

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

COURSE OUTLINE

LECTURE: Thursday, 1:30 – 4:30 pm, UH26

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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 the 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, Canada's Food Guide; Canada's 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; 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 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 10%
 - Students will earn marks by actively and accurately evaluating their peers and providing feedback to improve presentations
 - Class Participation 10%
 - 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 4-8 Health Claims & Nutrient Content Claims; Nutrient Function / Biological Role Claims: Nutrient (bioavailability 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. Saturated Fatty Acids and Cardiovascular Disease Controversy; Food Allergies and Intolerance.

Weeks 9-11 Nanotechnology in Food in Canada and elsewhere; current policies, potential benefits, challenges; Food Additives Regulations and Labeling. 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).

Weeks 12-13 Herbal Remedies Preparation and Presentations

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 are 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 the lecture period).
4. Students will prepare one resource handout on Herbal Preparations / Supplements (detailed instructions will be provided during the lecture period) to be handed in immediately following their Herbal Presentation.

Use of Generative AI

The use of generative Artificial Intelligence (AI) tools, including but not limited to writing assistants (e.g., ChatGPT, QuillBot) and translation services (e.g., Google translate), in university courses is subject to the Brescia Policy on the Use of Generative AI in Course Assessment. Use of generative AI tools when prohibited or in a way not specifically allowed is a scholastic offense and subject to the penalties for a scholastic offense outlined in the Academic Calendar.

Students may choose to use generative AI tools as they work through the assignments in this course; however, students are ultimately accountable for the work they submit. Any content produced by an AI tool must be cited appropriately and the use of AI tools must be documented in an appendix for each assignment. The documentation should include what tool(s) were used, how they were used, and how they were incorporated into the submitted work.

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 the 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.

Brescia Graduate Course Academic Policies and Regulations

Enrolment Restrictions

Enrolment in this course is restricted to graduate students in the MScFN program with the possible exception to include a student that has obtained special permission to enroll in this course from the course instructor as well as the Graduate Chair (or equivalent) from the student's home program.

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

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.

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.

Policy for Accommodation for Illness or Other Exceptional, Extenuating Circumstances

The University recognizes that a student's ability to meet their academic responsibilities may, on occasion, be impaired by physical or mental illness, or other exceptional, extenuating circumstances. The University recognizes and respects the need for privacy and confidentiality in these matters. However, 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 considered only in those cases where there is documentation indicating that the student was seriously affected by illness or other exceptional, extenuating circumstances and could not reasonably be expected to meet their academic responsibilities.

When Seeking Accommodation for Work Representing 10% or More of the Overall Grade: The course instructor should be notified in advance of deadlines and documentation shall be submitted as soon as possible in accordance with the below guidelines. Students should submit documentation to the Graduate Program Coordinator in the School of Food and Nutritional Sciences. For students enrolled in a graduate program outside of the School of Food and Nutritional Sciences, contact the Graduate Program Office in your program for accommodation and have them notify the School of Food and Nutritional Sciences instructor(s).

Once the supporting documents have been received and assessed, appropriate academic accommodation shall be determined by the student's home Graduate Program office in consultation with the course instructor(s). Academic accommodation may include an extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, reweighting course requirements, or granting late withdrawals without academic penalty. Academic accommodation shall be considered and granted only where the proper documentation is received, using the guidelines noted below, and the severity of the illness/condition is such that the student could not reasonably be expected to complete their academic responsibilities. The medical professional providing the documentation must be 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 their academic responsibilities.

When Seeking Accommodation for 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. Instructors must indicate whether documentation will be required for absences, late assignments or essays, missed tests, laboratory experiments or tutorials, etc. Where medical or other documentation is required, the guidelines for accommodation for 10% or more should be followed. Students who have been denied accommodation by an instructor may appeal this decision to the Chair of the School of Food and Nutritional Sciences.

Non-medical / Non-emergency Need to Miss a Class or Course Responsibility: If a student will need to miss a class or a course requirement for non-medical or other non-emergency reasons, the Course Instructor must be notified a minimum of two weeks prior to missing the class and/or deadline. It is the student's responsibility to obtain and review material for any classes they have missed. For graded course requirements, it is the student's responsibility to ensure accommodation arrangements are approved by the course instructor well in advance of missed deadlines. Relevant documentation may be required.

Medical (Or Other) Documentation Required for Accommodation: must be sought immediately, indicate a timeline including when the student should be able to resume academic responsibilities and include the professional person's name, qualifications, the professional office name and contact details, the student name, and the date. Documentation will be retained in the student's file within their home Graduate Program Office and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

Related Student Resources:

Academic Advising: Please contact the Graduate Program Coordinator in your home Graduate Program Office for academic advising and support.

Students who are in emotional/mental distress or are worried about the emotional health of a peer should refer to Mental Wellbeing @Western <https://www.uwo.ca/health/> and <https://www.uwo.ca/health/psych/index.html> for a complete list of options about how to obtain appropriate help. **Crisis contact** details can be found at <https://uwo.ca/health/crisis.html>

Accessible Education Western (AEW): 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 programs.

Graduate students with disabilities (for example, chronic illnesses, mental health conditions, mobility impairments) are strongly encouraged to register with [Accessible Education Western \(AEW\)](#), a confidential service designed to support graduate and undergraduate students through their academic program. With the appropriate documentation, the student will work with both AEW 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.

Sexual Violence: All members of the Western University community have a right to work and study in an environment that is free from any form of sexual violence. Western University recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence will not be tolerated. The university is committed to preventing Sexual Violence and creating a safe space for anyone who has experienced Sexual Violence. If you or someone you know has experienced any form of Sexual Violence, you may access resources at https://safecampus.uwo.ca/sexual_violence/

Health and Wellness Services: 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. Information regarding health- and wellness-related services available to students may be found at <http://www.health.uwo.ca>