



**Science 70 The Science of Nutrition**  
**Dept. of Physical Sciences**  
**Kingsborough Community College**  
**City University of New York**

## **Fall 2010**

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### **Course Rationale**

Increased food processing and addition of chemical substances in foods make it important to understand the basic ideas of modern nutrition. This interdisciplinary course is taught jointly by the Biological Sciences and Physical Sciences Departments. Such concepts as biochemical individuality as related to nutrition for optimum health are integrated with surveys of carbohydrate, protein and fat metabolism; the role of vitamins and minerals in metabolic processes and their still-controversial role in orthomolecular nutrition, food selection, diet during pregnancy and infancy, special diets during illness, and the safety of the food supply. Students are asked to analyze their own diet.

Open to all students in fulfillment of their science requirement with laboratory portion.

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### **Required Materials**

1. **Textbook:** Nutrition & You. Joan Salge Blake, 2008, ISBN 978-0-8053-5452-2.
2. USB flash drive
3. Calculator

### **Grading:**

<b>Lecture:</b>	<b>75%</b>
Exams – 4 exams (lowest will be dropped)	45%
Project	20%
Attendance and participation	10%
Final (cumulative)	25%
<b>Laboratory:</b>	<b>25%</b>

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**Make up tests** are permitted only in the event of an emergency. Please let me know and I will do my best to accommodate any reasonable request.

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**Important dates:**

Tues.	March 30- -April 6	NO CLASSES (Spring Recess)
Wed.	April 7	Classes Resume
Thurs.	April 29	Last Day to Return Completed Withdrawal Form(s) (to Receive a Grade of "W") to Registrar's Office by Students Doing Passing Work in Course
Mon.	May 31	COLLEGE CLOSED
Tues.	June 1	LAST MEETING - Day Classes
Thurs.	June 3- Wed. June 9	FINAL EXAMINATIONS - Day & Evening Classes

**Analysis paper**. Complete a 5 day diet log recording all food and beverages consumed. Analyze the quality of your diet using the MyPyramid guide in conjunction with MyDietAnalysis (Appendix A or software). Write a 3-4 page paper about your diet using the material we have covered. Be sure to include the results of the MDA analysis of your 5 day record.

**Your work will be graded with attention to quality and correctness. Please note that spelling and grammar do count towards your grade. Sloppy grammar and repeated misspellings will result in a lower grade. It is important to proofread your work.**