Fall 2006  
CHEM-Z130  WORLD FOOD AND NUTRITION

Instructor:  Kathleen Tinsley Crago, MA  
Office:  Monroe 218  
E-mail:  crago@loyno.edu  
Phone:  office-865-3268, Chem.Dept. - 865-2267  
Office Hours:  TR-12:30 pm-2:00 pm (see my office door for my schedule)  
  Note: I am in organic lab downstairs behind the computer lab in this building every TR afternoon until 5pm if you  
  need to speak to me you can find me there.  
Class Time:  
  Sec 001 TR 9:30-10:50 pm  
  Sec 002 TR 11:00-12:20 pm  
Class Location:  all sections -Monroe 205

Required Texts:  
   Lori A. Smolin and Mary B. Grosvenor; John Wiley Publishing, 2003

   John L. Allen; Dushkin/McGraw-Hill Publishers, any edition 2003 or later

3)  Total Dietary Assessment - ISBN-0471268763  
   Diet assessment ESHA program on CD-Rom; John Wiley Publishing

Course Description:  
Common curriculum courses attempt to integrate the main subject matter of the course (i.e. chemistry) with other fields of knowledge  
(i.e. nutrition, environment, agriculture, political factors, biology, history, economics, etc.).

Chemistry Z130 - World Food and Nutrition is an advanced common curriculum lecture course designed for non-science majors.  
Topics covered include the basics of nutrition and the chemistry of metabolism as well as discussions pertinent to the problems of  
feeding the expanding world population.  The course is structured on a series of instructor lectures and student oral presentations  
sessions.  The first part of the course consists of a series of lectures covering the basics of the chemistry of nutrition. The course also  
explores world hunger and possible solutions that might be employed in developed and undeveloped countries to relieve the problem.  
The second part of the course is a combination of student oral presentations dispersed with discussions of existing environmental,  
social and political problems that affect the task of feeding the world population.

I hope that this course will enable you to gain an understanding of personal nutrition, the chemistry of food and digestion and the  
problems faced by all world societies of how to feed their people a proper diet. This course should cause you to think, to question, to  
discuss, to read and to become involved in finding solutions to the problems that mankind faces as we enter the new millennium as  
well as to discover all of the factors which affect a person's ability to acquire food.

As advances in agricultural technology increase it is important that all of us become informed citizens about how this technology will  
change our environment, our lives, and the future of our planet and the lives of our children. It is the responsibility of all of us (not  
just the scientists) to question, to evaluate, to judge and most of all to utilize all of our knowledge to improve the state of mankind. We  
must all be vigilant and informed in order to control and utilize technology rather than allowing technology to control us. We must  
also consider our human responsibility to one another to make sure that in this world of plenty no one is without the necessary food or  
water needed to sustain life.

NOTE:  If you need help at anytime, please feel free to speak to me. If you have any specific questions please contact me  
as soon as possible. The only “stupid question “is the unasked one. It is important that you keep up with the  
material as we cover it.

******************************************************************************************Note: Chemistry  
Z130 - World Food and Nutrition was originally the brainchild of Dr. Anthony Di Maggio, Professor Emeritus.  
******************************************************************************************

Attendance Policy:  
Because of the nature of this class it is important that you attend class.  Sign-in Sheets will be passed around at the beginning of each  
class.  Excessive absences will result in a lower grade. Two points will be deducted from your final grade for each of the first  
five absences. Six or more absences will lower your grade by two letter grades.
Absence for any presentation will result in a zero.

I expect you to be present for all presentations (yours and your classmates).

There are no excused absences.

Please Note:

1. Students are entirely responsible for obtaining and information or assignments given during their absence. Do not expect me to reteach the class you missed. (See class calendar for topics expected to be covered on any given day).

2. Students with disabilities who wish to receive accommodations in this class should contact Disability Services at 865-2990 as soon as possible so that warranted accommodations can be implemented in a timely fashion. Disability Services are located in the Academic Enrichment Center, Monroe Hall 405. I will make every effort to meet your needs in this class.

3. Don’t forget about the following excellent services that are available to students:
   a) The Academic Enrichment Center and the Math Center in MO 405 for tutoring and general academic help
   b) The WAC staff for writing help
   c) The Library staff for guidance when doing research

Make use of these services--the staffs are excellent and very willing to help.

Mandatory E-mail

All students have access to e-mail accounts on campus. This handy tool will allow us to communicate efficiently with all students in order to inform you of important changes or news associated with the course. It can also be used as a remote means of asking questions of me or of each other.

The only e-mail address I will use to communicate with you is the one assigned to you by Loyola. Remember to check it even if it is not the one you normally use.

*************************************************************************

BLACKBOARD

We will also be using Blackboard in this class.

1) To access Blackboard you can go to Loyola's Homepage. You will see Blackboard listed there.
2) Click on Blackboard and follow the directions to log in.
3) After login you will be given a list of the classes you are enrolled in that are using Blackboard.
4) Click on WFN to get to the WFN site. I suggest you familiarize yourself with the site. There will be a lot of important information posted on the site during the semester.

Check this site every day or so for announcements and updates for the course.

**I will assume that all students can get the information I post to Blackboard.**

*************************************************************************

Required Assignments & Grading Policy: (See calendar for more details on topics and due dates)

Hour Exams: There will be three major exams given during the semester

   Exam I will be given on Thurs. -- Oct 5, 2006
   Exam II will be given on Thurs.--Nov 30, 2006
   Final Exams will be given on:
   
   Sec 1  Thurs. - Dec 14, 2006  9:00-11:00a.m.
   Sec 2  Tues. - Dec 12, 2006  11:30-1:30 p.m.

Please Note: No make-up exams will be given for any reason.
If the Final exam is missed it will result in an automatic “F” in the class.

For an excuse to be considered (i.e. - a serious emergency or illness) the student must present a doctor's excuse or other documentation. I reserve the right to make the decision as to whether an excuse is acceptable and what course of action will be taken. You have one week to present a documented excuse.

**Note:** ***All of the written assignments are to be done by word-processing/12font/MLA guidelines.***

I will return the assignments to you to review, but I will recollect them after we have discussed them. I keep all written submissions to decrease cheating in my class so make an extra copy for yourself if you desire. I suggest that you keep all assignments on a special disk devoted to WFN.

Review the section on “Academic honesty, Integrity of Scholarship and Grades” in the Loyola University Bulletin. Cheating or plagiarism will result in an "F" in this course.

### Final Distribution of Points:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Log (1 day) and analysis</td>
<td>10 pts</td>
</tr>
<tr>
<td>Project 1 Oral presentation</td>
<td>20 pts</td>
</tr>
<tr>
<td>Summary paper</td>
<td>30 pts</td>
</tr>
<tr>
<td>Project 2 Country Summary</td>
<td>75 pts</td>
</tr>
<tr>
<td>Ethnic Recipe and analysis</td>
<td>10 pts</td>
</tr>
<tr>
<td>Project 3 Oral presentation</td>
<td>20 pts</td>
</tr>
<tr>
<td>Summary paper</td>
<td>30 pts</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100 pts</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100 pts</td>
</tr>
<tr>
<td>Final Project Planned 2 Day Diet &amp; Analysis</td>
<td>125 pts</td>
</tr>
<tr>
<td><strong>Total Possible pts.</strong></td>
<td><strong>520 pts</strong></td>
</tr>
</tbody>
</table>

**Grade Scale:** Final grades will be determined using the following grade scale.

- 90 % - 100 % --- A
- 87 % - 89 % --- B+
- 80 % - 86 % --- B
- 77 % - 79 % --- C+
- 70 % - 76 % --- C
- 67 % - 69 % --- D +
- 60 % - 66 % --- D
- Below 60 % --- F

**NO ONE CAN PASS THE COURSE IF THEY DO NOT COMPLETE THE 2 DAY DIET ASSIGNMENT ON TIME**
<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aug. 29</td>
<td>Introduction / History / Chapters 1 &amp; 2 / Nutritional requirements / Food Log explanation</td>
</tr>
<tr>
<td></td>
<td>Meet in Monroe Library for Library Introduction by Jim Hobbs, Associate Prof &amp; Online Services Coordinator</td>
</tr>
<tr>
<td>Sept 5</td>
<td>Chapters 1 &amp; 2 / Nutrition Research / Food labels / Food analysis</td>
</tr>
<tr>
<td></td>
<td>Food taboos / <em>(Food Log and analysis due)</em></td>
</tr>
<tr>
<td></td>
<td>Chapter 18 - The Global View: Feeding the World</td>
</tr>
<tr>
<td></td>
<td>Project 1- Famous Famines (Student presentations began)</td>
</tr>
<tr>
<td>Oct 3</td>
<td>Chapter 3-Human Body/Digestion</td>
</tr>
<tr>
<td></td>
<td>Project 2 - Developed / Undeveloped countries /Charitable Organizations (Student presentations begin)</td>
</tr>
<tr>
<td></td>
<td>Exam I (Chapters 1, 2, 3, 16, 17 &amp; lecture notes)</td>
</tr>
<tr>
<td>Nov 2</td>
<td>Proteins-Chapter 6</td>
</tr>
</tbody>
</table>

**Hint:** The magazine Natural History has a regular monthly column on ethnic foods by Raymond Sokolov called "A Matter of Taste"

*(Oct 27-LAST DAY TO WITHDRAW WITH A “W”)*
Overview of Vitamins/Overview of Minerals/Water/Herbs/Eating Disorders- Chapters 8, 9, 12

Project 3- Fad Diets/Vitamin Facts /Minerals/ Herbal Supplements/ Eating disorders
(Student presentations begin)

******************************************************************************************

14  Project 3- Student presentations (cont.)
16  Project 3- Student presentations- (cont.) (Project 3-Summary papers due)

******************************************************************************************

21  Energy balance and Weight control- Chapter 13
23  Thanksgiving Holidays

******************************************************************************************

28  Energy balance and Weight control- Chapter 13
30  Exam 2 (chapters 4, 5, 6, 8, 9, 12, 13 & lecture notes)

******************************************************************************************

Dec 5  Winding up-Present Day Hot spots/Future of Hunger/Solutions/Future foods/Genetically engineered crops/
The Green Revolution/Agriculture/Plant requirements/Land Yields/Fishing Industry/Aquaculture
7  Last day of class

******************************************************************************************

FINAL EXAM - Planned 2 Day Diet and Analysis due/Taste Testing

Sec 1  Thurs. - Dec 14, 2006  9:00-11:00 a.m.
Sec 2  Tues. - Dec 12, 2006  11:30-1:30 p.m.

REMEMBER:
NO ONE CAN PASS THE COURSE IF THEY DO NOT COMPLETE THE 2 DAY DIET ASSIGNMENT ON TIME.