

Division of Food and Nutritional Sciences
Foods and Nutrition 1021 – Section 533
2014 – 2015

Professor	Lesley Macaskill, MHSc, PHEc, RD
Contact info	email: lmacaski@uwo.ca ; tel. 519-432-8353 ext. 28065
Class day/time/location	Mondays 7:00 – 10:00 pm, Room 136 St. James Building
Office hours	Tuesdays 11:00 am – 1:00 pm Room 210, Ursuline Hall (or by appointment in office or online)

Course Description

This course provides a comprehensive review of human nutritional needs including nutrient requirements, nutrient functions, and sources of nutrients in foods. Nutrition throughout the life cycle, food additives, food legislation, world food problems, and other current topics are also covered.

Objectives:

By the end of the course, students will:

- a. acquire a basic understanding of the science of human nutrition and its relationship to personal health and well-being.
- b. be able to apply the knowledge learned to make informed food choices for his/her diet.
- c. explore a variety of controversial issues relating to food and nutrition.
- d. develop skills for finding reliable information related to food and nutrition.

Format:

one, 3-hour class every week, including lectures and class activities/discussions

Course Prerequisites and Antirequisites:

Background in Biology and Chemistry at Grade 11 or higher is strongly recommended

Anti-requisite: Foods and Nutrition 021, 121 or 2121

REQUIRED TEXT: Sizer, Whitney, Piché, (2015 or 2012). *Nutrition: Concepts and Controversies* (Third or Second Canadian Edition). Nelson Education Ltd., Toronto, ON

PARKING:

Parking on Brescia property is enforced by Western. Students may park at metered spaces or purchase a parking permit to use other available spaces. Daily permits (\$5.00) can be purchased at St. James reception, Clare Hall reception, the Business Office and the Registrar's office in St. James Building.

EVALUATION:

ITEM	% FINAL MARK	DUE DATE
Fall Test (chapters 1-4 plus lectures) 1.5 hours, in class	15%	October 27, 2014
Mid-term Exam (chapters 1-7 plus lectures) 2 hours, 100 multiple choice Date and location TBA	25%	TBA: December 6 – 17, 2014
Individual Online Quizzes (15 questions) 4 timed, online quizzes, each covering 2 chapters in the textbook Quiz 1 (Chapters 1, 2) Quiz 2 (Chapters 5, 6) Quiz 3 (Chapters 8, 9) Quiz 4 (Chapters 12, 13)	(4 x 2.5% each) 10%	Quizzes are accessed and submitted via Owl. Quiz #1: Sept.28, 2014 Quiz #2: Nov. 23, 2014 Quiz #3: Jan. 25, 2015 Quiz #4: Mar. 22, 2015 All quizzes due by 11:00 pm
Assessing your calcium and iron intake assignment	10%	Jan. 19, 2015 by 11:00 pm (submit online via Owl)
Spring Test (chapters 8 – 11 plus lectures) 1 hour, in class	10%	February 10, 2015
Final Exam – cumulative with emphasis on 2nd semester material 3 hours, multiple choice Date and location, TBA	30%	TBA: April 11 – 30, 2015

Note: The date and location of the exams will be scheduled by the Registrar's Office and will be posted as well as announced in class. Students who miss exams because they have assumed dates and time incorrectly will not be permitted to reschedule them.

DIVISIONAL POLICY FOR LATE ASSIGNMENTS, INCLUDING ONLINE QUIZZES:

Assignments and online quizzes are due at the **time and date** indicated. The mark will be **reduced by 20%** on assignments/quizzes submitted late. No assignment will be accepted one (1) week after the due date with the exception of a documented personal illness or death in a student's immediate family. See documentation requirements below.

Documentation for Late Assignments: Assignments submitted late will only be accepted for marking with documentation of confirmed personal illness or death in the student's immediate family. **IMPORTANT:** You must meet with an Academic Advisor from your undergraduate department to obtain proper documentation to submit a late assignment. See "BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS" below for more information.

CLASS SCHEDULE:

Date	Topic	Chapter(s) to read before class	In-Class Activities/Assignments
Sept. 8	Introduction, Course Outline Food Choices & Human Health	1	assessments, assignments, and class expectations will be discussed
Sept. 15	Nutrition Tools – Standards & Guidelines Canada’s Food Guide	2 (p.30-54)	Group activity: make a week’s menus of 4-food group meals
Sept. 22	Nutrition Tools - Standards & Guidelines (cont’d)	2 (p.54-71)	Hands-on examination of food labels *bring a food label to class
Sept. 29	The Remarkable Body	3	Quiz #1: due Sept. 28th by 11:00 pm Activity: digestive system organs & functions
Oct. 6	The Carbohydrates: Sugar, Starch, Glycogen, and Fibre	4 (p.112-130)	Class activity: finding the fibre in bread
Oct 13	Thanksgiving Holiday – no class		
Oct. 20	The Carbohydrates (cont’d)	4 (p.131 – 154)	
Oct. 27	Fall test – in class	Ch. 1 – 4	1.5 hours No lecture or activity after test
Nov. 3	The Lipids: Fats, Oils, Phospholipids & Sterols	5 (p.161-176)	Video: All About Fat
Nov. 10	The Lipids (cont’d)	5 (p.176 – 200)	
Nov. 17	The Proteins & Amino Acids	6	Activity: how much protein do people need? Discussion: protein bars, shakes, etc.
Nov. 24	The Vitamins (fat-soluble)	7 (p. 245 – 262)	Quiz #2: due Nov. 23 by 11:00 pm
Dec. 1	The Vitamins (cont’d) Review for midterm	7 (p. 262-299) Ch. 1 - 7	Game: Name that Vitamin Review activities
Dec. 6 – 17	Mid-year examination period		
2015			
Jan. 5	Water and Minerals	8 (p. 305-328)	Water taste test
Jan. 12	Water and Minerals (cont’d) Energy Balance and Healthy Body Weight	8 (p.328-357) 9 (p. 364-369)	Calculating Your Body Mass Index
Jan. 19	Energy Balance & Healthy Body Weight (cont’d)	9 (p.370-412)	Jan. 19th: due date for assessing your calcium & iron intake assignment

			Group activity: case studies
Jan. 26	Nutrients, Physical Activity, and the Body's Responses	10	Quiz #3: due Jan. 25 by 11:00 pm
Feb. 2	Diet and Health	11	
Feb. 9	Spring Test - in class	8 – 11	1 hour – no lecture or activity after test
Feb. 16 – 20: Reading Week - no classes			
Feb. 23	Food Safety & Food Technology	12 (p. 504-529)	
Mar. 2	Food Safety & Food Technology	12 (p. 529-550)	Video: Food Additives
Mar. 9	Lifecycle Nutrition: Mother and Infant	13 (p.555-574)	Discussion: mothers' choice of infant feeding
Mar. 16	Lifecycle Nutrition: Mother and Infant	13 (p.574-594)	Group activity: case studies
Mar. 23	Child, Teen & Older Adult	14	Quiz #4: due Mar. 22 by 11:00 pm
Mar. 30	Hunger and the Global Environment	15	Group activity: feeding the family on few dollars
Apr. 6	Review for the final exam		

BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation on medical grounds will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are not grounds for academic accommodation.

A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, the student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2014/pg117.html>

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate grounds may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.*

The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory.

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf.

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://www.brescia.uwo.ca/academics/registrar_services/index.html . The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western <http://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.