

## Course Outline – FN2132A: Introduction to Foods

### School of Food and Nutritional Sciences

#### General Information

Course #: FN2123A

Section #:

Lecture 530	Monday	8:30am-11:30am	BR-302
Lab 531	Wednesday	2:30pm-4:30pm	BR-1001
Lab 532	Tuesday	12:30pm-2:30pm	BR-1009

Term: Fall

Year: 2019

#### Instructor Information

Name: Katey Davidson, MScFN, RD

E-mail: [kdavid32@uwo.ca](mailto:kdavid32@uwo.ca)

Telephone number for office appointments: N/A

Office hours for students: By appointment only

Office location: Location TBD

#### Course Description

A study of the scientific principles relating to foods and their preparation with emphasis on nutritional concepts in food preparation. An experimental approach will demonstrate the principles and methods of food preparation.

**Prerequisite(s):** Registration in the Nutrition and Families or Management and Organizational Studies modules (Honors Specialization, Specialization, Major)

**Extra Information:** 3 lecture hours, 2 laboratory hours.

#### Required Course Materials

Brown, Amy. 2019. Understanding Food Principles and Preparation, 6th ed., Cengage Learning, Stamford, CT, USA

Note: 5th edition of textbook can be used as well

\*You do not need a lab manual for this course

The following apparel is required for the Food Lab:

- White uniform or lab coat

- Clean lab shoes (closed toe and heel)
- Hair net (you may purchase one for \$1.00 in the lab)

Lab Fees: \$45.00 per student

*(Laboratory fees are billed along with your tuition. Payment must be made by the end of the third week of classes to continue in the course.)*

## Optional Course Materials

N/A

## Learning Outcomes

Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies of communication, critical thinking, and problem solving by:

1. Acquiring information on the fundamental nature of the ingredients used in food preparation, their nutritional value and the basic scientific principles underlying their behaviour through weekly lectures and laboratories
2. Developing skills in food preparation, food safety and menu planning through weekly laboratories and demonstrations
3. Demonstrating knowledge of these food principles and practices through final project, tests and exams

## Brescia Competencies

### **Communication**

The ability to exchange information and meaning across cultures, space and time through appropriate modes of communication. Includes oral, written, and interpersonal or group communicate, as well as the ability to use current or innovative media.

### **Critical Thinking**

The ability to engage in thinking characterized by the rational, informed, independent, and open-minded exploration of issues, ideas, and events before accepting or formulating a conclusion.

### **Inquiry and Analysis**

The ability to ask questions, examine issues, and reach informed conclusions by breaking down complex issues, exploring evidence, and describing relationships among persons, things, or events.

### **Problem Solving**

The ability to create and execute a strategy to answer a question or achieve a goal. Includes being able to anticipate the consequence of a potential solution, select a strategy among several alternatives, and decide when an acceptable outcome has been reached.

## Teaching Methodology and Expectations of Students

Stress: The topics for discussion include foods containing protein, carbohydrates, and fats/oils; flour mixtures (quick breads, cakes, pastry); reasons for food selection; food chemistry basics; properties and functions of ingredients

Approach: Lectures, videos, readings and discussions will be integrated with experiments, demonstrations and food preparation done in the food laboratory.

### Specific Course Policies:

1. 2. Failure to attend at least 75% of laboratories or studios will result in failure in the laboratory or studio and an "incomplete" in the course. Successful completion of the laboratory will be necessary in order to receive credit in the course.
2. Assignments are due at time and date noted. The mark will be reduced by 20% on assignments submitted late. Assignments submitted after seven days will not be accepted for marking, except with documentation to show a confirmed personal illness or a death in her/his immediate family.
3. There will be no make-up mid-term test for a student who has missed a test except with documentation to show a confirmed personal illness or a death in her/his immediate family.

## Copyright and Intellectual Property

PowerPoint lecture slides and notes, lists of readings, in-class activities, assignment guidelines, and other components of the course materials are typically the intellectual property of the instructor. Unauthorized reproduction through audio-recording, video-recording, photographing, sharing on social media, or posting on course-sharing websites is an infringement of copyright and is prohibited. Such action may be considered a Code of Conduct violation and lead to sanctions.

## Evaluation

Evaluation Breakdown:

Component	Weight	Date/ Deadline	Learning Outcome	Brescia Competencies
Midterm Test	25%	Oct 21, 2019	Demonstrating knowledge on the fundamental nature of the	CT, PS

			ingredients used in food preparation, their nutritional value and basic scientific principles	
<b>Lab Participation</b>	10%	Ongoing	Developing skills in food preparation, food safety and menu planning	CT, Comm, Inquiry & Analysis
<b>Discussion Paper</b>	15%	Dec 2, 2019	Acquiring information on the fundamental nature of the ingredients used in food preparation, their nutritional value and basic scientific principles  AND  Demonstrating knowledge of food principles and practices through written communication	CT, Comm, Inquiry & Analysis
<b>Project In-class Oral Presentation</b>	15%	Dec 2, 2019	Acquiring information on the fundamental nature of the ingredients used in food preparation, their	Comm

			nutritional value and basic scientific principles  <b>AND</b>  Demonstrating knowledge of food principles and practices through oral communication	
<b>Final Exam</b>	35%	TBA	Demonstrating knowledge on the fundamental nature of the ingredients used in food preparation, their nutritional value and basic scientific principles	CT, PS

\*Please note that mark deductions (0.25% per offence) may occur during labs for lateness (under 30 minutes) or unclean lab stations. After 30 minutes, you will receive an incomplete participation (deduction of 1 mark) for the lab. This will be discussed during the first lab. This will be discussed during the first lab.

### Academic Accommodation

For course components worth 10% or more of the total course grade, please see the Academic Policies and Regulations section at the end of this course outline or consult the Academic Calendar.

For course components worth less than 10% of the total course grade, documentation is not required. Whenever possible students should provide notification in advance of due dates or absence. If advance notification is not possible, the course instructor should be contacted within two business days.

### Course Content

Topics will be covered in the order listed and any dates listed are meant as a guideline.

Weekly Organizer:

Class/Topic	Date	Description	Assignments and/or Readings Due
<b>1</b>	Sept 9, 2019	Introduction, Food Selection, and Meal Planning	Reading: <b>Chapter 1</b> - Brown Textbook except for the following sections: <ul style="list-style-type: none"> <li>• Nutrition criteria</li> </ul> Consumer dietary changes
<b>2</b>	Sept 16, 2019	Food Preparation and Food Chemistry Basics	<ul style="list-style-type: none"> <li>• Reading: <b>Chapter 3 &amp; 5</b> - Brown Textbook</li> </ul>
<b>3</b>	Sept 23, 2019	Meat and Plant-Based Proteins	Reading: <b>Chapter 7, 8, 9</b> - Brown Textbook
<b>4</b>	Sept 30, 2019	Eggs and Dairy	Reading: <b>Chapter 10, 11, 12</b> - Brown Textbook, including boxes: <ul style="list-style-type: none"> <li>• Page 210-212 on yogurt, kefir, and sour cream</li> </ul> Page 237 chemist's corner 12-1
<b>5</b>	Oct 7, 2019	Fruits and Vegetables	Reading: <b>Chapter 10, 11, 12</b> - Brown Textbook, including boxes: <ul style="list-style-type: none"> <li>• Chemist corner 13-3, 13-4</li> <li>• Table 13-4</li> </ul>
<b>6</b>	Oct 14, 2019	Thanksgiving Monday – No lecture	
<b>7</b>	Oct 21, 2019	Midterm Test	In-class midterm (3 hours)
<b>8</b>	Oct 28, 2019	Baked Goods and Gluten	Reading: <b>Chapter 17, 19, 20</b> - Brown Textbook, including boxes: <ul style="list-style-type: none"> <li>• 'Types of Flour' Section Chapter 17</li> <li>• Review table 17-1 Chapter 17</li> </ul> Reading: <a href="https://www.canada.ca/en/health-">https://www.canada.ca/en/health-</a>

			<a href="https://www.canada.ca/services/food-nutrition/healthy-eating/whole-grains-facts.html">canada/services/food-nutrition/healthy-eating/whole-grains-facts.html</a> Read chapter 16 before labs
<b>9</b>	Nov 4, 2019	Reading week – No lecture	
<b>10</b>	Nov 11, 2019	Whole Grains and Fortified Foods	Reading: <b>Chapter 16</b> - Brown Textbook, including boxes: <ul style="list-style-type: none"> <li>• Includes ‘Cereal Grains Containing Gluten’ boxes</li> <li>• Chemist Corner 16-1, 16-2</li> <li>• Chapter 27 pages 531-537 (focus on lecture content discussed)</li> </ul> Reading: <b>Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis</b> (find on OWL)
<b>11</b>	Nov 18, 2019	Fats and Oils	Reading: <b>Chapter 22</b> - Brown Textbook
<b>12</b>	Nov 25, 2019	Many Functions of Sugar	Reading: <b>Chapter 21 and 25 (until the chocolate section)</b> - Brown Textbook
<b>13</b>	Dec 2, 2019	Presentations	Discussion Paper Due

Weekly Organizer - Labs:

Class/Topic	Date	Description	Assignments and/or Readings Due
<b>1</b>	Sept 10/11, 2019	Introduction, Food Safety	

<b>2</b>	Sept 17/18,2019	Food Preparation and Food Chemistry Basics	Reading: <b>Chapter 5</b> - Brown Textbook – please read before lab
<b>3</b>	Sept 24/25, 2019	Meat and Plant-based Proteins	
<b>4</b>	Oct 1/2, 2019	Eggs and Dairy	
<b>5</b>	Oct 8/9, 2019	Fruit, Vegetables	
<b>6</b>	Oct 15/16, 2019	Thanksgiving week – No labs	
<b>7</b>	Oct 22/23, 2019	Midterm – No labs	
<b>8</b>	Oct 29/30, 2019	Baking and Gluten	Reading: <b>Chapter 16</b> - Brown Textbook – please read before lab
<b>9</b>	Nov 5/6, 2019	Reading week – No labs	
<b>10</b>	Nov 12/13, 2019	Whole Grains	
<b>11</b>	Nov 19/20, 2019	Fats and Oils	
<b>12</b>	Nov 26/27, 2019	Sugars	
<b>13</b>	Dec 3/4, 2019	No Labs	

## 1. POLICY REGARDING ACADEMIC ACCOMMODATION

The complete policy regarding [Accommodation for Illness - Undergraduate Students](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) can be found 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).

Students who have long-term or chronic medical conditions which may impede their ability to complete academic responsibilities should seek Academic Accommodation through Student Accessibility Services ([http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page\\_10](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?PolicyCategoryID=1&Command=showCategory&SelectedCalendar=Live&ArchiveID=#Page_10)).

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.

Students who experience an illness or extenuating circumstance sufficiently severe to temporarily render them unable to meet academic requirements may submit a request for academic consideration through the following routes:

1. Submitting a **Self-Reported Absence** form provided that the conditions for submission are met;
2. For medical absences, submitting a **Student Medical Certificate (SMC)** signed by a licensed medical or mental health practitioner;
3. For non-medical absences, submitting **appropriate documentation** (e.g., obituary, police report, accident report, court order, etc.) to their Academic Advisor. Students are encouraged to contact their Academic Advisor to clarify what documentation is acceptable.

### Requests for Academic Consideration Using the Self-Reported Absence Portal

Students who experience an unexpected illness or injury or an extenuating circumstance of 48 hours or less that is sufficiently severe to render them unable to meet academic requirements should self-declare using the online Self-Reported Absence portal. This option should be used in situations where the student expects to resume academic responsibilities within 48 hours. Note that the excused absence includes all courses and academic requirements within the up to 48 hours, it is not intended to provide an excused absence from a single course while students fulfill their academic responsibilities in other courses during that time.

The following conditions are in place for self-reporting of medical or extenuating circumstances:

1. Students will be allowed **a maximum of two self-reported absences** between September and April and one self-reported absence between May and August;
2. The duration of the absence will be for a maximum of 48 hours from the time the Self-Reported Absence form is completed through the online portal, or from 8:30 am the following morning if the form is submitted after 4:30 pm;
3. The excused absence will terminate prior to the end of the 48 hour period if the student undertakes significant academic responsibilities (writes a test, submits a paper) during that time;
4. Self-reported absences will **not** be allowed for scheduled final examinations; midterm examinations scheduled during the December examination period; or for final lab examinations scheduled during the final week of term;
5. Self-report absences may **not** be used for assessments worth more than 30% of any course;
6. Any absences in excess of 48 hours will require students to present a Student Medical Certificate (SMC), or appropriate documentation;
7. Students **must** communicate with their instructors **no later than 24** hours after the end of the period covered by the Self-Reported Absence form to clarify how they will fulfil the academic expectations they may have missed during the absence.

### Request for Academic Consideration for a Medical Absence

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 their academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated.

The following conditions apply for students seeking academic accommodation on medical grounds:

1. Students must submit their Student Medical Certificate (SMC) 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. An 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) ;
2. 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;
3. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, scheduled tests or examinations, and other academic requirements;
4. Students **must** communicate with their instructors **no later than 24 hours** after the end of the period covered by the SMC to clarify how they will fulfil the academic expectations they may have missed during the absence;
5. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the course instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements, arranging Special Exams (make-ups), re-weighting course requirements, or granting late withdrawal without academic penalty.

The [full policy on requesting accommodation due to illness](http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12) 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; please refer to the [Registrar's website](http://brescia.uwo.ca/academics/registrar-services/), <http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar (<http://www.westerncalendar.uwo.ca/SessionalDates.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, they may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, they may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal and if the matter falls within the jurisdiction of the SRBA. For information on academic appeals 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/>. Students can access supports through Brescia's Student Life Centre (<http://brescia.uwo.ca/life/student-life/>) and Learning Skills Services at Western (<https://www.uwo.ca/sdc/learning/>)

### 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 obtain information about how to obtain help for yourself or others through **Mental Health & Wellness at Brescia** (<http://brescia.uwo.ca/life/mental-health-wellness/>) and **Health and Wellness at Western**, [http://uwo.ca/health/mental\\_wellbeing/index.html](http://uwo.ca/health/mental_wellbeing/index.html).

### 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/>.

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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.

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