

**BRESCIA UNIVERSITY COLLEGE
DIVISION OF FOOD AND NUTRITIONAL SCIENCES
2015-2016**

FOODS AND NUTRITION 1021	Section 230	Nutrition for Modern Living
Professor Noelle Martin RD	519- 615-3438 Phone policy: No texts please. Feel free to call me anytime between 8 am and 4 pm Monday through Friday. If I am unable to answer your call, you may leave me a voicemail. My voicemail box is confidential.	nmarti55@uwo.ca Email Policy: If you need to contact me please email me at nmarti55@uwo.ca . I check email throughout the day from 8 am to 4 pm and will respond within 48 hours Monday through Friday. I do not check my email on weekends; if you email me on the weekend I will get back to you by the end of the day (4:00pm) on Tuesday. When emailing, please put the course code (FN1021) and section #536 (or “Tuesday”) in the subject heading, and a quick description of your question/concern. For example: FN1021 (Section 535) – exam question FN1021 (Monday) – assignment 1 clarification

LECTURE: THURSDAYS 2:30-5:30 pm Location: TBA
OFFICE HOURS: Ursuline Hall, Room 208 By Appointment

COURSE OUTLINE

- DESCRIPTION:** A survey of human nutritional needs including nutrient requirements, nutrient functions, and sources of nutrients in foods. Maternal and infant nutrition, food additives, food legislation, world food problems, and other current topics.
- GOALS:** At the end of the course, you will be able to
- a. acquire a basic knowledge & understanding of the science of human nutrition and its relationship to your health and well-being.
 - b. make informed choices about your diet.
 - c. explore a variety of controversial issues relating to food and nutrition.
 - d. develop skills for finding reliable information about food and nutrition.
- OBJECTIVES:** Objectives will be presented for each lecture during the course.
- PREREQUISITE(S):** Anti-requisite: Foods and Nutrition 021, 121 or 2121
Background in Biology and Chemistry at Grade 11 or higher is strongly recommended.

- FORMAT:** Three (3) hours per week. On line and In Class lectures, class discussions/activities, and individual/group assignment.
- REQUIRED TEXT:** *Nutrition: Concepts and Controversies* (Third Canadian Edition).
Nelson Education Ltd., Toronto, ON
Authors: Frances Sizer, Ellie Whitney, and Leonard Piché.
Course Package ISBN: 0176480234
- CLASSROOM:** TBA
- CLASS TIME:** THURSDAYS 2:30-5:30 pm
- PARKING:** Parking on Brescia property is enforced by UWO. Students may park at metered spaces or purchase a parking permit to use other available spaces. Daily permits can be purchased from the reception desk in the main building (at the top of the hill).

DISTRIBUTION OF MARKS:

<u>ITEM</u>	<u>% FINAL MARK</u>	<u>DUE DATE</u>
<u>Fall Midterm</u> (Ch. 1-6) 2 hours Multiple choice Location: TBA	25%	Dec. 3, 2015
<u>Group Project and Presentation</u>	10%	Dates vary
<u>Online Participation</u>	10%	All online classes
<u>Winter Midterm</u> (Ch. 7-11) 2 hours Multiple choice Location: TBA	25%	Mar. 3, 2016
<u>Final Examination</u> (Ch. 1-15) 3 hours Multiple choice Date & Location: TBA	30%	Apr. 11 - 30, 2016
Total	<u>100%</u>	

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. The exams may not be on the same night as your regularly scheduled class. Students who miss exams because they have assumed dates and time incorrectly will not be permitted to reschedule them.

DIVISION POLICY: Assignments are due at the time and date indicated in the course outline. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after this seven (7) day period will not be accepted for marking, except with documentation of confirmed personal

illness or death in the student's immediate family.

CLASS EXPECTATIONS: Students are expected to attend class regularly.

LECTURE SCHEDULE:

WEEK	TOPIC	CHAPTER
2015		
Sept. 10 In class	Introduction & Course Outline Discuss and Assign Group Project Food Choices & Human Health	1
Sept. 17 On line	Nutrition Tools – Standards & Guidelines Online Activity: Nutrient content claims	2
Sept. 24 In Class	Controversy: Sorting the Imposters from the Real Nutrition Experts Class Activity: Label Reading (Bring a food label to class)	1
Oct. 1 On line	The Remarkable Body Online Activity: Digestive system organs and functions	3
Oct. 8 In Class	Controversy: Phytochemicals and Functional Foods Controversy: Alcohol & Nutrition	2 3
Oct. 15 On line	The Carbohydrates: Sugar, Starch, Glycogen, and Fibre	4
Oct. 22 In Class	Controversy: Sugar and Alternative Sweeteners Class Activity: Product Comparison	4
Oct. 29	Winter Break – No Class	
Nov. 5 On Line	The Lipids: Fats, Oils, Phospholipids & Starches Online Activity: Oil Comparison	5
Nov. 12 In Class	Class Discussion: Oils Controversy: High Fat Foods	5
Nov. 19 On line	The Proteins & Amino Acids Online Activity: Protein Intake vs. Protein Needs Online Activity: Pulling it all together – Rate your plate	6
Nov. 26 In Class	Controversy: Vegetarianism Special Topic Presentation: Food Allergies and Intolerances, FPIES, and Celiac Disease	6
Dec. 3	Fall Mid-term (Chapters 1-6)	

2016		
Jan. 7	The Vitamins	7
On line		
Jan. 14	Water and Minerals	8
On line	Online Activity: The DASH Diet	
Jan. 21	Controversy: Vitamin Supplements	7
In Class	Controversy: Osteoporosis	8
	Class Activity: Bring a Milk or Milk Alternative Container	
Jan. 28	Energy Balance & Healthy Body Weight	9
In Class	Controversy: Eating Disorders	9
	Guest Speaker	
Feb. 4	Nutrients, Physical Activity, and the Body's Responses	10
On line	Online Activity: Physical Activity Log	
	<i>Reminder: Email photo for next week's activity</i>	
Feb. 11	Controversy: The Obesity Epidemic	10
	Controversy: Ergogenic Aids	11
	Class Activity: Photovoice	
Feb. 15-19	Reading Week	
Feb. 25	Diet & Health	11
On line	Online Group Activity: Case Studies	
Mar. 3	Winter Mid-term (Chapter 7-11)	
Mar. 10	Life Cycle Nutrition: Mother and Infant	13
In Class	Class Activity: Meal Planning for Pregnancy	
Mar. 17	Child, Teen, and Older Adult	14
On Line	Online Group Activity: Case Studies	
Mar. 24	Class Activity: 24 hour recall and comparison discussion	
In Class	Controversy: Childhood Obesity and Early Development of Chronic Disease	13
	Controversy: Nutrient-Drug Interactions	14
Mar. 31	Food Safety & Food Technology	12
On Line	Hunger and the Global Environment	15
	Online activity: Restaurant checks	
April 7	Controversy: Organic Foods and GMOs	12
In Class	Controversy: Agribusiness and Food Production	15

Apr. 11-30

Final exam period (Chapters 1-15)

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.