

Brescia University College
School of Food and Nutritional Sciences
2018-2019

Course	Foods & Nutrition 1021: Nutrition for Modern Living
Section	530
Lecture Details	3.0 hour lecture, Monday 6:30-9:30pm UH-30, Ursuline Hall (Room 30, in basement), Brescia
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 #530 (or “Monday”) in the subject heading, and a quick description of your question/concern. For example: FN1021 (530) – exam question FN1021 (Monday) – 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):

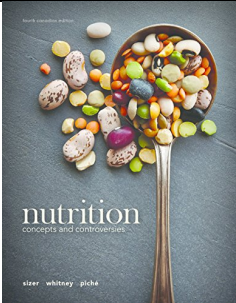
Extra Information: 3 lecture/tutorial hours, 1.0 course. (Brescia)

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>4th Edition Textbook 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>*First, Second, and Third 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 20 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%	Monday November 19
Exam 2 1.5 hours, in class, multiple choice Will cover lectures + chapters 7, 8, 9, 10, 11	25%	Monday February 11
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.

Instructor Policy Regarding Course Work Worth <10%: Throughout the lectures, you will participate in 16 Active Learning Activities (ALAs) spread throughout the entire course to enhance your knowledge of the course content, each worth 1% of your final grade. There are a total of 16 ALAs assigned throughout the course, with your best 10 counting towards 10% of your overall grade.

GRADING of ALAs: You will not lose marks if you are right or wrong with your answers. You will receive a participation mark only for completing the ALAs.

Perfect Score (1/1): You will get a perfect 1/1 mark if you attend class and fully complete the ALA assigned that day and hand it in.

Zero Score (0/1): You will get 0/1 if you skip class, arrive late, leave early, or fail to submit an ALA on the day it is assigned.

MAKE-UP POLICY for ALAs worth 1% each: There are NO MAKE-UPS for missed ALAs, because you have 6 built-in “freebies” that you are allowed to miss for any reason without penalty. As long as 10 ALAs are completed during the course (out of 16), you will still end up with a perfect 10/10 overall mark for this component of your grade. That means if you joined the course late, have to miss class due to illness, or have personal reasons for skipping lecture, arrive late, or leave early, any ALAs you miss will count towards your 6 freebies that you are allowed to skip without penalty. If you miss more than 10 ALAs (out of 16) due to serious medical illness, please meet with an Academic Advisor with valid documentation in order to qualify for a make-up assignment to replace the missed ALAs.

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.

Brescia Competency Levels Achieved in FN1021:

	Level 1	Level 2	Level 3	Level 4
Communication: Communicating Ideas	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Critical Thinking	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inquiry & Analysis	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problem Solving	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self Awareness & Development: Personal Growth	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

LECTURE SCHEDULE

Semester 1: Fall

	Date (2018)	Topic	Chapter
1	Mon. Sept. 10	Introduction to the course Food choices and human health	1
2	Mon. Sept. 17	Nutrition tools: standards and guidelines <i>Active learning activity 1 (1%)</i>	2
3	Mon. Sept. 24	The remarkable body <i>Active learning activity 2 (1%)</i>	3
4	Mon. Oct. 1	The carbohydrates: sugar, starch, glycogen, and fibre	4
5	Mon. Oct. 8	THANKSGIVING HOLIDAY/ FALL READING WEEK (no lecture)	n/a
6	Mon. Oct. 15	The carbohydrates (con't) <i>Active learning activity 3 (1%)</i>	4
n/a	Sat. Oct. 20	ONLINE JOURNAL ARTICLE TEST (10%)	online readings
7	Mon. Oct. 22	The lipids: fats, oils, phospholipids, and sterols <i>Active learning activity 4 (1%)</i>	5
8	Mon. Oct. 29	The lipids (con't) <i>Active learning activity 5 (1%)</i>	5
9	Mon. Nov. 5	The proteins and amino acids <i>Active learning activity 6 (1%)</i>	6
10	Mon. Nov. 12	The proteins and amino acids (con't)	6
11	Mon. Nov. 19	EXAM 1: 1.5 hr (25%) No lecture after test	lectures + ch. 1,2,3,4,5,6
12	Mon. Nov. 26	The vitamins: fat soluble <i>Active learning activity 7 (1%)</i>	7
13	Mon. Dec. 3	The vitamins: water soluble (con't) <i>Active learning activity 8 (1%)</i>	7
	December Final Exam Period	December Final Exam Period <i>(no FN1021 exam during this time)</i>	n/a

Semester 2: Winter

	Date (2019)	Topic	Chapter
14	Mon. Jan. 7	Water and minerals	8
15	Mon. Jan. 14	Water and minerals (con't) <i>Active learning activity 9 (1%)</i>	8
16	Mon. Jan. 21	Energy balance and healthy body weight <i>Active learning activity 10 (1%)</i>	9
17	Mon. Jan. 28	Nutrients, physical activity, and the body's responses <i>Active learning activity 11 (1%)</i>	10
18	Mon. Feb. 4	Diet and health <i>Active learning activity 12 (1%)</i>	11

19	Mon. Feb. 11	EXAM 2: 1.5 hr (25%) No lecture after test	lectures + ch. 7,8,9,10,11
20	Mon. Feb. 18	WINTER READING WEEK (no lecture)	n/a
21	Mon. Feb. 25	Food safety & food technology <i>Active learning activity 13 (1%)</i>	12
22	Mon. March 4	Mother and infant	13
23	Mon. March 11	Mother and infant (con't) <i>Active learning activity 14 (1%)</i>	13
24	Mon. March 18	Child, teen & older adult	14
25	Mon. March 25	Child, teen & older adult (con't) <i>Active learning activity 15 (1%)</i>	14
26	Mon. April 1	Hunger and the global environment <i>Active learning activity 16 (1%)</i>	15
n/a	Mon. April 8	CLASS CANCELLED (no lecture) <i>study for Final Exam / back-up lecture for cancellations</i>	n/a
	TBA: April Final Exam Period	FINAL EXAM 30% (3.0 hr)	all lectures + chapters

2018-19 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.

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. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the student's instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty

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.

The full policy on requesting accommodation due to illness can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your 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 sessional dates in the Academic Calendar, see the Sessional Dates tab at <http://www.westerncalendar.uwo.ca/index.cfm?SelectedCalendar=Live&ArchiveID=>). 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.*

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 and warranted.

It is important to note that the Academic 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://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20 .

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, she may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, she may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal. For information on academic appeals you can consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

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.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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 Health and Wellness at Western, http://uwo.ca/health/mental_wellbeing/index.html, for information about how to obtain help for yourself or others.

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.