

## INSTRUCTOR INFORMATION



**Thunder Jalili, Ph.D.**

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**Department of Nutrition and Integrative Physiology** ➔ [\(https://health.utah.edu/nutrition-integrative-physiology/\)](https://health.utah.edu/nutrition-integrative-physiology/)

**Office:** HPER N 224F

**Phone:** 801-585-0399

**Office hours ; Tuesday 10:45AM to 12:15PM  
and by appointment in person or via zoom.**

## TEACHING ASSISTANT INFORMATION

Kiana Bever [u1479948@umail.utah](mailto:u1479948@umail.utah) (<mailto:u1479948@umail.utah>)

Sawyer Sanchez [u1479875@umail.utah.edu](mailto:u1479875@umail.utah.edu) (<mailto:u1479875@umail.utah.edu>)

Gracie Dezwardt [u1481005@umail.utah.edu](mailto:u1481005@umail.utah.edu) (<mailto:u1481005@umail.utah.edu>)

Office hours by appointment via zoom. Please email TA to set up an appointment.

## STUDENT LEARNING OUTCOMES

1. Perform a diet and energy expenditure analysis utilizing computer software, analyze and interpret the results for dietary adequacy, health and risk for nutritionally-related chronic diseases, as well as make recommendations for improving nutritional health.
2. Integrate the scientific knowledge of nutrition, genetics, chemistry, metabolism, exercise and lifestyle while utilizing standards and guidelines to plan, evaluate, and manage diets to support life-long health.
3. Describe how the human body digests food, metabolizes and utilizes the nutrients and Calories/energy in health or disease; and identify risks factors for developing chronic disease including the interpretation of biochemical, clinical and anthropometrical laboratory measures.
4. Utilize basic nutritional scientific terminology; describe the essential nutrients and their role in normal metabolism; and identify good dietary sources of nutrients.
5. Evaluate food package label information - analytically and critically knowing the basis of the specific standards used for providing nutrition information; and understand the responsibility of the FDA to insure the safety of processed foods in order to make healthy food choices.
6. Identify scientific methods used; discern the reliability of nutrition information based on scientific evidence, source and professional credentials; in addition to describing the federal agencies and their responsibilities to ensure public food safety, sustainable food production; and personal food handling skills to avoid food borne illness from a variety of microorganisms.

## PREREQUISITES

High School Biology and Chemistry


## REQUIRED MATERIAL

Contemporary Nutrition, A Functional Approach, 6th edition, Wardlaw G, Smith A, Collene A. McGraw Hill Publishers. This is provided using inclusive access when you register for the class, and you will have access via Canvas when you click on the McGraw-Hill on the left side of the NUIP 1020 Canvas page. There is no payment required for registering, you have already paid for the electronic materials with your class fees when you registered for the class.

**Web based material used in class:** Canvas will link you to the McGraw-Hill site where you can read the book chapters, then complete the **LearnSmart** homework modules required for this class. These are due at the end of the semester. It is your responsibility to complete them **weekly** as we cover the topics week to week in class, **DO NOT LEAVE THEM UNTIL THE END OF THE SEMESTER**, it will be too much work at the busiest time of the semester and you may not be able to complete them.

## LEARNING ASSESSMENTS

**We have 4 categories of learning assessments:** 1) Health Assessment Assignments, 2) Online reading and homework modules, 3) In class activities, and 4) Exams.

**Using AI for class work:** It is expected that students will adhere to generally accepted standards of academic honesty, including but not limited to refraining from cheating, plagiarizing, misrepresenting one's work, and/or inappropriately collaborating. This includes the use of generative AI tools that has not been cited or use documented or authorized. Students will also be expected to adhere to the prescribed professional and ethical standards of the profession/discipline for which the student is preparing. Any student who engages in academic dishonesty or who violates the professional and ethical standards for the profession/discipline for which the student is preparing, may be subject to academic sanctions as per the University of Utah's Student Code: <http://regulations.utah.edu/academics/6-400.php>  (<http://regulations.utah.edu/academics/6-400.php>).

### 1) Health Assessment Assignments

Detailed instructions are found on **Canvas under the Assignments link**. Below is a brief description of the assignments.

a) Article Evaluation: You will read an article relate to nutrition and health that we provide you in order to evaluate its content and message. Download the assignment instructions from Canvas to get the questions that will guide you through the evaluation of the article.

*Article Evaluation due 9-19-23*

b) Diet Analysis: For this assignment you will record **your** food and drink intake for **3 days**, then analyze it using the NutritionCalc Plus software found with your e-book. Download the assignment instructions found on Canvas to get a copy of the questions that you must answer after analyzing your diet.

*Diet analysis due 10-31-23*

c) Clinical Health Case Study: You will evaluate a case study of a patient's blood pressure, body composition, and blood cholesterol. Then you will address any potential emerging risk factors by making appropriate recommendations to change the patient's diet and lifestyle. Download the assignment instructions found on Canvas to get a copy of the case study and questions.

*Clinical Health Case Study due 11-28-23*

**2) Chapter Reading and Homework Modules:** In each Weekly module on canvas there is Book Chapter assignment. These consist of a chapter reading assignment and a "LearnSmart" homework module linked to that chapter. These homework modules are graded and posted on the Canvas gradebook. **You should do these assignments every week, when we are covering the topic. Do not put them off until the end of the semester.** These homework modules will also help you learn the material and be prepared for the exams.

**3) In class activities:** Occasionally we will have in class activities worth 5-10 points each, that will allow you to practice and apply the concepts we cover in lecture. These may be in the form of creating a meal plan, or calculating Body Mass Index or your energy expenditure. Some activities will be done with a partner while others are individual assignments. These must be done in class and there are no make-ups if you miss a class that has an activity on that day.

**4) Exams:** There will be 3 exams. The format is multiple choice and true/false questions. All Exams will consist of 40 questions worth 2.5 points each.

**Tentative Exam dates:**

September 28

November 2

December 15, 8AM, CITHB 109

## FREQUENTLY ASKED QUESTIONS

- **What's the best way to go about managing my time for this class?**

Successful students (those that get A's and B's) use their time wisely. The standard formula for college coursework is that for every 1 hour of credit a student will spend 3 to 6 hours (and sometimes more) of studying and completing homework. Thus, a 4 credit course will require an average of 12 to 24 hours of homework (reading, research, studying) per week. As a result, successful students plan their time so that they keep up with assignments by maintaining a pace that fits the course schedule. They also communicate with the instructor often so that they can receive feedback on their work. Please note the class is cumulative in nature. A good understanding of the material in the first part of the semester is necessary in order to proceed successfully throughout the remainder of the semester.

- **How can I find out how I did on exams and assignments?**

All assignments will be returned via electronic uploads to Canvas. I encourage you all to review graded assignments and to contact me with any questions.

- **I missed an assignment due date, now what?**

Late assignments (defined as assignments submitted between 1 minute and 5 days after the due date) will be deducted 10 points for each calendar day late. After 5 days an assignment worth 50 points will be worth 0 points. If there is a medical emergency or accident that causes you to miss the due date, please let me know as soon as possible. In that case late assignments will be accepted with no penalty as long as there is a valid excuse (doctors note or accident report for example) as proof.

- **What if I miss an exam?**

There will be no make-up exams without prearranged permission from the instructor. If the incident resulting in a missed exam occurs on the due date - you will have 24 hours to contact me to make the necessary arrangements. Physician's verification is required for illnesses or other documentation (e.g., doctor's note, accident report, death certificate) for medical or emergency circumstances beyond your control. Late exams must be completed within one week of the *first* date the exam is offered. Contact your instructor via e-mail or voice mail prior to the scheduled exam time or within 24 hours after the incident. Missed exams without permission or acceptable medical or emergency excuse will be assigned a grade of zero, per University policy.

If you know in advance that you need to take the exam at a different time than scheduled, your instructor will work with you to make arrangements. These *arrangements must be scheduled* at least 1 week in *advance* of the exam for a time before the originally planned test date (i.e., if you are jetting to Cabo during the week of the exam, you may take the exam before you leave.)

## GRADE SCHEME

The following grading standards will be used in this class:

Grade	Range
A	100 % to 92.5%
A-	< 92.5 % to 89.5%
B+	< 89.5 % to 87.5%
B	< 87.5 % to 82.5%
B-	< 82.5 % to 79.5%
C+	< 79.5 % to 77.5%
C	< 77.5 % to 72.5%
C-	< 72.5 % to 69.5%
D+	< 69.5 % to 67.5%
D	< 67.5 % to 62.5%
D-	< 62.5 % to 59.5%

## Grade Range

F < 59.5 % to 0.0%

## COURSE RESPONSIBILITIES

- o All Health Assessment Assignments should be turned in on Canvas. Late assignments are **deducted 10 points per day** after the due date.
- o **Do your own work**, do not collaborate with your classmates.
- o Assignments showing signs of plagiarism will be given a zero **and may fail the course**.
- o If you are to miss an exam **you must notify me at least 1 week prior** to the exam date.
- o If you miss an exam without prior permission from me you will be allowed to take a make up exam **only if you have a legitimate excuse that can be verified**, such as an illness accompanied by a written physician's note, an accident report, etc.
- o Makeup exams will be arranged by the instructor.
- o Missed exams without making prior arrangements, or a written excuse will receive a "zero" grade.

## UNIVERSITY POLICIES

### COVID-19 Campus Guidelines

# CAMPUS COVID-19 RESOURCES

## INFORMATION & PRECAUTIONS

### We are a mask friendly campus

Masks are no longer required in indoor spaces on main campus. The general public will not be required to wear masks in public facilities—including the Utah Museum of Fine Arts, Natural History Museum of Utah, and Pioneer Theatre. It is important that our campus remain “mask-friendly.” Those who still wish to wear masks are encouraged to do so, especially those at high risk of severe illness from COVID-19.

Masks are now optional in most University of Utah Health facilities. Please read the policy [here](#).



**VACCINATION INFORMATION**



**GUIDANCE FOR THE CAMPUS COMMUNITY**



**WORK REIMAGINED**



## COVID-19 Central @ The U


☎ 801-213-2874

🌐 [coronavirus.utah.edu \(https://coronavirus.utah.edu/\)](https://coronavirus.utah.edu/)

## Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A “W” grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade “W” is not used in calculating the student’s GPA.


For deadlines to withdraw from full-term, first, and second session classes, see the U’s [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php)  [. \(https://registrar.utah.edu/academic-calendars/index.php\)](https://registrar.utah.edu/academic-calendars/index.php).

## Plagiarism and Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used the ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

*“...Includes, but is not limited to, cheating, misrepresenting one’s work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct.”*

For details on plagiarism and other important course conduct issues, see the U’s [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php)  [. \(http://regulations.utah.edu/academics/6-400.php\)](http://regulations.utah.edu/academics/6-400.php).

## Course Materials Copyright

**The Content is made available only for your personal, noncommercial educational, and scholarly use.** You may not use the Content for any other purpose, or distribute, post or make the Content available to others unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php)  [. \(https://regulations.utah.edu/academics/6-400.php\)](https://regulations.utah.edu/academics/6-400.php), Section III.A.5 regarding the [use and distribution of class Content](https://regulations.utah.edu/academics/6-400.php)  [. \(https://regulations.utah.edu/academics/6-400.php\)](https://regulations.utah.edu/academics/6-400.php) and materials. Section III.A.5. prohibits the

following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. ("Work product" means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

## Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.

For more safety information and to view available training resources, including helpful videos, visit [safeu.utah.edu \(http://safeu.utah.edu\)](http://safeu.utah.edu).

To report suspicious activity or to request a courtesy escort, contact:

### Campus Police & Department of Public Safety

📞 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu](https://dps.utah.edu) ↗️ (<https://dps.utah.edu/>)

📍 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112

## Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

### Center for Student Wellness

📞 801-581-7776

🌐 [wellness.utah.edu \(http://wellness.utah.edu/\)](http://wellness.utah.edu)

📍 2100 Eccles Student Life Center  
1836 Student Life Way  
Salt Lake City, UT 84112

### Women's Resource Center

📞 801-581-8030

🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu) ↗️ (<https://womenscenter.utah.edu/>)

📍 411 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

### Title IX Coordinator & Office of Equal Opportunity and Affirmative Action

📞 801-581-8365

🌐 [oeo.utah.edu](https://oeo.utah.edu) ↗️ (<https://oeo.utah.edu/>)

📍 135 Park Building  
201 Presidents' Cir.  
Salt Lake City, UT 84112

### Office of the Dean of Students

📞 801-581-7066

🌐 [deanofstudents.utah.edu](https://deanofstudents.utah.edu) ↗️ (<https://deanofstudents.utah.edu/>)

📍 270 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

To file a police report, contact:

#### **Campus Police & Department of Public Safety**

📞 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu](https://dps.utah.edu) ↗️ (<https://dps.utah.edu/>)

📍 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential, and trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

#### **Center for Student Wellness**

📞 801-581-7776

🌐 [wellness.utah.edu](http://wellness.utah.edu) (<http://wellness.utah.edu/>)

📍 328 Student Services Building  
201 S. 1460 E.  
Salt Lake City, UT 84112

## Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the [Instruction & Evaluation regulations](http://regulations.utah.edu/academics/6-100.php) ↗️ (<http://regulations.utah.edu/academics/6-100.php>).

If you will need accommodations in this class, or for more information about what support they provide, contact:

#### **Center for Disability & Access**

📞 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu) ↗️ (<https://disability.utah.edu/>)

📍 162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Diverse Student Support

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

### **Student Support Services (TRIO)**

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### **Student Support Services (TRIO)**

📞 801-581-7188

🌐 [trio.utah.edu](https://trio.utah.edu) ↗️ (<https://trio.utah.edu/>)

📍 Room 2075  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

### **American Indian Students**

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student-centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive "home-away-from-home" space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:



### American Indian Resource Center

📞 801-581-7019

🌐 [diversity.utah.edu/centers/airc](https://diversity.utah.edu/centers/airc) ↗️ (<https://diversity.utah.edu/centers/airc/>)

📍 Fort Douglas Building 622  
1925 De Trobriand St.  
Salt Lake City, UT 84113

### Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black-centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### Black Cultural Center

📞 801-213-1441

🌐 [diversity.utah.edu/centers/bcc](https://diversity.utah.edu/centers/bcc) ↗️ (<https://diversity.utah.edu/centers/bcc/>)

📍 Fort Douglas Building 603  
95 Fort Douglas Blvd.  
Salt Lake City, UT 84113

### Students with Children

Our mission is to support and coordinate information, program development, and services that enhance family resources as well as the availability, affordability, and quality of child care for University students, faculty, and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### Center for Childcare & Family Resources

📞 801-585-5897

🌐 [childcare.utah.edu](https://childcare.utah.edu) ↗️ (<https://childcare.utah.edu/>)

📍 408 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

### Students With Disabilities

The Center for Disability and Access is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

#### Center for Disability and Access

📞 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu) ↗️ (<https://disability.utah.edu/>)

📍 162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

### Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Its mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### Center for Ethnic Student Affairs

📞 801-581-8151

🌐 [diversity.utah.edu/centers/cesa/](https://diversity.utah.edu/centers/cesa/) ↗️ (<https://diversity.utah.edu/centers/cesa/>)

📍 235 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

### English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

### Writing Center

☎ 801-587-9122

🌐 [writingcenter.utah.edu](http://writingcenter.utah.edu) [\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library  
295 S 1500 E  
Salt Lake City, UT 84112

### English for Academic Success (EAS) Program

☎ 801-581-8047

🌐 [linguistics.utah.edu](https://linguistics.utah.edu) [\(https://linguistics.utah.edu/\)](https://linguistics.utah.edu/)

📍 2300 LNCO  
255 S. Central Campus Dr.  
Salt Lake City, UT 84112

### English Language Institute

☎ 801-581-4600

🌐 [continue.utah.edu/eli](http://continue.utah.edu/eli) [\(http://continue.utah.edu/eli\)](http://continue.utah.edu/eli)

📍 540 Arapeen Dr.  
Salt Lake City, UT 84108

## Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it and those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.

**Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence.**

The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

### Dream Center

☎ 801-213-3697

🌐 [dream.utah.edu](http://dream.utah.edu) [\(http://dream.utah.edu/\)](http://dream.utah.edu/)

📍 200 S. CENTRAL CAMPUS DRIVE  
UNION, ROOM 80  
SALT LAKE CITY, UT 84112

## LGBTQ+ Students

The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### LGBTQ+ Resource Center

☎ 801-587-7973

🌐 [lgbt.utah.edu](http://lgbt.utah.edu) [\(http://lgbt.utah.edu/\)](http://lgbt.utah.edu/)

📍 409 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Veterans & Military Students

The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned, and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Veterans Support Center

☎ 801-587-7722

🌐 <http://lgbt.utah.edu/veteranscenter.utah.edu> [\(http://veteranscenter.utah.edu/\)](http://veteranscenter.utah.edu/)

📍 418 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

#### Women's Resource Center

📞 801-581-8030

🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu/) ↗️ (<https://womenscenter.utah.edu/>)

📍 411 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

#### Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

#### Office for Inclusive Excellence

📞 801-581-4600

🌐 [inclusive-excellence.utah.edu](https://inclusive-excellence.utah.edu/) ↗️ (<https://inclusive-excellence.utah.edu/>) (<http://continue.utah.edu/eli>)

📍 200 S. CENTRAL CAMPUS DRIVE  
UNION, ROOM 70  
SALT LAKE CITY, UT 84112

#### Other Student Groups at the U


















To learn more about some of the other resource groups available at the U, check out:










🌐 [getinvolved.utah.edu/](https://getinvolved.utah.edu/) (<https://getinvolved.utah.edu/>)

🌐 <https://ssc.utah.edu/tools-for-success.php> ↗️ (<https://ssc.utah.edu/tools-for-success.php>)

## Course Summary:

Date	Details	Due
Mon Sep 19, 2022	📄 <a href="https://utah.instructure.com/courses/895656/assignments/12552561">Assignment 1 Now open - Article evaluation</a> ( <a href="https://utah.instructure.com/courses/895656/assignments/12552561">https://utah.instructure.com/courses/895656/assignments/12552561</a> )	due by 11:59pm
Mon Oct 31, 2022	📄 <a href="https://utah.instructure.com/courses/895656/assignments/12552562">Assignment 2 Now open - Diet Evaluation</a> ( <a href="https://utah.instructure.com/courses/895656/assignments/12552562">https://utah.instructure.com/courses/895656/assignments/12552562</a> )	due by 11:59pm
Wed Nov 30, 2022	📄 <a href="https://utah.instructure.com/courses/895656/assignments/12552565">Assignment 3 Now Open - Case study for nutrition, lifestyle and risk of chronic disease.</a> ( <a href="https://utah.instructure.com/courses/895656/assignments/12552565">https://utah.instructure.com/courses/895656/assignments/12552565</a> )	due by 11:59pm

Date	Details	Due
Thu Sep 28, 2023	 <b>EXAM 1</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552559">https://utah.instructure.com/courses/895656/assignments/12552559</a>	due by 10:30am
Thu Nov 2, 2023	 <b>EXAM 2- Topics Covered: Carbohydrates &amp; Diabetes, Lipids.- Requires Respondus LockDown Browser</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552558">https://utah.instructure.com/courses/895656/assignments/12552558</a>	due by 10:30am
	 <b>Chapter 10: Nutrients Involved in Body Defenses</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552568">https://utah.instructure.com/courses/895656/assignments/12552568</a>	due by 11:59pm
	 <b>Chapter 11: Nutrients Involved in Bone Health</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552569">https://utah.instructure.com/courses/895656/assignments/12552569</a>	due by 11:59pm
	 <b>Chapter 12: Micronutrient Function in Energy Metabolism</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552570">https://utah.instructure.com/courses/895656/assignments/12552570</a>	due by 11:59pm
	 <b>Chapter 14: Nutrition: Fitness and Sports</b> <a href="https://utah.instructure.com/courses/895656/assignments/12568496">https://utah.instructure.com/courses/895656/assignments/12568496</a>	due by 11:59pm
	 <b>Chapter 15: Eating Disorders</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552572">https://utah.instructure.com/courses/895656/assignments/12552572</a>	due by 11:59pm
	 <b>Chapter 16 Protecting Our Food Supply</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552573">https://utah.instructure.com/courses/895656/assignments/12552573</a>	due by 11:59pm
	 <b>Chapter 1: Nutrition, Food Choices, and Health</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552574">https://utah.instructure.com/courses/895656/assignments/12552574</a>	due by 11:59pm
Sun Dec 10, 2023	 <b>Chapter 2: Designing a Healthy Eating Pattern</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552575">https://utah.instructure.com/courses/895656/assignments/12552575</a>	due by 11:59pm
	 <b>Chapter 3: The Human Body: A Nutrition Perspective</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552576">https://utah.instructure.com/courses/895656/assignments/12552576</a>	due by 11:59pm
	 <b>Chapter 4: Carbohydrates</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552577">https://utah.instructure.com/courses/895656/assignments/12552577</a>	due by 11:59pm
	 <b>Chapter 5: Lipids</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552578">https://utah.instructure.com/courses/895656/assignments/12552578</a>	due by 11:59pm
	 <b>Chapter 6: Proteins</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552579">https://utah.instructure.com/courses/895656/assignments/12552579</a>	due by 11:59pm
	 <b>Chapter 7: Energy Balance and Weight Control</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552580">https://utah.instructure.com/courses/895656/assignments/12552580</a>	due by 11:59pm
	 <b>Chapter 8: Overview of Micronutrients and Phytochemicals</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552581">https://utah.instructure.com/courses/895656/assignments/12552581</a>	due by 11:59pm
	 <b>Chapter 9: Fluid and Electrolyte Balance</b> <a href="https://utah.instructure.com/courses/895656/assignments/12552582">https://utah.instructure.com/courses/895656/assignments/12552582</a>	due by 11:59pm

Date	Details	Due
Fri Dec 15, 2023	<p data-bbox="573 138 1170 241"> <b><u>EXAM 3 - Topics covered: Proteins, Nutrition and Disease, Energy balance, Weight control, Eating disorders, Food safety.</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552557">https://utah.instructure.com/courses/895656/assignments/12552557</a>)</p>	due by 10am
	<p data-bbox="573 287 1170 340"> <b><u>Cafe Rio Calories</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552566">https://utah.instructure.com/courses/895656/assignments/12552566</a>)</p>	
	<p data-bbox="573 388 1170 441"> <b><u>Calcium Meal Plan</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552567">https://utah.instructure.com/courses/895656/assignments/12552567</a>)</p>	
	<p data-bbox="573 489 1170 541"> <b><u>Cooking vegetables</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552583">https://utah.instructure.com/courses/895656/assignments/12552583</a>)</p>	
	<p data-bbox="573 590 1170 642"> <b><u>Dietary Sources of Fat</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552584">https://utah.instructure.com/courses/895656/assignments/12552584</a>)</p>	
	<p data-bbox="573 690 1170 743"> <b><u>Estimated Energy</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552585">https://utah.instructure.com/courses/895656/assignments/12552585</a>)</p>	
	<p data-bbox="573 791 1170 844"> <b><u>Fiber &amp; added sugars</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552586">https://utah.instructure.com/courses/895656/assignments/12552586</a>)</p>	
	<p data-bbox="573 892 1170 945"> <b><u>Protein Requirements</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552587">https://utah.instructure.com/courses/895656/assignments/12552587</a>)</p>	
	<p data-bbox="573 993 1170 1045"> <b><u>Vegan iron meal plan</u></b> (<a href="https://utah.instructure.com/courses/895656/assignments/12552588">https://utah.instructure.com/courses/895656/assignments/12552588</a>)</p>	