

**BRESCIA UNIVERSITY COLLEGE
DIVISION OF FOOD AND NUTRITIONAL SCIENCES
2011 – 2012**

FOODS AND NUTRITION 1021 **Professor Heather Thomas, RD, PhD**
Nutrition for Modern Living **519-663-5317 ext. 2222**
Section 532 – Room 136 **hthoma@uwo.ca**
Mondays: 8:30 – 11:30 am **Office hours: By appointment only**

PLEASE DO NOT EMAIL via WEBCT

COURSE OUTLINE for remainder of course (2012)

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, you 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 your diet
- c) explore a variety of controversial issues related to food and nutrition
- d) develop skills for finding reliable information about food and nutrition

OBJECTIVES: Objectives will be presented for each lecture during the course.

PREREQUISITE(S): Anti-requisite: Foods and Nutrition 2121
Background in Biology and Chemistry at Grade 11 or higher is strongly recommended.

FORMAT: Three (3) hours per week. Lectures, class discussions, and individual assignments.

REQUIRED TEXT: Sizer, Whitney, Piché, with contributions by A. C. Garcia, (2009). *Nutrition: Concepts and Controversies* (Second Canadian Edition). Nelson Education Inc. Toronto, ON (**available in UWO Bookstore**)

CLASSROOM: **Room 136**, Brescia University College (St. James Building)

CLASS TIME: **Section 532:** Mondays from 8:30 – 11:30 am

PARKING: Parking on Brescia property is enforced by UWO. Park at metered spaces or purchase a parking permit. Daily permits can be purchased from reception desk in main building (at the top of the hill).

DISTRIBUTION OF MARKS:

ITEM	% FINAL MARK	DUE DATE
Fall Test (60 Q) 1 ½ hr. test Location: Room 136	15 %	November 2
Mid-term Examination (100 Q) 2 hr. exam Multiple choice Date & Location: TBA	25%	TBA
Individual Assignments / Projects 2 assignments each worth 10%	20%	#1 already submitted #2 due February 6
Spring Test (40 Q) 1 hr. test Location: Room 136	10%	February 6
Final Examination (125 Q) 3 hr. exam Multiple choice Date & Location: TBA	30%	TBA
Total: 100%		

*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:

PENALTY FOR LATE ASSIGNMENTS: 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.

ACCOMMODATION FOR MEDICAL ILLNESS: Any student who misses a course component worth 10% or higher can request accommodation on medical grounds. A UWO Student Medical Certificate (SMC) must be submitted to a Senior Academic Advisor. The SMC can be downloaded from the UWO website: <http://www.uwo.ca/univsec/handbook/appeals/medicalform.pdf> or obtained from Brescia's Registrar's Office.

SPECIAL EXAMINATION: NO special examination will be given for a student who has missed a

scheduled examination except for a confirmed personal illness (an SMC must be submitted to a Senior Academic Advisor) or a death in the student's immediate family (a public death notice is required).

NOTE TAKING:

Good note-taking skills are important, if not essential, in both the academic environment and in other professions. For these reasons, the responsibility for note-taking in class is that of the **student**. I will provide a skeletal outline of lecture slides and you are responsible for creating the full complement of notes from each class. Any guest speakers' lectures are considered testable material (whether or not they provide slides). **You are responsible for retrieving notes from classmates for any classes missed.** Please do not ask for the course Instructor or the course Teaching Assistants' lecture notes or slides—they will **not** be given to you. If you find that the lectures are moving too quickly or too slowly, please raise your hand and let me know. If others feel the same way, I will do my best to accommodate the majority of the class. If you are having difficulties taking notes for any reason, let me know and we will try to help you find a student who may be willing to share notes with you.

I will provide access to the lecture notes prior to each lecture via WebCT. It is the student's responsibility to download these documents prior to class or access them during class. **Do not assume the notes will be full and complete.** It is the expectation that the student will complete the notes before and/or during class time and/or by reviewing the text book information. **If you miss some information, please access it from one of your peers in the classroom.**

MUTUAL EXPECTATIONS:

You can expect me to come prepared for, and attend, all lectures regularly and punctually. I will strive to promote a collegial atmosphere of mutual respect conducive to the exchange of ideas and learning. I require the same from you. Reading during a lecture, not turning ringers off on cell phones, the disturbing consumption of food or drink, littering the classroom, the use of ipods, Facebook, Twitter, and other activities which may impede the ability of you or other students to learn are unacceptable behaviours. If you are using these electronic devices and engaging in social networking activities during class time, I will ask you to stop and to turn them off. If you do not stop and turn them off, I will ask you to leave. Thank you for understanding the need to be respectful of everyone's time in class, including your own. If we all abide by this code of civility and mutual respect, we set the stage for a healthy and stimulating intellectual forum. Finally, if you are having problems with any aspect of the course, please come and talk to me. I am approachable; I welcome your comments, your constructive criticisms and, of course, your questions.

ROUNDING OF GRADES (i.e., bumping a 79 to 80%):

This is a practice some students request. **This practice will not occur here.** The edges of this course are clear and sharp. The mark attained is the mark you achieved and the mark assigned; there is no rounding to the next grade level. Please do not ask me to do this for you.

RE-GRADING:

If you receive a grade on an assignment that you wish to have re-evaluated, you are required to follow the procedure below:

- Read the assignment instructions and review the grading scheme and comments carefully.

- If you are still convinced that you have not received the grade that you deserve, prepare a minimum half-page written explanation and submit it with the original assignment and marking scheme. The assignment will be re-evaluated based on the strength of your explanation as well as the assignment instructions and grading scheme.
- Communicate respectfully and clearly why you believe a grade should be reconsidered and re-evaluated.
- Requests for re-graded assignments must be submitted within **ONE** week of return of an assignment **IN CLASS**. If you are absent from the class where an assignment is returned, it is your responsibility to see the professor during office hours or by appointment to retrieve your assignment.
- The deadline for submission of a request for re-grading an assignment is based solely upon the date the assignment is returned in class by the professor.
- There is **NO** guarantee that the grade you are requested to be re-evaluated will be increased, in fact, **it could be reduced**.

COMMUNICATION:

Because this is a relatively large class, e-mail communication tends to be an efficient and effective mode of communication between the course Instructor/Teaching Assistants and the students. Your e-mailed comments and questions are most welcome and will be responded to in as timely a fashion as possible, provided they are appropriate. If you have more than three questions, it would be best to make an appointment to see me in person. I do not read page long emails. Please be concise in your email communication. E-mails, like any other form of communication with the course Instructor/Teaching Assistant, are appropriate when their content is respectful, when appropriate English language is used (not “text” talk), when they are **NOT** anonymous, and when their originator does not ask for information delivered during a lecture to be repeated.

If you have a question or do not understand a term or phrase, it is your responsibility to tell the course Instructor what you think is the answer, what you think would be an appropriate example, and/or what it is that you are having difficulty interpreting. Inappropriate e-mails will either receive no response or will receive a response in which you are directed to review this component of the course outline and then invite you to e-mail again. **Any inappropriate emails will be forwarded to the appropriate administrative office to be placed on-file.**

In addition, I do not respond to emails sent to me 24-hours before examinations, tests, or assignments are due because at this point, it will be too late to make any difference in your understanding of the material. Manage your time well and you will be able to have your questions answered in a more timely fashion.

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 the following Web site: <http://www.uwo.ca/univsec/handbook/appeals/scholoff.pdf>. It is the student’s responsibility to ensure that he/she is not involved with any form of plagiarism, including cheating on tests, allowing others to cheat on tests, cheating on assignments, and copying work of any kind without proper referencing.

PLAGIARISM:

It is the student's responsibility to ensure that he/she is not involved with any form of plagiarism, including cheating on tests, allowing others to cheat on tests, cheating on assignments, and copying work of any kind without proper referencing. The University of Western Ontario uses software for plagiarism checking. **Students may be required to submit their written work in electronic format for plagiarism checking.**

"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 and citations. Plagiarism is a major academic offence" (See Scholastic Offence Policy in the current UWO Academic Calendar).

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.

LECTURE SCHEDULE for 2012:

WEEK (Lecture # - date)	TOPIC	TEXT CHAPTER	IN-CLASS ACTIVITY (time permitting)
2012			
14 - Jan. 9	Minerals and Water	8	Activity: Water Taste Test; Assignment #2 Distributed
15 - Jan. 16	Energy Balance & Healthy Body Weight	9	Activity: Calculating Your Body Mass Index and Waist Circumference
16 - Jan. 23	Nutrients, Physical Activity and the Body's Responses	10	Video: Weight Bias in Health Care
17 - Jan. 30	Diet & Health	11	Discussion: Sports and Energy Drinks See: http://www.hc-sc.gc.ca/hl-vs/alt_formats/pdf/iyh-vsv/food-aliment/boissons-energ-drinks-eng.pdf
18 - Feb. 6	Spring test (1 hour); <u>Assignment #2 due</u>	Lectures + main focus on chapters 8, 9, 10, 11	40 questions No lecture or activity after test
19 - Feb. 13	Food Safety	12	Activity: Glow Germ – Hand

WEEK (Lecture # - date)	TOPIC	TEXT CHAPTER	IN-CLASS ACTIVITY (time permitting)
			shaking activity
Feb. 20 - 24	Reading Week		
20 - Feb. 27	Food Technology	12	Video: Food Additives
21 - Mar. 5	Life Cycle Nutrition: Mother and Infant	13	Discussion: Factors Affecting a Woman's Choice of Infant Feeding
22 - Mar. 12	Life Cycle Nutrition: Mother and Infant (continued)	13	Discussion: Preventing Childhood Obesity – Causes and Solutions
23 - Mar. 19	Child, Teen, and Older Adult	14	
24 - Mar. 26	Hunger and the Global Environment	15	Discussion: Solutions to Poverty
25 - Apr. 2	Review for Final Exam		
Apr. 10 - 30	Final exam period	every chapter, every lecture	with specific focus on chapters 8, 9, 10, 11, 12, 13, 14, 15

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 on medical grounds 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. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). 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.

If supporting documentation is from a family physician, Hospital Urgent Care Centre or Emergency Department, or a walk-in clinic a UWO Student Medical Certificate (SMC) is **required**. To download an SMC go to <https://studentservices.uwo.ca/secure/index.cfm> and follow the link under "Medical Documentation". Documentation should be obtained at the time of the initial visit. If it is not possible to have an SMC completed by the attending physician, 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 document-ation stating simply that the student "was seen for a medical reason" or "was ill" is **not** considered adequate to support a request for academic accommodation. All documentation is to be submitted to an Academic Advisor.

Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner.

The full statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2011/pg117.html>.

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem 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 may not be considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an 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, www.registrar.uwo.ca, for official dates). 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.*

The 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.

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.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. 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 Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, 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 (see Scholastic Offence Policy in the Western Academic Calendar).

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.

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 signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Academic Rights and Responsibilities in the Western Academic Calendar.

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your 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 prerequisites.

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at http://www.brescia.uwo.ca/academics/registrar_services/index.html.

The University of Western Ontario Registrar's website is at <http://www.registrar.uwo.ca/index.cfm>

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.