

01:015:265 (previously 11:015:265) Nutrition for Today (1 credit); 123 Bartlett Hall; Tuesdays 12:50-1:45

**Fall 2016 Dr. Debra Palmer-Keenan dpalmer@aesop.rutgers.edu;
Office Location: 11 Suydam; 2nd Floor; (SNAP-Ed/EFNEP/Nutrition)
Work: XXXXX; Personal Cell: XXXXX**

COURSE AIM

The aim of this course is to increase the breadth and depth of student knowledge regarding a wide variety of nutrition topics and how to apply them to their daily lives.

COURSE OBJECTIVES

Upon completion of the course, the student will be able to:

- A. Develop a “healthy” personal dietary plan.
- B. Recognize what an adequate level of physical activity is and how to achieve it.
- C. Critically evaluate how he/she can live a healthier life through better nutrition.

COURTESY

Please arrive to class on time. Please turn off all pagers and cell phones, blackberries, and other electronic devices before class, including laptops. Do not study for tests or do homework for other classes. You will not receive attendance credit on any day when you have these devices or study notes for another course out on your desk. **PAY ATTENTION.** Do not hold conversations with your friends during class. In other words, I want your undivided attention offered to whoever is speaking.

CLASS CANCELLATION

In the unlikely event that a class is cancelled (e.g., inclement weather), Dr. Palmer-Keenan will post a message at the course’s Sakai website. Check it before coming to class.

SAKAI

Course grades and various materials needed for the course will be posted at: **sakai.rutgers.edu.**

GRADES

There are no tests, quizzes, or exams for this course.

Attendance: 50% **-WARNING!!!** Since we have many guest speakers who deserve your undivided attention and since “I” deserve your undivided attention, you will lose ALL your attendance points if you do not follow the guidance provided above under “Courtesy.”

You will be given 3 free absences and/or failures to turn in assignments. The absences can be used for religious holidays, signing up late for the course, sickness or whatever you want. **HOWEVER**, they may NOT be used the last 2 weeks of class. For an excused absence in either of the last 2 weeks you must bring a doctor’s note or other

verification of your inability to attend class, and you will receive an additional assignment to make up for what you missed.

Weekly Assignments: 50%; these assignments will be graded as follows:

- 10 points – You did what I asked you to do really, REALLY well!
- 8 points – You did what I asked you to do.
- 6 points You turned in something to me that was close to what I asked for, but you missed the mark
- 0 points – You turned nothing in or what you turned in wasn't close to what I asked for

Please check your grades on a weekly basis to ensure they have been correctly entered by me. If they are incorrect I will not change them once 3 weeks have passed from the date the assignment was due.

Whether or not you have attended class you must do all assignments. All assignments must be submitted on Sakai **by noon before the class following the dates they are assigned. Late assignments will not be accepted.**

DATE	TOPIC	SPEAKER
September 6	Introduction and Course Overview Introductions: Why I'm here; why you're here	Dr. Debra Palmer-Keenan
September 13	Your USDA Approved Personalized Eating Plan	Dr. Debra Palmer-Keenan
September 20	Healthy Eating on Campus Eating	Dr. Peggy Policastro
September 27	Nutrition Labels	Dr. Debra Palmer-Keenan
October 4	Food and Where It Comes From	Dr. Debra Palmer-Keenan
October 11	Exercise Recommendations and Finding Time	Dr. Debra Palmer-Keenan
October 18	Alcohol 101	Mark Cruz, Health Education Specialist Project HOPE
October 25	Food Safety 101	Dr. Don Schaffner
November 1	Sustainability	Dr. Debra Palmer-Keenan
November 8	Workouts for Peak Performance	Dwayne Curry
November 15	Cooking Tips	Dr. Palmer-Keenan and a team of staff and students
November 29	Nutrition for Peak Performance /Ergonomic Aides	TBD
December 6	Vegetarian Diets	Dr. Debra Palmer-Keenan
December 13	All Your Questions Answered	TBD