



NUTRITION: CONCEPTS AND CONTROVERSIES

COURSE DESCRIPTION:

OLLI-beSmart is an online course for those wishing to become accustomed to using online learning tools as they increase their understanding of nutrition and fitness.

The course includes web-based assignments, practice quizzes, and a threaded discussion with the instructor and other students.

There are no prerequisites for this course - all OLLI-UVa members are welcome.

Upon completion of this course the participant will be able to:

- Explain the role of nutrition in the maintenance of physical and mental well-being.
- Evaluate food beliefs, food and nutrition fads and advertisements based on the principles of nutrition.
- Use online course tools such as threaded online discussions, drop boxes, online quizzes, publisher developed software, etc.

TEXT/SOFTWARE:

- ***NUTRITION– Concepts and Controversies,Sizer and Whitney, 11th Edition***, Thomson/Wadsworth, 2008. ISBN 978-0-495-39065-7
-This is a wonderful reference book on nutrition – handy to have to check out the information that surrounds us about diet and fitness.
- **DietAnalysis+, Version 8.0**, Thomson/Wadsworth, 2008. ISBN 978-0-495-55715-9.
-This is software that you install on your home computer to keep track of the calories that you are consuming and the vitamins, minerals, protein, carbs and fats that they contain. It is available from [Amazon](#).

INSTRUCTOR NOTES:

I believe that you will enjoy discussing nutrition, fitness, and health in a course that will prepare you to participate in the wealth of online courses today.

- Reading the assignment will be very important to your understanding of the internet content.
- Each assignment will be accompanied by an online quiz on the material that you may reset and retake as many times as you like.

- You will be encouraged to complete a personal diet analysis during the course.

SCHEDULE

You may start this course at any time and there is no deadline for completion.

PART I: General Introduction to the Study of Nutrition

The best approach is to read the chapter and use the tools on the publisher's site to strengthen your knowledge and understanding of the topics being presented. After doing this, enter into the online discussion of the chapter controversy topic with the instructor and others in the course. Often another participant's comments will cause you to go back and reread the text for more information! (Since participants will be coming into the course at different times, not everyone will be discussing the same controversy topic at the same time.)

1. Chapter 1 - Food Choices and Human Health
Controversy: Sorting the Imposters from the Real Nutrition Experts
2. Chapter 2 - Nutrition Tools - Standards and Guidelines
Controversy: Are some foods "Superfoods" for Health?
3. Chapter 10 - Nutrients, Physical Activity, and the Body's Responses
Controversy: Ergogenic Aids: Breakthroughs, Gimmicks, or Dangers?
4. Chapter 11 - Diet and Health
Controversy: Reversing the Obesity Epidemic - Where to Begin?
5. Chapter 12 - Food Safety and Food Technology
Controversy: Genetically Modified Foods: What are the Pros and Cons?
6. Chapter 14 - Child, Teen, and Older Adult
Controversy: Nutrient-Drug Interactions: Who Should be Concerned?

PART II: Focus on the Nutrients

Again read the chapter and use the tools on the publisher's site to strengthen your knowledge and understanding of the topics being presented. After doing this, enter into the online discussion of the chapter controversy topic with the instructor and others in the course. Often another participant's comments will cause you to go back and reread the text for more information! (Since participants will be coming into the course at different times, not everyone will be discussing the same controversy topic at the same time.)

1. Chapter 4 - The Carbohydrates: Sugar, Starch, Glycogen, and Fiber
Controversy: Sugar and Alternative Sweeteners: Are They Bad for You?
2. Chapter 5- The Lipids: Fats, Oils, Phospholipids, and Sterols
Controversy: Good Fats and Bad Fats - Which are Which?
3. Chapter 6 - The Proteins and Amino Acids
Controversy: Vegetarian and Meat-Containing Diets: What Are the Benefits and Pitfalls?

4. Chapter 7 - The Vitamins
Controversy: Vitamin Supplements: Do the Benefits Outweigh the Risks?
5. Chapter 8 - Water and Minerals
Controversy: Osteoporosis: Can Lifestyle Choices Reduce the Risk?
6. Chapter 9 - Energy Balance and Healthy Body Weight
Controversy: The Perils of Eating Disorders

PART III: Diet Analysis

Take a break from the reading and discussion and use the DietAnalysis+ software to record and analyze three days of diet and activity.

WRITTEN ASSIGNMENTS to be placed in the Course Drop Box

1. Analyze your personal diet.

Record and analyze your food intake for three 24 hour periods (Computer analysis is preferable. DietAnalysis+ is an excellent software package for this. Look at the cumulative print-out for three days. Compare your results with the RDA. Write yourself a diet prescription explaining how you could improve your dietary intakes of nutrients by eating different foods, different eating patterns, etc. How about some exercise that you could add to your daily routine?

2. Popular Nutrition Critique

Use your knowledge of nutritional sciences to evaluate a nutrition-related article from a popular magazine (Better Homes and Gardens, Health, Cooking Light, Prevention, Newsweek, Time, etc.). You choose the article and evaluate it critically for reliable information, sound scientific principles, interest to the public, false or misleading claims, credentials of the authors, etc.

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