



Course Title: The Science of Making Conscientious Food Choices

Course Code: SCI 09

Instructor: Julita E. Baker, PhD

Course Summary:

SCI 09 is an intensive 6-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 practical approaches to the *how*, *why*, and *what* in 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 6 classes.
- Letter Grade (A, B, C, D, No Pass)
 - Students must attend a minimum of 4 out of the 6 classes and complete all weekly take-home assignments.
 - *All assignments will be graded on a completed / not completed basis*
 - Attendance 50%
 - Take-home exercises 50%

**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.*

Please contact the Stanford Continuing Studies office with any questions
365 Lasuen St. Stanford, CA 94305
continuingstudies@stanford.edu
650-725-2650

Weekly Outline:

Week 1:

Overview and course goals
Current food choice environment
Core food choice principles - what scientists agree on
Are we all an average? A look at variability in research
Essential nutrients
Take-home work #1- Dietary Recall

Week 2:

Submission/discussion of take-home work #1
Palatability & food choice
Physiology of digestion, absorption, and satiation
Solutions
Take-home work #2- Palatability exercise

Week 3:

Submission/discussion of take-home work #2.
Stress response network
Palatability and stress response network
Solutions
Take-home work #3- Stress & food choice exercise

Week 4:

Submission/discussion of take-home work #3.
Stress response network continued
Mindfulness research
Mindfulness & food choice
Solutions
Take-home work #4- Mindfulness meditation exercise

Week 5:

Submission/discussion of take-home work #4.
Mindfulness & food choice continued
Mindful eating exercise
How does mindfulness relate to Perception? Research perspective
Take-home work #5- Mindful eating exercise

Week 6:

Submission/discussion of take-home work #5

Mindfulness and perception research continued

Mindlessness & habitual food choice

Extra aspects important to conscientious food choice

Course Wrap-up, Q&A

Take-home work #6- Tools to create new and sustainable food choice habits