Food and Health (11:400:104) is a 3-credit 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. Enjoy, learn a lot, have fun, good luck!

Instructors & Instructors’ contacts
Students must email/send messages via Canvas Inbox.

- Dr. Loredana Quadro Email: lquadro@sebs.rutgers.edu
  Office hours via Zoom on: Thursdays 1-2PM
  Zoom link will be provided in the course site in Canvas.

- Dr. Shiu-ying Ho Email: syho@sebs.rutgers.edu

This course is core certified for Natural Sciences (NS)- e & f Goals.

Goal e. Understand and apply basic principles and concepts in the physical or biological sciences.

Goal f. Explain and be able to assess the relationship among assumptions, method, evidence, arguments, and theory in scientific analysis.

LMS for the course: Canvas

- This class is conducted via Asynchronous Remote instruction
- NO live lectures and NO online class meetings
- Recorded lectures for each class will be posted on Mondays and Thursdays, by the end of the business day.
- All students are expected to watch the video recording and go over the corresponding power point for the lectures.
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://tltrutgers.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

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

KEY:  Exams Dates  Diet Analysis Dates  Review questions dates

Rutgers Academic Integrity
  •  http://academicintegrity.rutgers.edu/academic-integrity-policy/

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/
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/
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/](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](https://ods.rutgers.edu/students/registration-form).

**Scarlet Listeners**
Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.