

Kingsborough Community College
The City University of New York

Syllabus for Science 70, The Science of Nutrition

Textbook: Contemporary Nutrition, Wardlaw, Customized edition

Some of the material presented in the lecture may not be from the textbook but taken from the current literature in nutrition. It is important that you attend the class regularly and take good notes. In addition for obtaining a good grade, attendance is important for the following reason:

“You will receive a WU grade (equivalent to F) if you are absent for 15% (about 6 hours) of the number of contact hours your class meets during the semester. If you are absent for legitimate reasons, you may appeal to the Dean of Students.

SYLLABUS

| <u>A. Nutrition: A key to health</u> | <u>Page</u> |
|---|-------------|
| 1. Nutrition – What you eat and why | 1-32 |
| 2. Tools for diet design | 33-70 |
| 3. The human body - A nutritional perspective | 71-100 |

I Exam

| <u>B. Nutrients: The heart of Nutrition</u> | |
|---|---------|
| 4. Carbohydrates | 100-131 |
| 5. Lipids | 132-171 |
| 6. Proteins | 172-203 |

II Exam

| | |
|-----------------------|---------|
| 7. Vitamins | 204-253 |
| 8. Water and minerals | 254-304 |

| <u>C. Energy balance and imbalance</u> | |
|--|---------|
| 9. Weight control | 305-352 |

III Exam

Final exam Cumulative

Grading Procedure:

3 exams (each hour long) – 20% each

Final exam (2-hours) - 40%

Optional Term paper (critique a recent article related to nutrition) – 5% bonus