

FOODS & NUTRITION 2241A/B
Section 530 Dr. Brenda Hartman
Section 531 Dr. Brenda Hartman
Section 532 Sylvia Rinaldi RD and Justine Horne RD

NUTRITION THROUGHOUT THE HUMAN LIFE CYCLE

COURSE OUTLINE

Dr. Brenda Hartman

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Sylvia Rinaldi & Justine Horne

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COURSE DESCRIPTION :

A study of nutritional requirements from conception to senescence. Discussion of food habits and nutrition intervention programs in relation to life-cycle.

CLASS SCHEDULE:

Section 530 -Thursday 2:30 PM - 5:30 PM BR201
Section 531- Wednesday 2:30 PM - 5:30 PM BR18
Section 532- Thursday 6:30 PM - 9:30 PM BR18

ANTIREQUISITES: Food and Nutrition 2245A/B

PREREQUISITES: Registration in the BSc (Foods and Nutrition) Program

COREQUISITES: Chemistry 2003A/B or 2213A/B, and Foods and Nutrition 1030E or Foods and Nutrition 1021 or Foods and Nutrition 2121

PRE- OR COREQUISITE(s):

EXTRA INFORMATION: 3 hour lectures; 0.5 course (Brescia)

OBJECTIVES: Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies of Communication, Critical Thinking, Inquiry & Analysis, Problem Solving, Self-Awareness and Development, Valuing, Social Awareness and Engagement.

1. Explaining how nutrition influences humans and contributes to their health throughout each stage of life. [Critical Thinking Level 2; Communication Level 2; Inquiry & Analysis Level 2]

2. Identifying, for every stage of the life span, the characteristics of normal growth and development, the energy and nutrient requirements to support health, as well as the various nutrition-related aspects and concerns. [Critical Thinking Level 2; Communication Level 1; Inquiry & Analysis Level 2]
3. Demonstrating an understanding of the relationship of chemistry, biochemistry, physiology and microbiology to the biological utilization of food and its nutrient components. [Critical Thinking Level 2; Inquiry & Analysis Level 2]
4. Understanding the relationship of biological utilization of foods to nutritional status. [Critical Thinking Level 2; Problem Solving Level 1; Inquiry & Analysis Level 2]
5. Understanding the factors that determine nutritional needs and the utilization of foods throughout the life cycle. [Critical Thinking Level 2; Inquiry & Analysis Level 2]
6. Recommend practical food choices appropriate for different age groups, taking into consideration the influence of the psychological, political, social, cultural and economic factors on food consumption. [Critical Thinking Level 3; Social Awareness and Engagement Level 2; Problem-Solving Level 2; Communication Level 2]
7. Be aware of the main credible sources of public health nutrition information and recommendations in Canada. [Inquiry and Analysis Level 1; Critical Thinking Level 1]
8. Explore nutrition-related Web sites on the Internet, and be critical about the credibility of their information. [Critical Thinking Level 2; Inquiry and Analysis Level 2]

FORMAT:

- Three hours of lecture per week, plus supplementary readings and exercises assigned.
- Students will be graded on a case study assignment and two exams.
- An interactive approach to learning will include individual and group work, workshops and class discussions.

REQUIRED TEXTS:

Brown, J.E. 2016. Nutrition Through the Life Cycle. 6th edition. Wadsworth / Nelson Thomson Learning, Toronto, Ontario.

Note: Other interesting reference books are also available at the Brescia University College library and are listed after the course readings. You are strongly encouraged to consult them. Many of these books will be mentioned throughout the course lectures. A copy of the texts assigned for reading will be placed on library reserve for consultation.

EVALUATION:

Component	Percent of Final Grade	Dates
Dietary Assessment Assignment	25%	February 28/29 th
Mid-term exam In class material & assigned readings lectures 1-6	35%	March 17 th Length: 3 hours Location: auditorium
Final Exam in class material & assigned readings/exercises since midterm	40%	Based on exam schedule

SPECIFIC COURSE POLICIES:

Participation/Attendance: Everyone enrolled in the course is expected to participate in class discussions. Attendance at class and laboratory is mandatory. Students who have not attended at least 75% of the lectures will not be able to write the final exam.

Penalty for late assignments: Assignments are due at class time on the date specified. There will be a deduction of 20% of the value of the assignment for late submission. NO assignment will be accepted one (1) week after due date, except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

Special examination: NO special examination will be given for a student who has missed a scheduled examination except in cases with proper documentation to show a confirmed personal illness or a death in the student's immediate family.

Class Schedule and Required Readings:

Please note that this schedule may be amended as needed throughout the course

Lecture Date	Topic	Readings
Lecture 1 Jan. 10/11	Course Outline Explanation of Case Study Assignment Introduction	Text: Chapter 1 Reading: 1
Lecture 2 Jan. 17/18	Pre-Conception Nutrition	Text: Chapter 2 Readings: 2
Lecture 3 Jan 24/25	Nutrition through Pregnancy	Text: Chapter 4

Lecture 4 Jan 31/Feb 1	Nutrition through Pregnancy	
Lecture 5 Feb 7/8	Nutrition during Lactation	Text: Chapter 6
Lecture 6 Feb 14/15	Infant Nutrition	Text: Chapter 8 Reading: 3
February 17	Midterm In class material & readings Weeks 1-6 only Auditorium	
Week of February 19	STUDY WEEK: NO CLASS	
Lecture 7 Feb 28/Mar 1	Infant Nutrition	
Lecture 8 Mar 7/8	Toddler & Pre-School Nutrition	Text : Chapter 10 Reading: 4
Lecture 9 Mar 14/15	Child & Pre-Adolescent Nutrition	Text: Chapter 12 Reading: 5
Lecture 10 Mar 21/22	Adolescent Nutrition	Text : Chapter 14
Lecture 11 Mar 28/29	Adult Nutrition	Text: Chapter 16
Lecture 12 Apr 4/5	Nutrition & the Elderly	Text: Chapter 18 Reading: 6
April 9 th	Final Examination Period Begins	

REQUIRED READINGS:

1. Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *J Acad Nutr Diet.* 2016;116:1970-80.
2. O'Connor et al. Canadian Consensus on Female Nutrition: Adolescence, Reproduction, Menopause and Beyond. *J Obstet Gynaecol Can.* 2016;38(6):508-554. Recommendations (only) can also be found at [http://www.jogc.com/article/S1701-2163\(16\)00042-6/abstract](http://www.jogc.com/article/S1701-2163(16)00042-6/abstract)
3. Dietitians of Canada. WHO Growth Charts. Resources for Health Professionals. <http://www.dietitians.ca/Dietitians-Views/Prenatal-and-Infant/WHO-Growth-Charts/WHO-Growth-Charts---Resources-for-Health-Professio.aspx>
4. Ellen Satter. Division of Responsibility in Feeding. Downloaded from <http://ellynsatterinstitute.org/dor/divisionofresponsibilityinfeeding.php> January 3, 2017.
5. Canadian 24-Hour Movement Guidelines for Children and Youth. 2016. Downloaded from <http://www.csep.ca/view.asp?x=696> January 3, 2017.
6. The National Academies Press. Nutrition Across the Lifespan for Healthy Aging. Proceedings of a Workshop-In Brief. Downloaded from <https://www.nap.edu/catalog/24641/nutrition-across-the-lifespan-for-healthy-aging-proceedings-of-a> January 3, 2017.

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_un

dergrad.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-healthwellness/> . Students who are in emotional/mental distress should refer to Mental_Health@Western <http://www.uwo.ca/uwo.com/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.