

**FN 9111B - Food and Nutrition 9111B – Food and Nutritional Policies & Regulations**

**COURSE OUTLINE**

**LECTURE: Thursday, 2:30 – 5:30 pm, MSJ-201**

Dr. S. Hekmat, PhD  
Office: AP-2009B  
Email: hekmat@uwo.ca  
Office Hours: to be announced

Dr. L. Ahmadi  
Office: AP-2009A  
Email: lahmadi@uwo.ca  
Office Hours: to be announced

**COURSE DESCRIPTION:**

The course is designed to provide advanced study of the Food and Nutritional Policies & Regulations for topical / current issues in nutrition, food science and technology in health and disease.

**BEHAVIORAL OUTCOMES:**

Successful completion of this course contributes to acquisition of the Brescia Competencies of Communication, Critical Thinking, Inquiry and Analysis, and Problem Solving.

Students will be able to:

- 1) Discuss, at an advanced level, the 2019 Canada's Food Guide; Canada's 2019 Dietary Guidelines; changes and proposed changes to Food Labelling (including the Nutrition Facts table, Ingredients List, Various Claims on foods, Front-of-Package labelling; Food legislation Re: Vitamin D and Sodium in health and disease; Functional Food Claims and Regulations; Regulations for Pre- and Pro-Biotics in foods; Dietary and Herbal Supplement Regulations; Food Fortification and Food Additive Regulations; Food Nano-Technology Regulations, Applications and Nutrient Bioavailability; the 2004 vs 2015 CCHS datasets for Energy, Macro- and Micro-Nutrients from foods and Micro-Nutrient intake from Supplements; Food Allergies; Food Safety Issues; Edible Cannabis Regulations. (informs Communication; Critical Thinking, Inquiry and Analysis, and Problem Solving).
- 2) Develop Group and/or Individual class presentations and projects focused on current nutrition and food science / food safety and technology issues with demonstrated ability to apply the information acquired to primary and treatment / secondary prevention practice settings and the 'real world' (informs Social Awareness and Engagement; Valuing; Interpersonal Communication; and Problem Solving).

**PROJECT OUTCOMES:** Working together as a Group / Individual;

- i) Prepare three (3) presentations and facilitate class discussions on current nutrition & food science / safety and technology issues,
- ii) Successfully complete one (1) herbal project where students evaluate the evidence for the claim and make recommendations on its use.

**APPROACH:**

- 1) Three-hour class each week will include student(s) workshops on an assigned current issue of interest in Canada.
- 2) Students will complete assigned readings before class to support participation in discussion.
- 3) Students will be expected to use an integrative approach and consider the application of materials to ‘real world’ / practice settings.

**COURSE MATERIALS:**

Assigned reading material, journal articles and access to specific reports will be available in the Beryl Ivey Library or posted on OWL for the course.

**EVALUATION:**

- Group/Individual Presentations (3 in total; 20% each) 60%
    - Students will work individually or in groups of 2-3, if applicable
    - Students will be assigned topics and presentation dates on the first day of class
  - Presentation on Herbal Supplements/Current Issue 20%
    - Each individual / group will prepare and present one resource
    - handout / infographic during Weeks 12 and 13
  - Peer Evaluation 12%
    - Students will earn marks by actively and accurately evaluating their peers and providing feedback to improve presentations
  - Class Participation 8%
    - Students will earn marks by actively engaging in class discussions by making comments and/or asking questions
- 100%

**SCHEDULE:**

**Weeks 1-3** Introduction: Course Outline, Slide Deck and Project References, Resources for presentations; Case studies, Nutrition Facts Table and Ingredients List, Towards Front of Package Labelling, Supplemented Foods; Mandatory and Voluntary Food Fortification.

**Weeks 4-7** Health Claims & Nutrient Content Claims; Nutrient Function / Biological Role Claims: Nutrient (bio-availability from foods) / Phyto-chemical / Pre-biotics / Probiotics/ Gut-

Microbiome/ Health; Vitamin D in Health and Disease (Beyond Bone Health); 2004 vs 2015 CCHS Datasets; 2019 Canada's Food Guide.

**Weeks 8-10** Saturated Fatty Acids and Cardiovascular Disease Controversy; Food Allergies and Intolerance. Nano-technology in Food in Canada and elsewhere; current policies, potential benefits, challenges; Food Additives Regulations and Labeling.

**Weeks 11-13** Food Safety Issues, Edible Cannabis Regulations, Sodium in Health and Disease. Dietary & Herbal Supplements (Natural and Non-prescription Health Product Directorate Regulations, Nutrient & Drug Interactions).

**ASSIGNMENTS:** (Note: Material handed in will not be returned; keep a copy for your own files)

1. To support class discussions/presentations students will be encouraged to incorporate product specific information (from Canadian store/supermarket shelves or elsewhere) pertinent to 'real world' / practice settings.
2. Ongoing student facilitation and participation (ask Questions / make comments) in workshops on selected topics is mandatory and will be marked accordingly.
3. Students will complete three presentations throughout the semester individually or in groups of two people (detailed instructions will be provided during lecture period).
4. Students will prepare one resource handout on Herbal Preparations / Supplements (detailed instructions will be provided during lecture period) to be handed in immediately following their Herbal Presentation.

**School:** The policy of the School of Food and Nutritional Sciences is as follows:

### **Policies**

- 1) 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/studio 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 within seven (7) days of the due time. 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.

## **Specific Course Policies:**

### **Brescia Graduate Course Academic Policies and Regulations**

#### **Statement on Academic 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 the following website

[http://www.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_grad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_grad.pdf)

Additionally;

- A) When written work is assigned, 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>).
- B) 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.

#### **Policy for Accommodation for Illness**

The University recognizes that a student's ability to meet his/her academic responsibilities may, on occasion, be impaired by physical or mental illness. The University recognizes and respects the need for privacy and confidentiality in these matters. However, in order to ensure fairness and consistency for all students, academic accommodation for work representing 10% or more of the student's overall grade in the course shall be granted only in those cases where there is documentation indicating that the student was seriously affected by illness and could not reasonably be expected to meet his/her academic responsibilities. Documentation must include the Professional person's name and qualifications, the Professional Office name and contact details, the student name, the date, the onset and duration and severity of the condition, and a recovery timeline.

The course instructor should be notified in advance of deadlines and documentation shall be submitted as soon as possible to the School of Food and Nutritional Sciences, Graduate Program office indicating the period of illness and when the student should be able to resume academic responsibilities. Deadlines for submission will be decided between instructor, Graduate Program Office, and student. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy. Once the petition and supporting documents have been received and assessed, appropriate academic accommodation shall be determined by the School of Food and Nutritional Sciences, Graduate Program office in consultation with the course 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. Academic accommodation shall be granted only where the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete his/her academic responsibilities, and only when the medical professional providing the documentation is able to make a reasonable assessment of the student's physical or mental state during the period for which accommodation is sought. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Note that there is no expectation that a student must be in optimum condition to carry out his or her academic responsibilities.

For accommodation of work worth less than 10% of the overall grade in a course, the student must contact the instructor in advance of missing the deadline. In arranging accommodation, instructors will use good judgment and ensure fair treatment for all students. In particular, instructors must indicate whether medical documentation will be required for absences, late assignments or essays, missed tests, laboratory experiments or tutorials, etc. Where medical documentation is required, such documentation must be submitted by the student directly to the School of Food and Nutritional Sciences Graduate Program Office. In all cases, the School of Food and Nutritional Sciences Graduate Program Office must be notified of the accommodation, however small, and all accommodations sought and/or approved will be recorded in the student file.

Students who have been denied accommodation by an instructor may appeal this decision to the Chair of the School of Food and Nutritional Sciences but will be required to present appropriate documentation.

### **STATEMENT ON STUDENT ACCESSIBILITY SERVICES (SAS)**

Western is committed to achieving barrier-free accessibility for all its members, including graduate students. As part of this commitment, Western provides a variety of services devoted to promoting, advocating, and accommodating persons with disabilities in their respective graduate program. Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are encouraged to register with Student Accessibility Services, a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both SAS and their graduate programs (normally their Graduate Chair and/or Course instructor) to ensure that appropriate academic accommodations to program requirements are arranged. These accommodations include individual counselling, alternative formatted literature, accessible campus transportation, learning strategy instruction, writing exams and assistive technology instruction.

For more information, see <http://www.sdc.uwo.ca/ssd/>

### **Related Policies and Notes:**

Western School of Graduate and Postdoctoral Studies Regulations

[http://grad.uwo.ca/current\\_students/regulations/index.html](http://grad.uwo.ca/current_students/regulations/index.html)

Western School of Graduate and Postdoctoral Studies Regulations Important Dates (including timing for change of registration, course add/drop etc.)

[http://grad.uwo.ca/current\\_students/regulations/1.html#01](http://grad.uwo.ca/current_students/regulations/1.html#01)

### **Related Student Resources:**

**Academic Advising:** Please contact the Graduate Program Coordinator in your Graduate Program Office at 519-432-8353 ext28047 / UH-110, Brescia University College.

**Student Support Services:** [https://grad.uwo.ca/life\\_community/self/index.html](https://grad.uwo.ca/life_community/self/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 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/>

**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.

**Health and Wellness:** As part of a successful graduate student experience at Western, we encourage students to make their health and wellness a priority. Western provides several on campus health-related services to help you achieve optimum health and engage in healthy living while pursuing your graduate degree. For example, to support physical activity, all students, as part of their registration, receive membership in Western's Campus Recreation Centre. Numerous cultural events are offered throughout the year. For example, please check out the Faculty of Music web page <http://www.music.uwo.ca/>, and our own McIntosh Gallery <http://www.mcintoshgallery.ca/>. Information regarding health- and wellness-related services available to students may be found at <http://www.health.uwo.ca/>. Students seeking help regarding mental health concerns are advised to speak to someone they feel comfortable confiding in, such as their faculty supervisor, their program director (graduate chair), or other relevant administrators in their unit. Campus mental health resources may be found at [http://www.health.uwo.ca/mental\\_health/resources.html](http://www.health.uwo.ca/mental_health/resources.html).