

FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 05, CRN 41537,

Credit hours: 3

Instructor

Jessica Romeo

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Public Instructor Information

Instructor Title: Jessica Romeo MHHS, RDN, LD, CHES

Instructor Professional Qualifications: Master of Health and Human Services, Youngstown State University

Bachelor Of Science applied Science Dietetics, Youngstown State University

Registered Dietitian, Academy of Nutrition and Dietetics

Licensed Dietitian, Ohio Medical Board

Certified Health Education specialist, NCHEC

Instructor Office Location: Cushwa Hall

Instructor Office Phone: N/A

Course Description

1551. Normal Nutrition. The fundamentals of normal nutrition as they apply to health; nutritional needs during various stages of the life cycle; dietary guides and their application to the selection of adequate diets; problems of nutritional deficiencies and excesses. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	Understanding Nutrition	Whitney & Rolfes	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Course is available to students. Please Introduce yourself and familiarize yourself with the online learning environment and technological requirements. Chapter reading: Overview of Nutrition		
8/31	Chapter reading: Planning a Healthy Diet Personal Introduction Discussion Due		
9/7	Chapter reading: Digestion		
9/14	Chapter reading: Carbohydrates Chapter reading: Lipids current Topic in nutrition Discussion Due		
9/21	Chapter reading: Proteins Low Carbohydrate diet discussion due		
9/28	First Exam		



10/5	Chapter reading: Energy Metabolism Chapter reading: Energy Balance & Body Composition Diet Assignment Part 1 : Personal Profile Due
10/12	Diet Assignment Part 2 - 72 hour food intake due Chapter reading: Weight Management, Eating Disorders Eating Disorder Awareness Discussion Due
10/19	Chapter readings: Water Soluble Vitamins Fat Soluble Vitamins Water & Major Minerals The Trace Minerals Supplement Discussion due
10/26	Exam 2
11/2	Chapter reading: Fitness: Physical Activity, nutrients, and body adaptations Diet Assignment Nutrient Report due
11/9	Chapter reading: Life Cycle: Pregnancy & Lactation Child & Infant Feeding culture Discussion due
11/16	Chapter reading: Life Cycle: Childhood Life Cycle: Adulthood/Later Years Nutrition & Older Adults Discussion due
11/23	Chapter reading: Diet and Health Consumer Concerns about food and water Consumer concerns Discussion Due
11/30	Diet Assignment Written Summary Paper Due
12/7	Final Exam

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.