dr. Quadro
26	M Apr. 24	Labels	Dr. Quadro
27	Th Apr. 27	Movie TBD	Dr. Quadro
28	M May 1	<b>EXAM 4</b> (lectures 22-27)	

**KEY: Exams Dates    Diet Analysis Dates    Mandatory classes: attendance will be taken**

*All the lectures will be posted on the Sakai website the day of each class*

## **ACADEMIC INTEGRITY**

The University's policy on Academic Integrity is available at

<http://academicintegrity.rutgers.edu/academicintegrity-policy>

The principles of academic integrity require that a student:

- properly acknowledge and cite all use of the ideas, results, or words of others.
- properly acknowledge all contributors to a given piece of work.
- make sure that all work submitted as his or her own in a course or other academic activity is produced without the aid of impermissible materials or impermissible collaboration.
- obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with his or her interpretation or conclusions.
- treat all other students in an ethical manner, respecting their integrity and right to pursue their educational goals without interference. This requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress.
- uphold the canons of the ethical or professional code of the profession for which he or she is preparing. Adherence to these principles is necessary in order to ensure that
- everyone is given proper credit for his or her ideas, words, results, and other scholarly accomplishments.
- all student work is fairly evaluated and no student has an inappropriate advantage over others.
- the academic and ethical development of all students is fostered.
- the reputation of the University for integrity in its teaching, research, and scholarship is maintained and enhanced.

Failure to uphold these principles of academic integrity threatens both the reputation of the University and the value of the degrees awarded to its students. Every member of the University community therefore bears a responsibility for ensuring that the highest standards of academic integrity are upheld.

## **STUDENT WELLNESS SERVICES**

Just In Case Web App <http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

**Counseling, ADAP & Psychiatric Services (CAPS).** (848) 932-7884 / 17 Senior Street, New Brunswick, NJ 08901/[www.rhscaps.rutgers.edu/](http://www.rhscaps.rutgers.edu/).

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

## **Violence Prevention & Victim Assistance (VPVA)**

(848) 932-1181 / 3 Bartlett Street, New Brunswick, NJ 08901 / [www.vpva.rutgers.edu/](http://www.vpva.rutgers.edu/)

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932- 1181.

## **Disability Services**

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>. Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the

accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

**Scarlet Listeners**

(732) 247-5555 / <http://www.scarletlisteners.com/>. Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.