

FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 06, CRN 41096,

Credit hours: 3

Instructor

Julieann Cheng

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Public Instructor Information

Instructor Title: Part-Time Faculty-Dietetics, Department of Human Performance and Rehabilitation Sciences

Instructor Professional Qualifications:

Master of Science, Strategic Leadership, Mountain State University, 2003

Bachelor of Science in Applied Science, Food and Nutrition Dietetics, Youngstown State University, 1996

Associate of Applied Science, Dietetic Technology, Youngstown State University, 1994

ServSafe Instructor and Proctor

Approved Provider of Ohio Manager Certification in Food Protection

Registered Dietitian Nutritionist/Licensed Dietitian

Instructor Office Location: *Cushwa Hall 3201*

Instructor Office Phone: 330-941-2558

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	9780357447550

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

Day	Date	Reading(s)	Proposed Topic	Due/To Prepare for Class
Mon	8/24	Chapter 1 An Overview of Nutrition	Introduction to Normal Nutrition - Syllabus An Overview of Nutrition	Read Chapter 1 An Overview of Nutrition
Wed	8/26	Chapter 2 Planning a Healthy Diet USDA Dietary Guidelines, 2025-2030	Planning a Healthy Diet USDA Dietary Guidelines, 2025-2030	Read Chapter 2 Planning a Healthy Diet Read USDA Dietary Guidelines 2025-2030
Mon	8/31	Chapter 3 Digestion, Absorption, and Transport USDA Dietary Guidelines, 2025-2030	USDA Dietary Guidelines, 2025-2030 Digestion, Absorption, and Transport	Chapter 3 Digestion, Absorption, and Transport
Wed	9/2		Digestion, Absorption, and Transport	
Mon	9/7	No Class		

Wed	9/9		Exam 1 - Overview of Nutrition, Planning a Healthy Diet, Digestion, Absorption, and Transport	Exam 1 - Online
Mon	9/14	Chapter 4 Carbohydrates	Carbohydrates	Diet Analysis Assignment - Part 1 Due Read Chapter 4 Carbohydrates
Wed	9/16	Chapter 5 Lipids	Lipids	Discussion Board 1 Healthy Diets on Instagram Read Chapter 5 Lipids
Mon	9/21	Chapter 6 Proteins	Protein	Read Chapter 6 Proteins
Wed	9/23	Chapter 6 Protein	Proteins	
Mon	9/28		Review of Carbohydrates, Lipids, Protein	
Wed	9/30		Exam 2 - Carbohydrates, Lipids, Protein	Exam 2 - Online
Mon	10/5	Chapter 7 Energy Metabolism	Metabolism	Diet Analysis Assignment - Part 2 Read Chapter 7 Energy Metabolism
Wed	10/7	Chapter 8 Energy Balance & Body Composition	Energy Balance & Body Composition	Read Chapter 8 Energy Balance & Body Composition
Mon	10/12	Chapter 9 Weight Management: Overweight, Obesity, and Underweight	Weight Management, Eating Disorders	Read Chapter 9 Weight Management: Overweight, Obesity, and Underweight
Wed	10/14			Exam 3 - Online
Mon	10/19	Chapter 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C	B Vitamins and Vitamin C	Diet Analysis Assignment - Part 3 Read Chapter 10 The Water-Soluble Vitamins: B Vitamins and Vitamin C
Wed	10/21	Chapter 11 The Fat-Soluble Vitamins: A, D, E, and K	Vitamin A, D, E, and K	Read Chapter 11 The Fat-Soluble Vitamins: A, D, E, and K
Mon	10/26	Chapter 12 Water and the Major Minerals	Water and Major Minerals	Read Chapter 12 Water and the Major Minerals
Wed	10/28	Chapter 13 The Trace Minerals	Trace Minerals	Read Chapter 13 The Trace Minerals
Mon	11/2		Review of Vitamins, Minerals, and Water	
Wed	11/4		Exam 4 - Vitamins, Minerals, and Water	Exam 4 - Online
Mon	11/9	Chapter 14 Fitness: Physical Activity, Nutrients, and Body Adaptations	Fitness: Physical Activity, Nutrients, and Body Adaptations	Diet Analysis Assignment - Part 4 Read Chapter 14 Fitness: Physical Activity, Nutrients, and Body Adaptations
Wed	11/11	No Class		
Mon	11/16	Chapter 14 Fitness: Physical Activity, Nutrients, and Body Adaptations	Fitness: Physical Activity, Nutrients, and Body Adaptations	Discussion Board 2 Ultraprocessed Foods and Mental Health
Wed	11/18	Chapter 15 Life Cycle Nutrition: Pregnancy and Lactation	Life Cycle Nutrition: Pregnancy and Lactation	Read Chapter 15 Life Cycle Nutrition: Pregnancy and Lactation
Mon	11/23	Chapter 16 Life Cycle Nutrition: Infancy, Childhood, and Adolescence	Life Cycle Nutrition: Infancy, Childhood, and Adolescence	Read Chapter 16 Life Cycle Nutrition: Infancy, Childhood, and Adolescence
Wed	11/25	No Class		
Mon	11/30	Chapter 17 Life Cycle Nutrition: Adulthood and the Later Years	Life Cycle Nutrition: Adulthood and the Later Years	Read Chapter 17 Life Cycle Nutrition: Adulthood and the Later Years
Wed	12/2		Exam 5 - Fitness and Life Cycle Nutrition	Exam 5 online
Mon	12/7			Summative Assessment Extra Credit 10 points - 20 Question Comprehensive Test

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