

Brescia University College
School of Food and Nutritional Sciences
2017-2018

Course	Foods & Nutrition 1021: Nutrition for Modern Living
Section	531
Lecture Details	3.0 hour lecture, Friday 8:30-11:30am BR-303, St. James Building (Room 303), Brescia University College
Professor	Jennifer Broxterman, MScFN, RD
Email	jbroxter@uwo.ca Email Policy: If you need to contact me please email me at jbroxter@uwo.ca . I check email regularly from 9am to 5pm 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 (5:00pm) on Tuesday. When emailing, please put the course code (FN1021) and section #531 (or “Friday”) in the subject heading, and a quick description of your question/concern. For example: FN1021 (531) – exam question FN1021 (Friday) – online quiz clarification
Office Location	Ursuline Hall, Room 208, Brescia University College
Office Hours	<ul style="list-style-type: none"> • By appointment only • Book via email: jbroxter@uwo.ca • See OWL announcement for posted schedule

Foods and Nutrition 1021 - Nutrition for Modern Living

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.

Antirequisite(s): [Foods and Nutrition 1030E](#) or [Foods and Nutrition 2121](#).

Prerequisite(s): Grade 11 (or higher) Biology and Chemistry are highly recommended as preparation for this course.

Corequisite(s):

Pre-or Corequisite(s):

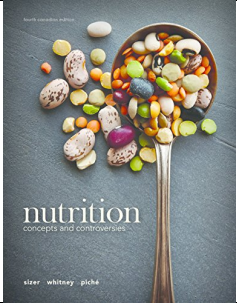
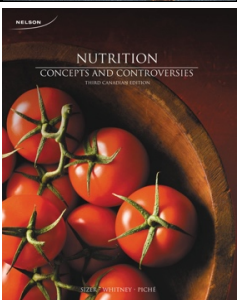
Extra Information: 3 lecture/tutorial hours, 1.0 course. (Brescia)

Format: One, 3-hour class per week including lectures and class discussions. In addition, there will be individual assignments to complete inside and outside of lecture hours.

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 St. James Building.

Class Expectations: Students are expected to attend class regularly.

Required Textbook:

Course Textbook	Picture
<p><u>Newest Version (Recommended)</u> Nutrition: Concepts and Controversies (Fourth Canadian Edition) Authors: Frances Sizer, Ellie Whitney, and Leonard Piché Nelson Education Ltd., Toronto, ON ISBN-10: 0176705481 ISBN-13: 978-0176705480</p>	
<p><u>Used Copies (Also Permitted)</u> Nutrition: Concepts and Controversies (Third Canadian Edition) Authors: Frances Sizer, Ellie Whitney, and Leonard Piché Nelson Education Ltd., Toronto, ON Course Package ISBN: 0176480234</p> <p>*First & Second Edition textbooks are NOT permitted (too out-of-date).</p>	

EVALUATION

Item	% Final Mark	Due Date
Online Journal Article Test Open-book online test (OWL quiz)	10%	Saturday October 21 8:00am-11:59pm
Active Learning Activities Best 10 (of 16) x 1% in-class activities	10%	Dates vary, see lecture schedule
Exam 1 1.5 hours, in class, multiple choice Will cover lectures + chapters 1, 2, 3, 4, 5, 6	25%	Friday November 17
Exam 2 1.5 hours, in class, multiple choice Will cover lectures + chapters 7, 8 9, 10, 11	25%	Friday February 9
Final Exam 3 hours, multiple choice Cumulative, will cover the entire course	30%	Date & location TBA: scheduled by the Registrar's Office
TOTAL	100%	

Note: The date and location of the final exam will be scheduled by the Registrar's Office and will be posted online 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.

Instructor Policy for Late Assignments: Assignments are due at the **time and date** indicated on the course outline. The mark will be automatically reduced by 20% on assignments submitted late. Assignments submitted after this seven (7) day period will not be accepted for marking.

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. Emails and in-class requests made to the professor will not be accepted. See "Academic Policies and Regulations" of the course outline for further details.

Course 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

Learning Objectives:

- Identify and describe how the essential nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water) support the science of human nutrition and their relationship to personal health, well-being, and chronic disease risk.
- Apply critical thinking skills and a demonstration of knowledge of the course content through an open book journal article test where students must assess, critique, and analyze peer reviewed academic research in the field of human nutrition.
- Critique and challenge a variety of controversial issues in the field of human nutrition, such as the development of eating disorders, sports supplements, nutrient-drug interactions, unqualified sources of nutrition information, nutritional supplements, etc. and discuss the benefits and drawbacks of these controversial issues through in-class discussions and debates.
- Develop skills for finding reliable information related to food and nutrition through in-class active learning activities that pertain to nutrition label reading, assessing peer-reviewed nutrition research, and understanding government legislation for nutrient content claims, advertising, and food safety laws.
- Identify and describe how the essential nutrients (carbohydrates, proteins, fats, vitamins, minerals, and water) are adapted to meet individualized human nutrition needs, including specialized periods in the lifecycle such as pregnancy, lactation, infancy, toddlerhood, childhood, adolescence, old age, and athletic training. In-class active learning activities such as customized nutrition calculation questions will promote the development of this skill and will allow students to make informed food choices for his/her diet throughout the lifecycle.

LECTURE SCHEDULE

Semester 1: Fall

	Date (2017)	Topic	Chapter
1	Fri. Sept. 8	Introduction to the course Food choices and human health	1
2	Fri. Sept. 15	Nutrition tools: standards and guidelines <i>Active learning activity 1 (1%)</i>	2
3	Fri. Sept. 22	The remarkable body <i>Active learning activity 2 (1%)</i>	3
4	Fri. Sept. 29	The carbohydrates: sugar, starch, glycogen, and fibre	4
5	Fri. Oct. 6	The carbohydrates (con't) <i>Active learning activity 3 (1%)</i>	4
6	Fri. Oct. 13	FALL READING WEEK (no lecture)	n/a
7	Fri. Oct. 20	The lipids: fats, oils, phospholipids, and sterols <i>Active learning activity 4 (1%)</i>	5
n/a	Sat. Oct. 21	ONLINE JOURNAL ARTICLE TEST (10%)	online readings
8	Fri. Oct. 27	The lipids (con't) <i>Active learning activity 5 (1%)</i>	5
9	Fri. Nov. 3	The proteins and amino acids <i>Active learning activity 6 (1%)</i>	6
10	Fri. Nov. 10	The proteins and amino acids (con't)	6
11	Fri. Nov. 17	EXAM 1: 1.5 hr (25%) No lecture after test	lectures + ch. 1,2,3,4,5,6
12	Fri. Nov. 24	The vitamins: fat soluble <i>Active learning activity 7 (1%)</i>	7
13	Fri. Dec. 1	The vitamins: water soluble (con't) <i>Active learning activity 8 (1%)</i>	7
14	Fri. Dec. 8	Water and minerals	8
	December Final Exam Period	December Final Exam Period <i>(no FN1021 exam during this time)</i>	n/a

Semester 2: Winter

	Date (2018)	Topic	Chapter
15	Fri. Jan. 12	Water and minerals (con't) <i>Active learning activity 9 (1%)</i>	8
16	Fri. Jan. 19	Energy balance and healthy body weight <i>Active learning activity 10 (1%)</i>	9
17	Fri. Jan. 26	Nutrients, physical activity, and the body's responses <i>Active learning activity 11 (1%)</i>	10
18	Fri. Feb. 2	Diet and health <i>Active learning activity 12 (1%)</i>	11

19	Fri. Feb. 9	EXAM 2: 1.5 hr (25%) No lecture after test	lectures + ch. 7,8,9,10,11
20	Fri. Feb. 16	Food safety & food technology <i>Active learning activity 13 (1%)</i>	12
21	Fri. Feb. 23	WINTER READING WEEK (no lecture)	n/a
22	Fri. March 2	Mother and infant	13
23	Fri. March 9	Mother and infant (con't) <i>Active learning activity 14 (1%)</i>	13
24	Fri. March 16	Child, teen & older adult	14
25	Fri. March 23	Child, teen & older adult (con't) <i>Active learning activity 15 (1%)</i>	14
26	Fri. March 30	GOOD FRIDAY (no lecture)	n/a
27	Fri. April 6	Hunger and the global environment <i>Active learning activity 16 (1%)</i>	15
	TBA: April Final Exam Period	FINAL EXAM 30% (3.0 hr)	all lectures + chapters

2017-18 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 for illness 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. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming 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 from: http://www.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf. 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.

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 policy on requesting accommodation due to illness can be viewed at:
<http://westerncalendar.uwo.ca/2017/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, <http://brescia.uwo.ca/academics/registrar-services/> or the list of official dates <http://westerncalendar.uwo.ca/2017/pg7.html>). 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 (<http://westerncalendar.uwo.ca/2017/pg130.html>)

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 (<http://www.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 Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://westerncalendar.uwo.ca/2017/pg112.html>).

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices (http://www.uwo.ca/univsec/pdf/academic_policies/exam/evaluation_undergrad.pdf and http://www.uwo.ca/univsec/pdf/academic_policies/exam/finalgrades.pdf).

6. PREREQUISITES

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 prerequisite(s).

7. SUPPORT

Support Services

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/>. The website for the Student Development Centre at Western is <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation.

Services are available to assist you with addressing these and other concerns you may be experiencing.

You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. 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.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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.