

**BRESCIA UNIVERSITY COLLEGE  
SCHOOL OF FOOD AND NUTRITIONAL SCIENCES  
2018-2019**

<b>FOODS AND NUTRITION 1021</b>	<b>Section 531</b>	<b>Nutrition for Modern Living</b>
<b>Professor Noelle Martin RD</b>	<b>519- 615-3438</b> <b>Phone policy:</b> <b>No texts please.</b> 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.	<a href="mailto:nmarti55@uwo.ca">nmarti55@uwo.ca</a> <b>Email Policy:</b> If you need to contact me please email me at <a href="mailto:nmarti55@uwo.ca">nmarti55@uwo.ca</a> . 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 (531) in the subject heading, and a quick description of your question/concern.

**CLASS TIME:** WEDNESDAYS 8:30-11:30 AM  
**LOCATION:** BR-136  
**OFFICE HOURS:** Ursuline Hall, Room 208, By Appointment Only

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**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, students 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 his/her dietary intake and physical activity.
- c. explore a variety of controversial issues relating to food and nutrition.
- d. develop skills for finding reliable information about food and nutrition.

## **LEARNING OBJECTIVES AND BRESCIA COMPETENCIES:**

### **Inquiry and Analysis**

- 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.
- 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.

### **Critical Thinking and Communication**

- Brainstorm and apply critical thinking skills and a demonstration of knowledge of the course content through a group project where students must explore and analyze barriers and facilitators to healthy eating and physical activity through engaging in the methodology of Photovoice.
- 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.

### **Problem Solving and Critical Thinking**

- 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.

### **Critical Thinking and Self-Awareness and Engagement**

- 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.

**PREREQUISITE(S):** Grade 11 (or higher) Biology and Chemistry are highly recommended in preparation for this course.

**ANTIREQUISITE(S):** Foods and Nutrition 1030E and Foods and Nutrition 2121

**FORMAT:** Three (3) hours per week. Lectures (online and in class), class discussions/activities, quizzes, and individual/group assignments.

**REQUIRED TEXT:** *Nutrition: Concepts and Controversies* (Fourth Canadian Edition).  
Nelson Education Ltd., Toronto, ON  
Authors: Frances Sizer, Ellie Whitney, and Leonard Piché.  
Course Package ISBN: 0176480234

**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:**

<b><u>ITEM</u></b>	<b><u>% FINAL MARK</u></b>	<b><u>DUE DATE</u></b>
<b>Group Project</b>	20%	November 14, 2018
<b>Midterm (Ch. 1-6)</b> 2 hours Multiple choice Location: TBA	25%	Nov. 21, 2018
<b>Midterm (Ch. 7-11)</b> 2 hours Multiple choice Location: TBA	25%	Mar. 6, 2019
<b>Final Examination (Ch. 1-15)</b> 3 hr. exam Multiple choice Date & Location: TBA	30%	
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.*

**SPECIFIC COURSE POLICIES:** 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:**

<b>WEEK</b>	<b>TOPIC</b>	<b>CHAPTER</b>
2018		
Sept. 12	Introduction & Course Outline Discuss and Assign Group Project Food Choices & Human Health	1
Sept. 19	Nutrition Tools – Standards & Guidelines Class Activity: Getting to Know CFGHE	2
Sept. 26	The Remarkable Body	3
Oct. 3	Sorting the Imposters from the Real Nutrition Experts Phytochemicals and Functional Foods Alcohol & Nutrition	1 2 3
<b>Oct.8-12</b>	<b>THANKSGIVING WEEKEND AND FALL READING WEEK (NO CLASSES)</b>	
Oct.17	The Carbohydrates: Sugar, Starch, Glycogen, and Fibre	4
Oct.24	Diabetes Mellitus Sugar and Alternative Sweeteners	4
Oct. 31	The Lipids: Fats, Oils, Phospholipids & Sterols	5
Nov. 7	The Proteins & Amino Acids	6
Nov. 14	The Vegetarian Diet Midterm review <b>GROUP PROJECCT DUE</b>	6
<b>Nov.21</b>	<b>Fall Mid-term (Chapters 1-6)</b>	
Nov. 28	The Vitamins and Vitamin Supplements (Fat Soluble Vitamins)	7
Dec. 5	The Vitamins and Vitamin Supplements (cont.)	7

**2019**

Jan. 9	Water and Minerals	8
Jan. 16	Energy Balance & Healthy Body Weight	9
Jan. 22	Eating Disorders	9
Jan. 30	Nutrients, Physical Activity, and the Body's Responses	10
Feb. 5	Diet & Health The Obesity Epidemic	11
Feb. 13	Food Safety & Food Technology Organic Foods and GMOs	12
<b>Feb 18-22</b>	<b>Reading Week (No Class)</b>	
Feb. 27	Photovoice Discussion Midterm Reivew	
<b>Mar. 6</b>	<b>Winter Mid-term (Chapter 7-11)</b>	
Mar. 13	Hunger and the Global Environment	15
	Agribusiness and Food Production	15
Mar.20	Life Cycle Nutrition: Nutrition for Pregnancy and Brestfeeding	13
Mar. 27	Life Cycle Nutrition: Infant, Toddler, and Childhood Nutrition	13
Apr. 3	Life Cycle Nutrition: Adolescent and Older Adult Nutrition	14
Apr. 10	Childhood Obesity and Early Development of Chronic Disease Exam Review	13
Apr. 13-30	Final exam period (Chapters 1-15)	

## 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](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](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](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](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](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](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/>.