

FNUT 1551 - Normal Nutrition

Fall 2026 Syllabus, Section 07, CRN 41912,

Credit hours: 3

Instructor

Jessica Romeo

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Public Instructor Information

Instructor Title: Part-Time Faculty

Instructor Professional Qualifications: Master of Health and Human Services; Youngstown State University ; Registered Dietitian Nutritionist; Licensed Dietitian, State of Ohio

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Instructor Office Location: Cushwa

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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, 16th Edition, with MindTap	Ellie Whitney and Sharon Rady Rolfes	9780357525289

The required electronic textbook is provided through YSU's First Day Ready program. Access is delivered automatically through the course in Blackboard as a course charge at a discounted rate.

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	Understanding Nutrition, Chapter 1; supporting video mini-lectures	Chapter 1: An Overview of Nutrition	
8/31	Understanding Nutrition, Chapter 2; supporting video mini-lectures	Chapter 2: Planning a Healthy Diet	Personal Introduction Discussion due
9/7	Understanding Nutrition, Chapter 3; supporting video mini-lectures	Chapter 3: Digestion, Absorption, and Transport	Current topic in Nutrition Discussion due
9/14	Understanding Nutrition, Chapter 4; supporting video mini-lectures Understanding Nutrition, Chapter 5; supporting video mini-lectures	Chapter 4: Carbohydrates: Sugars, Starches, and Fibers Chapter 5: The Lipids: Triglycerides, Phospholipids, and Sterols	Low Carbohydrate Diet Discussion Due
9/21	Understanding Nutrition, Chapter 6; supporting video mini-lectures	Chapter 6: Protein: Amino Acids	
9/28			Diet Analysis Project Part 1 and 2 due Sunday, 10/4, by 11:59 p.m. Exam 1 due

10/5	Understanding Nutrition, Chapter 7; supporting video mini-lectures Understanding Nutrition, Chapter 8; supporting video mini-lectures	Chapter 7: Energy Metabolism Chapter 8: Energy Balance and Body Composition	
10/12	Understanding Nutrition, Chapter 9; supporting video mini-lectures	Chapter 9: Weight Management: Overweight, Eating Disorder Awareness Discussion due Obesity, and Underweight	
10/19	Understanding Nutrition, Chapter 10; supporting video mini-lectures Understanding Nutrition, Chapter 11; supporting video mini-lectures Understanding Nutrition, Chapter 12; supporting video mini-lectures Understanding Nutrition, Chapter 13; supporting video mini-lectures	Chapter 10: Water-Soluble Vitamins: B Vitamins and Vitamin C Chapter 11: Fat-Soluble Vitamins: A, D, E, and K Chapter 12: Water and the Major Minerals Chapter 13: Trace Minerals	Supplement Discussion Due
10/26			Exam 2
11/2	Understanding Nutrition, Chapter 14; supporting video mini-lectures	Chapter 14: Fitness: Physical Activity, Nutrients, and Body Adaptations	Diet Analysis Project Part 3 due Sunday, 11/8, by 11:59 p.m. Discussion Due: Diet Assignment
11/9		Chapter reading: Life Cycle: Pregnancy & Lactation	Discussion Due: Child and Infant feeding culture
11/16		Chapter reading: Life Cycle: Childhood Life Cycle: Adulthood/Later Years	Discussion Due: Nutrition and Older Adults
11/23		Chapter reading: Diet and Health Consumer Concerns about food and water	Discussion Due: Consumer Concerns about Food and Water
11/30			Diet Assignment Part 4: Written Summary 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.