

FOOD AND BEHAVIOR
FDSN 405

Fall/Spring: TBD
DAY and TIME

SYLLABUS

Instructor: Britt Burton-Freeman, PhD

Office Hours: TBD

Office:

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Format: Primary Instructor and Guest/Expert speakers
Assigned reading material, Lecture notes (with and without powerpoint), attendance, exams, written and oral individual and group projects

Study Materials & Resources

1. Reading Material Assigned - Selected articles and books (Provided in class or via Blackboard)
3. Access to a computer (course assignments)
4. Library (research)
5. Writing Center as needed

Course Description and Prerequisites

Food and Behavior (3 units)

Prerequisites: PSYC 221 or PSYC 222, FST/FPE 201 Nutrition and Wellness or FST/FPE 401 Nutrition and Metabolism and Health (preferred).

Description: The course aims to develop an understanding of food and food intake behavior by examining the intersection of nutritional science with other disciplines and expertise. The course will be an analysis of the factors that impact food choice/intake. Examination of physiological regulation, physiological and psychological moderators, food marketing, technology, economics, food policy and regulations, media, food safety, agricultural practices, as well as how food intake behavior feeds back and influences these factors. Influence of sex, BMI, age will also be considered. Lecture, discussion, and collaborative activities will be used to disseminate course content.

Course Objectives

This course analyzes the interaction of the food world on food intake behavior. Participants will gain an understanding of the physiological control of food intake as well as the factors that influence food choice and intake. Expected student outcomes include the following:

1. The student will be able to describe the physiological regulation of food intake.
2. The student will gain perspective of how different disciplines approach food, food choice / intake and issues therein.
3. The student will be able to select, utilize, evaluate, construct approaches/methods for addressing issues / devising solutions as appropriate related to food intake
4. The student will effectively communicate knowledge through exams, writing and or oral projects.

Course Expectations and Requirements

1. Reading from provided material by instructor
2. Class Attendance and participation
3. Assignments: Various class assignments/small group interactions to extend the information presented in class.
4. Evaluations: Quiz, exams, assignments and class participation

Assignments must be turned in on the due date as indicated on the Syllabus (online submission through blackboard or in class). Late assignments will incur a penalty of 10% off for per day late. Only one make up exam and quiz will be allowed per semester with a compelling reason (serious medical reasons with valid documentation). The makeup exam, quiz or assignment must be completed upon return to campus.

Honor Code

Students are expected to uphold the IIT standard of conduct for students relating to academic dishonesty. Students assume full responsibility for the content and integrity of the academic work they submit. The guiding principle of academic integrity shall be that a student's submitted work, examinations, and assignments must be that student's own work.

Accommodations

Reasonable accommodations will be made for students with documented disabilities. In order to receive accommodations, students must obtain a letter of accommodation from the Center for Disability Resources. The Center for Disability Resources (CDR) is located in Life Sciences Room 252, telephone 312 567.5744 or disabilities@iit.edu.

Grading

Grading Scale and Points Assignment for TOTAL 400 points

A = 90 - 100% B = 80 – 89% C = 70 - 79% D = 60 - 69% F < 60%

EXAMs (2@ 100 pts each)...	200
Paper interpretations (5@20 pts each)	100
Group/partner Case study project (Case 1)	50
Attendance and participation	50

Total Points Possible = 400

TENTATIVE SCHEDULE / Topics to be covered

WEEK tentative	DATES	TOPICS	READING ¹	Instructor
1		Biology / Physiological of Food intake regulation (Sensory, GI, Brain/Neuro, Genes, Physiological state, etc)		Burton-Freeman/Edirisnghe (FSN)
2		Cont. Biology / Physiological of Food intake regulation (Sensory, GI, Brain/Neuro, Genes, Physiological state, etc)		Burton-Freeman Guest (K. Maki) Guest (BME, TBD, imaging)
3		Psychology of eating (Cognitive influences, Emotional influences, Disordered eating)		Alissa Haedt-Matt (Psych) Dr. Chakravarti (psychopathology of eating - Guest) Burton-Freeman (FSN)
4		Business-Psychology of food choice intersection (Food Messaging/ Food marketing, Media influence)		Arjun Chakravarti (School of Business)
5		Cultural influences on food intake and vs. “You are what you eat or YOU eat what you are”		Burton-Freeman (FSN)
6		Economics – “You eat what you can afford” Cost of food, GMO, Food deserts Trade Policies		Mathew Shapiro (Social Sci)
7		Social / Family influences on eating behavior		Burton-Freeman (FSN)

8		Information Technology - Arlen C. Moller, Ph.D		Arlen C. Moller (Psych)
9		Novel Processing of Food – Consumer acceptance		Armand Paradis (FSN)
10		Food Safety / outbreaks		Bob Brackett (FSN)
11		Food Policy and Regulation		Rich Schell (FSN, adjunct)
12		Ethics associated with food and (food intake) behavior and associated health stigmatism		Elisabeth Hildt (Humanities)
13		Environment, Community Infrastructure, Food Deserts Concerns (carbon foot print, energy, etc.) Urban farming		Hugh Musick
14		Carbon foot print, energy, water resources, etc.) Urban farming		TBD
15				
16		FINAL EXAM		FINAL EXAM

¹Position papers provided by instructor along with any other suggested reading material