



Course Title: The Science of Making Conscientious Food Choices

Course Code: SCI 09

Instructor: Julita E. Baker, PhD

Course Summary & a Note from the Instructor:

SCI 09 is an intensive 5-week nutrition course that is designed to help gain a deeper understanding of food selection. The goals are to develop awareness of food components that benefit overall health, to discuss factors that may automatically influence our food intake and metabolism (palatability, stress response, environment, perception), and to develop both mindful and mindless solutions for long-term success. We will examine the scientific literature surrounding topics in nutrition, psychology, consumer behavior, and neuroscience, and will combine class lectures, group discussions, as well as take-home assignments to leave the course with solutions-based approaches to making conscientious food choices.

**Please see course page for full description and additional details.*

Grade Options and Requirements:

- No Grade Requested (NGR)
 - No work will be required and no proof of attendance can be provided. Simply show up for class. No credit will be given for this option.
- Credit/No Credit (CR/NC)
 - Credit will be given with a minimum student attendance of 4 out of the 5 classes. Make-up assignment will be required for any missed class.
- Letter Grade (A, B, C, D, No Pass)
 - *All assignments will be graded on a completed / not completed basis*
 - Attendance 40%
 - Take-home exercises 60%

***Please Note:** *If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

Weekly Outline:

Week 1- Thursday October 13, 2016

Overview and course goals
Core Food Choice principles
Current food choice availability, population trends, and projections
Essential Nutrients
Take-home work #1- Dietary Recall

Week 2- Thursday October 20, 2016

Submission/discussion of Take-home work #1
Palatability research
“Perceivably” healthy foods, fads
Digestion & Satiation
Turning un-palatable into palatable
Take-home work #2- Palatability exercise

Week 3- Thursday October 27, 2016

Submission/discussion of Take-home work #2.
Palatability & Stress Response Network
Stress/fatigue/distraction effects on food selection
Mindfulness & food choice
Take-home work #3- Stress & food choice exercise

Week 4- Thursday November 3, 2016

Submission/discussion of Take-home work #3.
Mindfulness & food choice continued
Mindfulness & Perception research
Solutions: Conscientious food choice
Take-home work #4- Perception and food choice exercise

Week 5- Thursday November 10, 2016

Submission/discussion of Take-home work #4
Mindfulness and food choice
Course Wrap-up, Q&A
Take-home work #5- Tools to create new and sustainable food choice habits