

Nutrition and Cancer
FRES 1020 (38-467)
Fall Semester 2004
Fridays 1:25-2:15 pm
Life Sciences Room C114

INSTRUCTORS: Dr. Joan Fischer
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COURSE READING MATERIAL: reading materials will be given out in class and/or be provided on the website

WEBSITE: The class syllabus, reading material, and other information will be available on the web at <http://www.ccrc.uga.edu/~dmohnen/fres1020/list.html>

GRADING: Grades will be based on class participation, laboratory activities, and four class assignments. Attendance at every class is expected.

OFFICE HOURS: By appointment: call or send an email to make an appointment.

Description of seminar

There is increasing evidence that a diet rich in fruits and vegetables can lower the risk of cancer. In this seminar we will review the evidence supporting this statement. We will begin with a discussion of our current understanding of how cancers grow and spread. We will then review data indicating that diets rich in plant foods can lower the risk of cancer and evaluate the molecular mechanisms by which these foods lower cancer risk. Finally, we will explore how personal life style decisions directly effect our health and debate how current U.S. cultural and business practices effect our ability to consume a healthy diet. **BY THE END OF THIS COURSE YOU MAY DECIDE TO CHANGE WHAT YOU EAT.**

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| Date | Topic/activity | |
|--|---|----------|
| Aug. 20 - Room C114 | Introduction to the class and to cancer. <i>Food journal 1 assignment.</i> | M |
| Aug. 27 - Room C114 | Summary of prostate, breast, lung and colon cancer. | M |
| Sept. 3 – Dawson Hall, Room 202 | Food and Nutrient analysis | F |
| Sept. 10 - Dawson Hall, Room 202 | Food and Nutrient Analysis <i>Nutrient analysis & Eating habit Summary assignments.</i> | F |
| Sept. 17 - Room C114 | What is a healthy diet? | F |
| Sept. 24 - Room C114 | Effects of Nutrition on human health and cancer | F |
| Oct. 1 - Room C114 | The colors of health - Fruits, vegetables and phytochemicals | F |
| Oct. 8 - Room C114 | Food Fiber – What is it? <i>Polysaccharides as food additive assignment.</i> | M |
| Oct. 15 – Room C114 | Guest Lecture - | M |
| Oct. 22 - Room C114 | Anticancer effects of pectin | M |
| Oct. 29 – FALL BREAK – no class | | |
| Nov. 5 – CCRC | Pectin Research / | M |
| Nov. 12 - CCRC | Pectin Research / CCRC | M |
| Nov. 19 - | Contamination & modification of food –How dangerous is it? <i>Food Journal 2 assignment. (Due last day of class)</i> | F |
| Nov. 27 - Thanksgiving holiday - <i>No Class</i> | | |
| Dec. 3 - | Effect of industry & government policy on maintaining healthy diets. Conclusions. | M |