

NUT 207 General Nutrition

Department of Nutrition | University of Rhode Island | Winter 2025 | Asynchronous Online

Instructor: Sarah Larson, MS, RD, LDN
Email: sarahlarson@uri.edu
Student Hours: email to schedule via Zoom!

You can expect an email response from me within 36 hours Monday-Friday. Any emails sent over the weekend will be addressed by the end of the day on the following Monday.

Any course-related questions should be posted in the General Course Questions discussion so that answers from classmates and/or the instructor will be visible for everyone to benefit.

Course Description: Fundamental concepts of the science of nutrition with application to the individual, community and world (3 credits). Meets Gen Ed A1, B3. **Prerequisites:** none

Required Course Materials

- McGraw Hill Connect for Wardlaw's Perspectives in Nutrition: A Functional Approach (3rd edition) by Carol Byrd-Bredbenner
- Access to Brightspace and McGraw Hill Connect
- Reliable high speed internet access with [Google Chrome](#) or [Mozilla Firefox](#) browser
- PDF reader (like Adobe), Microsoft or Google Suite – all of these are free to URI students!
- Reliable computer or tablet with audio capabilities
- Inability to access the internet is not a valid excuse for missed coursework.

Important Date

Last day to add **or** drop: January 3

2022 ACEND Core Knowledge Requirements (for Dietetics Majors)

This course contains information and assignments to help student achieve the following Core Knowledge Requirement for the Registered Dietitian credential:

- KRDN 4.7: Evaluate data to be used in decision-making for continuous quality improvement.

In this course, Dietary Assessment Project Parts 4, 5, 6 and 7 will be used to assess this KRDN. If you earn less than a 72.5% on any of these assignments, you will be contacted by your course teaching team to complete a remediation process. Dietetics are eligible to earn a Verification Statement only if the remediation process is successfully completed. It is your responsibility as a Dietetics student to follow through on all remediation process communication.

Overall Course Objectives

After completion of this course, you will be able to:

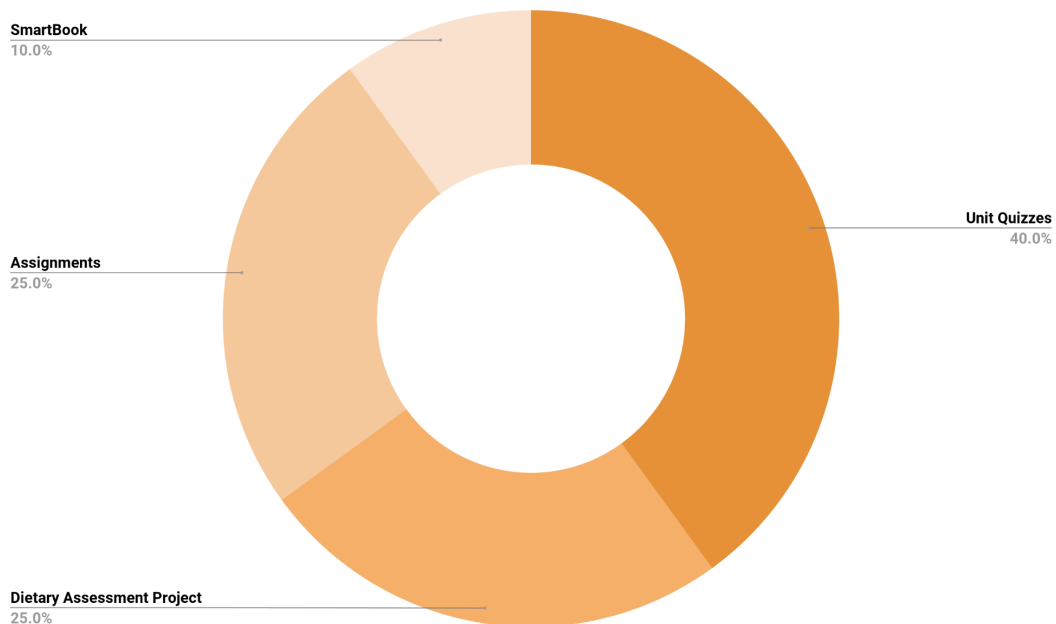
1. Recall a basic understanding of how nutrients are digested, absorbed, metabolized, and utilized, and apply this to the analysis of dietary intake, energy balance, chronic disease prevention, and food safety.
2. Classify and describe the six classes of nutrients, including their forms, functions, sources, deficiencies, and excesses.
3. Differentiate between fact and fallacy as it relates to nutrition information by using the scientific method.
4. Apply nutrition knowledge, including national guidelines and recommendations, to plan a healthy diet.
5. Locate, and examine, and assess nutrient data and reference values to solve nutrition-related mathematical problems.
6. Record, interpret, and evaluate overall personal dietary records to identify strengths, weaknesses, and suggestions for improvements to health.

Technology Requirements

Windows 7 (XP or Vista) 64 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Chrome 81 or higher	Mac OS X or higher 32 MB Ram 28.8 kbps modem (56k or higher recommended) SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Safari 5.0 or higher; Chrome 81 or higher
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Evaluation

Our Brightspace page has more detail regarding how you'll be evaluated.



A note on final grades - final grades and rounding are at the discretion of the instructor. No additional extra credit will be granted except that which is given during the course of the class, i.e. no individual "emergency" extra credit will be awarded. *There will be no additional work that can be completed at the end of the course to improve grades.* Emails regarding final rounding will not receive a response. **If you are having difficulty or need assistance during the semester - the sooner you contact the teaching team, the more assistance and support the team can provide.**

Course Policies and Protocols

Our course policies can all be found on Brightspace in greater detail.



In an online learning environment, attendance is measured by your presence and contributions to the site. It's important that you regularly log into our Brightspace course to ensure you are on top of required components.



Email me with questions! I am here to help. Your emails should always include NUT 207 in the subject and your full name in the body. Check our Brightspace page and syllabus before asking a question as many answers can be found there.



To familiarize yourself with Brightspace, I ask that you please explore the student resources available to you from [YouTube](#), [Brightspace](#) and [URI](#) to ensure success



Treating others, including the instructor and your classmates, with respect is expected from all students. This includes, but is not limited to, responding to discussion forums respectfully and answering questions thoughtfully and without judgment.



This is an asynchronous, fully online course. Each week, you'll have tasks to complete on your own and work to submit by specific due dates. Although you can work at your own pace, you will need to adhere to the set deadlines.



No assignments will be accepted via email and assignments are not able to be resubmitted for a re-grade. All assignments received after the stated due date and time will receive a 25% grade deduction per calendar day late up to a maximum of 2 days. After this time, assignments will receive a grade of zero.



In the event of a University cancellation for emergencies, there will be no change in due dates, unless communicated by your instructor.



Grades of incomplete will be given only in extenuating circumstances; see the [University Manual](#) for more.



[Rhody Outpost](#) provides URI students who are food insecure with emergency food services and resources. The Outpost is housed at the Dining Services Warehouse at [10 Tootell Road](#), between Flagg Road and West Alumni Avenue. We are open every Friday from 3-5:50 pm. Any student in need is welcome to visit the OUtpost after filling out a brief [request form](#). If you have questions about food or housing insecurity, contact Barbara Sweeney, Coordinator of Food Security Outreach, at

barbara_sweeney@uri.edu or 401-874-5633. We want to help all students succeed and make URI a place with #NoRamHungry..



We understand that college comes with challenges and stress associated with your courses, job/family responsibilities and personal life. URI offers students a range of services to support your [mental health and wellbeing](#), including the URI Counseling Center, [MySSP](#) (Student Support Program) App, the [Wellness Resource Center](#), [Well-being Coaching](#), [Psychological Counseling Center](#), [Couple and Family Therapy Clinic](#), [Gender and Sexuality Center](#), [Multicultural Student Services Center](#), and [Chaplin's Association](#).

University of Rhode Island Land Acknowledgment

The University of Rhode Island occupies the traditional stomping ground of the Narragansett Nation and the Niantic People. We honor and respect the enduring and continuing relationship between the Indigenous people and this land by teaching and learning more about their history and present-day communities, and by becoming stewards of the land we, too, inhabit.

Viral Illness Precautions Statement: The University is committed to delivering its educational mission while protecting the health and safety of our community. Students who are experiencing symptoms of viral illness should NOT go to class/work. The CDC says people with these types of illnesses should stay home until they have been fever-free without medication for at least 24 hours and their symptoms have been improving. If you are unable to attend class, please email me prior to the start of class.

Academic Honesty: Students are expected to be honest in all academic work. A student's name on any written work, quiz or exam shall be regarded as assurance that the work is the result of the student's own independent thought and study. Work should be stated in the student's own words, properly attributed to its source. Students have an obligation to know how to quote, paraphrase, summarize, cite and reference the work of others with integrity. See the [University Manual](#) for full expectations and guidelines about Academic Honesty.

Use of AI: Students may use AI to general base level ideas and clarify concepts. Students may not use AI to generate their essays or assignments. Any assignment that is found to have been plagiarized or to have used unauthorized AI tools may receive a zero and/or be reported for academic misconduct.

Office of Disability, Access, and Inclusion Student Services: Your access in this course is important. Please send me your Disability, Access, and Inclusion (DAI) accommodation letter early in the semester so that we have adequate time to discuss and arrange your approved academic accommodations. If you have not yet established services through DAI, please contact them to engage in a confidential conversation about the process for requesting reasonable accommodations in the classroom. DAI can be reached by: [the office of Disability, Access, and Inclusion](#), calling 401-874-2098, or emailing dai@etal.uri.edu.

Academic Enhancement Center: This is a challenging course! Your success requires that you keep pace with the work, understand course concepts, and study effectively. It's strongly recommended you use the NUT 207 TA system to get specific help with course material. In addition, the [Academic Enhancement Center](#) offers face-to-face and online services to

undergraduate students seeking academic support. Services are based out of Roosevelt Hall, the Carothers Library room LL004, and online. They offer [STEM + BUS Tutoring](#), Peer Support, Professional Consultations with Dr. Hayes (schedule on [Starfish](#)), the [Undergraduate Writing Center](#), and the [Study Your Way to Success](#) self-paced module..

URI Online Library Resources can be accessed [here](#).

Student Services: URI offers many services to help you succeed in your academic career, such as [Enrollment Services](#), [Financial Aid](#), and [Center for Career & Experiential Education](#).

Anti-Bias Statement: We respect the rights and dignity of each individual and group. We reject prejudice and intolerance, and we work to understand differences. We believe that equity and inclusion are critical components for campus community members to thrive. If you are a target or a witness of a bias incident, you are encouraged to submit a report to the [URI Bias Response Team](#). There you will also find people and resources to help.

NUT 207 J-Term 2025 Course Schedule

Unit	Content (ebook Readings)	Day	Assignments <i>All due by noted day at 11:59 pm EST</i>
1: 1/2- 1/5	<p><i>Start Here</i> on Brightspace</p> <ul style="list-style-type: none"> • The Science of Nutrition (Ch. 1) • Tools of a Healthy Diet (Ch. 2) 	Sunday, 1/5	<ul style="list-style-type: none"> • McGraw Hill Connect tutorial (CO6) • Introduce Yourself Discussion (CO4) • Student Orientation Quiz (CO6) • Learning Log Unit 1 (CO1, 3) • SmartBook Unit 1 (CO1) • Unit 1 Quiz (CO1, 2, 5)
2: 1/6- 1/8	<ul style="list-style-type: none"> • The Food Supply (Ch. 3) • Human Digestion and Absorption (Ch. 4) • Carbohydrates (Ch. 5, 9, 13) 	Wednesday, 1/8	<ul style="list-style-type: none"> • SmartBook Unit 2 (CO1) • Dietary Assessment Project Part 1: NutritionCalc Plus Training (CO6) • Dietary Assessment Project Part 2: Food and Beverage Report (CO6) • Unit 2 Quiz (CO1, 2, 5)
3: 1/9- 1/11	<ul style="list-style-type: none"> • Lipids (Ch. 6, 9, 13) • Protein (Ch. 7, 9, 13) • Alcohol (Ch. 8, 9, 13) 	Saturday, 1/11	<ul style="list-style-type: none"> • SmartBook Unit 3 (CO1) • Dietary Assessment Project Part 3: Dietary Assessment (CO5, 6) • Dietary Assessment Project Part 4: SMART Goal (CO4, 6) • Learning Log Unit 3 (CO1, 3) • Unit 3 Quiz (CO1, 2, 5)
4: 1/12- 1/14	<ul style="list-style-type: none"> • Energy Balance, Weight Control, and Eating Disorders (Ch. 10) • Nutrition, Exercise, and Sports (Ch. 11) • Micronutrients: Vitamins and Minerals (Ch. 12) 	Tuesday, 1/14	<ul style="list-style-type: none"> • SmartBook Unit 4 (CO1) • Dietary Assessment Project Part 5: Dietary Modification (CO4, 5, 6) • Dietary Assessment Project Part 6: Dietary Re-Assessment (CO5, 6) • Unit 4 Quiz (CO 1, 2, 5)

5: 1/15- 1/17	<ul style="list-style-type: none"> ● Fluid Balance and Blood Health (Ch. 14) ● Bone Health and Body Defense Systems (Ch. 15) 	Friday, 1/17	<ul style="list-style-type: none"> ● SmartBook Unit 5 (CO1) ● Learning Log Unit 5 (CO1, 3) ● Dietary Assessment Project Part 7: Reflection (CO1, 4, 6) ● URI IDEA Survey ● Unit 5 Quiz (CO1, 2, 5)
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There is no final exam in this course.