

SYLLABUS - CHEMISTRY 80A (Chemistry of Nutrition) -Summer 2009-

Please also visit the old website for this course to give you an idea of its content and themes, as we will be using the many applications and resources it has available. This class is dedicated to the memory of the late Professor Tony Fink, who enthusiastically taught this course for many years here at UCSC.

<http://www.chemistry.ucsc.edu/faculty/Fink/80A-2004/2004index.ht>

COURSE OUTLINE

INSTRUCTOR: Tyler Johnson

Phone: 9-4280

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Class Time: TBA

GOALS:

The aim of this course is to give you a general background in the fundamentals of the science of nutrition, sufficient to allow you to make your own critical judgments as far as many nutritional claims are concerned, and to provide the basic facts concerning sound dietary habits to allow you to plan and obtain adequate to optimal nutrition for yourself. This introductory class is open to all students especially those who are pursuing degrees in the medical, nursing or allied health professions as well as those who are simply interested in broadening their knowledge in the areas of basic nutritional science research.

TOPICS:

- General introduction to nutrition and current issues
- Nutrients -
 - carbohydrates
 - Lipids, fats
 - Proteins
 - Vitamins
 - Minerals
- Weight control, dieting
- Eating disorders
- Nutrition and disease
- Food Safety
- Vegetarian diets
- Alcohol and nutrition

PREREQUISITES: Some familiarity with the language of chemistry e. g. high school chemistry. Some basic understanding of chemistry is necessary so that you can appreciate the underlying processes of why we need certain nutrients and what happens to our food on digestion.

TEXT: Contemporary Nutrition, Wardlaw and Smith, 7th edition

REQUIREMENTS: 2 short Quizzes (20%), Midterm (30%), Final Exam (40%), Diet analysis (10%)

Tentative Schedule for Chem 80A for - Summer 2009

Week of	Monday	Wednesday	Friday
June 22	Chap 1,2	Chap 2,3	Chap 10 short Quiz
July 29	Chap 10-12	Chap 10-12	HOLIDAY
July 6	Video/lecture Chap 8	Midterm I	Chap 8,9
July 13	Chap 9	Chap 4,7	Chap 4,7 short Quiz
July 20	Chap 5	Chap 4,6	Final Exam

TOPIC	Chapt. in Wardlaw
About the course; Introduction to nutrition - overview	Chap. 1, 2
Healthy diets, Weight control	Chap. 2,3,10
Weight control etc	Chap. 10-12
Information sources, eating disorders	Chap. 8,9
Supplements, Vitamins, Food safety	Chap. 8, 16
MIDTERM EXAM (Chaps. 1-3,10-12), Vitamins.	Chap. 8,9
Water, minerals	Chap. 9
Alcohol	Chap. 4,7
Trans fats, fats, heart disease	Chap. 5
Fiber, cancer, vegetarianism	Chap. 4,6

Important Summer Session 2009 Dates

	Session I	7-wk Sess	8-wk Sess	10-wk Sess	Session II
Last day to enroll/add online	June 27 (Sat) (11:59 pm)	June 27 (Sat) (11:59 pm)	June 27 (Sat) (11:59 pm)	July 4 (Sat) (11:59 pm)	Aug 1 (Sat) (11:59 pm)
Last day to drop online	June 28 (Sun) (11:59 pm)	June 28 (Sun) (11:59 pm)	June 28 (Sun) (11:59 pm)	July 5 (Sun) (11:59 pm)	Aug 2 (Sun) (11:59 pm)
Withdrawal Period at Summer Office (no refund)	June 29 – July 10 (8:00-4:00)	June 29 – July 17 (8:00-4:00)	June 29 – July 24 (8:00-4:00)	July 6 – July 31 (8:00-4:00)	August 3 – August 14 (8:00-4:00)
Note that during Summer Session there is no auditing of classes, no "Add by Petition" and no "Administrative Drop by Instructor". Failure to attend class does not constitute a "Drop". All deadlines are final.					