Course Format: Online, Self-Paced

Course Instructor: Robert Cabrera, Ph.D. Contact using the Inbox tool in Canvas.

Course Credits: 3

Prerequisites: None.

How This Course Works
This course is online and is self-paced. Exams must be taken in-person at an approved testing center. More information about taking exams is available on the University Extension website.

Students have five months from their date of enrollment in which to complete all coursework. While this course is self-paced in terms of when you complete the work and submit assignments, periodic assessments are critical to ensuring that students receive adequate support and are able to achieve the intended learning outcomes. Thus, this course is organized into modules that must be completed in order. Students will only be able to move forward once they have received a grade on all assessments within a given module.

Review the course outline and assignment descriptions carefully. Computer-graded assignments are scored immediately. You can expect to receive feedback on instructor-graded assignments within three business days following submission. This does not include weekends or holidays. Requests for expedited grading will be ignored, so please plan accordingly. During certain times (end of semester, spring break, etc.), instructors may experience higher-than-usual demands on their time and may need additional time for evaluation. Students should reach out to University Extension at uex@austin.utexas.edu with any concerns regarding grading turnaround.

If all other coursework is complete and you have requested the final exam through the course exam manager by your designated completion date, an additional 30 days will be provided for you to study for and take that exam. If the final exam has not been requested by your completion date, you will be dropped from the course.

University Extension strongly advises students to be aware of when they may need a course grade to be recorded on their transcript. It can take up to two weeks after the final exam is complete for a grade to be officially recorded with the Office of the Registrar.
Course Overview
We are bombarded by media slogans and jingles selling us a variety of food products. A trip to a grocery store, fast food restaurant, coffee shop, or school cafeteria provides an abundance of food choices. Each of these places also offers the convenience of processed and sweetened foods that are cleverly marketed to us. The average American diet, selected without much deliberation by most consumers, can lead to obesity, diabetes, hypertension, osteoporosis, and cancer. If we continue to increase our consumption of processed and sugary foods, such as sugary breakfast cereals, cookies, and sodas, we will likely live shorter lives and experience debilitating health problems. However, there is an abundance of healthy foods available in grocery stores and some of our restaurants. If we understand what makes a healthy diet and take the time to prepare our own food, we can choose delicious, nourishing, and health promoting meals.

Nutrition 306 provides an ideal opportunity for you to recognize what good nutrition means, to raise your personal awareness about your health, to learn how to incorporate good eating habits into your life, and to help others do the same. This course can serve as a basis for a healthier lifestyle and also prepare you academically for more advanced nutrition courses.

In this course, you will also have the opportunity to apply what you learn by completing two comprehensive dietary analysis projects. These projects are designed to allow you to evaluate your own diet. This course will give you the tools and information to interpret the barrage of nutritional information presented in the media. This may help you or allow you to help others avoid potentially damaging and expensive fad diets. In summary, this course will allow you to understand your dietary needs and make food decisions based on current scientific information and knowledge.

Required Materials


Note: *Understanding Nutrition* and *Diet and Wellness Plus* are also sold as a bundle by the publisher.

Course Organization
This distance education course is equivalent to the Nutrition 306, Fundamentals of Nutrition, course offered on campus at The University of Texas at Austin. The course includes self-assessments and other activities for practice, graded assignments to assess your mastery of objectives, and exams to test your knowledge.

This course is composed of twelve lessons organized in five modules. The course contains twenty-one graded assignments. The course also includes midterm and final exams. You must receive a grade on all assignments in a module before the next module will open.
All the lessons share a common organizational structure to assist you in learning that lesson’s material. The overview provides an introduction and guide to the lesson. It will introduce you to key terms and concepts from the readings and give you the background information you need before you begin to read and study. Learning objectives are provided to focus your study on the concepts and skills you will be expected to understand by the time you have completed the lesson. Each lesson also contains an assigned reading and supplemental internet resources.

**Activities**
Activities are not graded, but they help you to build your knowledge of the course material. Use them to identify those areas that are strong and those that need more work. The course provides you with a wide variety of activities—from self-assessment quizzes, animations and videos, Quizlet study lists, and web sites where you can explore supplemental course material. To ensure that you are prepared for assignments that are graded, you should complete the activities and review their concepts before you attempt the related assignments.

**Assignments**
For each lesson, you will submit assignments for a grade. Each assignment contains specific information about how it will be assessed and about which point values can be given for your responses. Some assignments contain questions or exercises that involve using Internet resources. The online work is designed to help you gain skill in using the web as a resource for nutritional information and in evaluating information about nutrition on the web.

This course also contains two Dietary Analysis Projects. These are complex assignments in which you will analyze your own diet and compare your intake to recommendations.

**Exams**
This course has two exams, a midterm and a final. Both exams will consist of short-answer, fill-in-the-blank, matching, and multiple-choice questions. The Midterm will cover material from Lessons 1 through 6, and the final will cover all material from Lessons 1 through 12. The two exams are designed to reflect the specific content as well as the broad, overall concepts from each lesson. It is very important that you complete the assignments and review your instructor’s feedback to optimize your performance on the exams. Both exams must be taken in a proctored testing center.

You must pass the final exam to pass the course.
# Course Outline

<table>
<thead>
<tr>
<th>Module</th>
<th>Topics</th>
<th>Assessments</th>
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| 1      | Lesson 1: Introduction to Nutrition | • Instructor-Graded Assignment 1  
         |        | • Instructor-Graded Project 2  
         | Lesson 2: Digestion, Absorption, and Transport | • Computer-Graded Assignment 3  
         |        | • Instructor-Graded Assignment 4  
| 2      | Lesson 3: The Carbohydrates | • Instructor-Graded Assignment 5  
         | Lesson 4: The Lipids | • Computer-Graded Assignment 6  
         |        | • Instructor-Graded Assignment 7  
         | Lesson 5: Protein: Amino Acids | • Instructor-Graded Assignment 8  
| 3      | Lesson 6: Metabolism | • Computer-Graded Assignment 9  
         |        | • Instructor-Graded Assignment 10  
|        | MIDTERM EXAM |  
| 4      | Lesson 7: Energy Balance and Weight Control | • Computer-Graded Assignment 11  
         |        | • Instructor-Graded Assignment 12  
         |        | • Instructor-Graded Assignment 13  
         | Lesson 8: Water-Soluble Vitamins: B Vitamins and Vitamin C | • Computer-Graded Assignment 14  
         |        | • Instructor-Graded Assignment 15  
         | Lesson 9: Fat-Soluble Vitamins: A, D, E, and K | • Computer-Graded Assignment 16  
         |        | • Instructor-Graded Assignment 17  
| 5      | Lesson 10: Water and the Major Minerals | • Instructor-Graded Project 18  
         | Lesson 11: The Trace Minerals | • Computer-Graded Assignment 19  
         |        | • Instructor-Graded Assignment 20  
         | Lesson 12: Pregnancy, Lactation, and Infancy | • Instructor-Graded Assignment 21  
|        | FINAL EXAM |  

## Grade Calculation

Your final grade for the course will be calculated as follows:

- 2 Dietary Analysis Projects 20%
- 12 Instructor-Graded Assignments 20%
- 7 Computer-Graded Assignments 10%
- Midterm Exam 20%
- Final Exam 30%

You must pass the final exam to pass the course. You must also earn an overall passing grade:

- A 100-93%  
  - B+ 89-87%  
  - C+ 79-77%  
  - D+ 69-67%  
  - F 59-0%
- A- 92-90%  
  - B 86-83%  
  - C 76-73%  
  - D 66-63%  
  - B- 82-80%  
  - C- 72-70%  
  - D- 62-60%

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Getting Help
- Technical Support: uextechsupport@austin.utexas.edu
- For content questions or questions about assignment and grades, use the Inbox tool within Canvas to contact the course instructor.
- For other questions (registration, exam proctoring, transcripts, etc.), contact University Extension.

University Extension Policies
Full University Extension policies for self-paced courses may be found on the University Extension website.

Scholastic Dishonesty
Students in this course are expected to work independently, without direct supervision, and to conduct themselves responsibly in accordance with that freedom. To obtain the greatest benefit from their course work, and for the sake of everyone enrolled in our courses, students must demonstrate the willingness to exercise self-discipline, personal responsibility, and scholastic integrity.

We expect the course work and exams that you submit for course credit to be yours and yours alone. Plagiarism and other forms of scholastic dishonesty are serious academic violations that will not be tolerated. The penalties for scholastic dishonesty include the possibility of failure in the course. Scholastic dishonesty in examinations will automatically result in a grade of F on the exam and an F in the course.

University Extension Contact Information
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