



This course fulfills Rutgers Food Science Program Learning Goal #5: Graduates will effectively communicate Food Science issues

### What do students need for this course?

- Textbook: There is NO mandatory textbook required for this course. The materials that you will need for this course will be posted in the class Canvas website (<https://tlt.rutgers.edu/canvas>).
- All students MUST attempt 4 exams, an assignment and an essay for this course.
  - Exams 1-4 are MCQs (Exam 1 and 2 consist of 25 questions each; Exam 3 and 4 consist of 20 questions each); the assignment is a Diet Analysis Project; and the review questions TBD.
- High speed internet, laptop/computer with webcam and microphone.
- Exams will be administered *via* Respondus Lockdown browser for this course. <https://canvas.rutgers.edu/documentation/external-apps/rldb-monitor-students/>
- NO MAKE exams will be given unless requested directly by the Dean of Students.

### SCHEDULE- Spring Semester 2021

<u>LECTURE #</u>	<u>DATE</u>	<u>TITLE</u>
1	Th Jan. 21	Course Introduction
2	M Jan. 25	Carbohydrates
3	Th Jan. 28	Fats
4	M Feb. 1	Proteins
5	Th Feb.4	Water Soluble Vitamins: B's and C
6	M Feb. 8	Fat Soluble Vitamins: A, D, E, K
7	Th Feb. 11	EXAM 1 (Lectures 2-6) – exam open for at least 24 h
8	M Feb. 15	Minerals and Water
9	Th Feb. 18	Energy, Calories and Dietary Guidelines
10	M Feb. 22	Diet Analysis Instructions – submission opens
11	Th Feb. 25	Physiology of digestion
12	M Mar. 1	Nutrition and Lifecycle I/II
13	Th Mar. 4	Microorganisms in food Early submission Diet Analysis Project (+10 points) - <i>via</i> Canvas website Submission by 11PM
14	M Mar. 8	EXAM 2 (Lectures 8, 9,11-13) - exam open for at least 24 h

15      **Th Mar. 11**      **Final submission Diet Analysis Project - via Canvas website**  
Submission by 11PM

SPRING RECESS - March 13-21

16      M Mar. 22      Under and Over-nutrition  
17      Th Mar. 25      Nutrition & Fitness  
18      M Mar. 29      Diabetes & CVD  
19      **Th Apr. 1**      **EXAM 3** (Lectures 16-18) - exam open for at least 24 h  
20      M Apr. 5      Food and skin health  
21      Th Apr. 8      Nutrition and cancer  
22      M Apr. 12      Food Allergies  
23      Th Apr. 15      Labels  
24      **M Apr. 19**      **EXAM 4** (lectures 20-23) - exam open for at least 24 h  
25      Th Apr. 22      Nutrigenomics  
26      M Apr. 26      Nutrient-drug interaction  
27      **Th Apr. 29**      **Movie or TED Talks; Review questions submission opens**  
28      **M May 3**      **Review questions submission deadline by 11PM** (lectures 25-  
27)

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KEY: **Exams Dates**   **Diet Analysis Dates**   **Review questions dates**

### Rutgers Academic Integrity

- <http://academicintegrity.rutgers.edu/academic-integrity-policy/>
- [https://slwordpress.rutgers.edu/academicintegrity/wp-content/uploads/sites/41/2014/11/AI\\_Policy\\_2013.pdf](https://slwordpress.rutgers.edu/academicintegrity/wp-content/uploads/sites/41/2014/11/AI_Policy_2013.pdf)

### 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.

