

Department of Family Relations and Applied Nutrition



**NUTR*1010*01: Nutrition and Society
COURSE OUTLINE - Winter 2014**

Instructor	Contact Info	Office Hours*
Professor M. Marcinow, PhD Candidate	mmarcino@uoguelph.ca Macdonald Institute (MINS) Rm 133E	Monday 1:00-2:00PM Wednesday 1:00-2:00PM

Teaching Assistants	Contact Info	Office Hours*
Anne Szeto Jordan Filion Julia Campbell Samantha Goodman Laura Wilson Martina Coady Rachel Quehl Kathleen Burns	szetos@uoguelph.ca filiona@uoguelph.ca campbelj@uoguelph.ca sgoodm01@uoguelph.ca lwilso13@uoguelph.ca coady@uoguelph.ca rquehl@uoguelph.ca kburns02@uoguelph.ca	Monday 2:30-4:30 PM Tuesday 9:30-11:30 AM Wednesdays 2:00-4:00 PM

**Please take advantage of the instructor and TA office hours as it can be an added benefit to help strengthen your learning experience.*

Class Times and Location

Lectures Mon, Wed, Fri; 10:30-11:20AM; Rozanski 104

Course Description

This course is a basic introduction to nutrition. Over the semester we will explore nutrients, their functions in our bodies, sources in the diet and recommendations. We will explore how nutrition can have an impact on your everyday life by discussing nutrition and its role in health, disease prevention, physical activity and weight management. We will also discuss how you can plan a healthy diet for yourself and apply what you learn in the classroom to your own diet habits. You will also be introduced to current research, as it relates to class content, throughout the course.

Course Objectives

By the end of this course, my goal is that you will have developed a basic understanding of nutrition and how it can relate to YOU. More specifically students should be able to:

1. Identify the functions of micro and macro nutrients by describing their role in health.
2. Learn the skills necessary to plan a healthy diet using tools such as the Eating Well with Canada's Food Guide, the Healthy Plate Model and by interpreting food labels.
3. Understand and describe how the basics of digestion and absorption.
4. Explain the importance of physical activity and maintaining a healthy weight as it relates to our health and selected disease relationships.
5. Understand the impact of the "other" food group (alcohol, coffee, tea) and selected fad diets on our overall health.

Distribution of Grades

Both midterms and final exam are closed book (i.e., no use of notes, textbooks, calculators, phones, or any other electronic device). Midterms will include multiple choice and short answer questions.

Assessment	Date	% Final Grade
<i>Midterm #1</i> Covers material from Jan 6 – Jan 24 (inclusive)	Mon Jan 27* (in class)	25%
<i>Midterm #2</i> Covers material from Jan 29 – Feb 26 (inclusive)	Fri Feb 28** (in class)	35%
<i>Final exam</i> Covers material from Mar 3 - Apr 2 (inclusive)	Sat April 12 11:30am-1:30 pm (location TBD)	40%

*In the event that the University is closed due to weather on Mon. Jan. 27th, Midterm #1 will be written in class on Wed. Jan. 29th.

**In the event that the University is closed due to weather on Fri. Feb. 28th, Midterm #2 will be written in class on Mon. March 3rd.

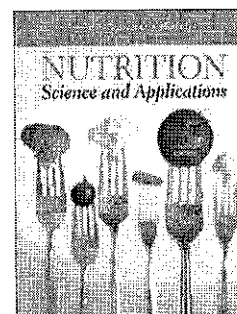
Course Resources

Recommended Text

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Canadian Edition. 2012, John Wiley & Sons, Canada.

- Copies are on reserve in McLaughlin library for 2hr timeslots.
- Hard copies are for sale at the book store or you can buy electronic copies at: <http://ca.wiley.com/WileyCDA/Section/id-817786.html>.

*Please note that this text is recommended and can be a useful tool to help complement course lectures, however, **ONLY MATERIAL**



COVERED IN CLASS AND DISCUSSED ON LECTURE SLIDES WILL BE FAIR GAME FOR MIDTERMS AND FINAL.

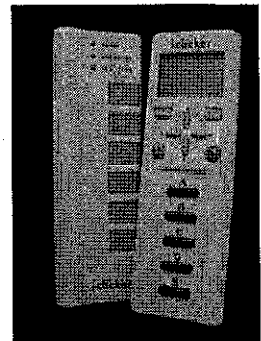
Course link

- Any announcements will be posted under **NEWS**.
- A skeleton version of the lecture slides will be posted for the following week will be posted each Friday under **CONTENT**. You may either print the slides and bring them to class to fill in the blanks or bring your laptop and take electronic notes. If you miss a class and would like to catch up on notes and or/ clarify content you may visit the TA's during their office hours to do so. Notes will not be emailed to students for any reason.
- There will be two discussion boards under **DISCUSSIONS**.
 1. *Ask the Experts*: This discussion board will be designated for any questions you have for myself and the TA's regarding content. I would encourage you to post these questions here rather than emailing me personally since many of you will have the same question(s).
 2. *Help a fellow NUTR*1010 Classmate*: This board will be designated for you and your fellow classmates to ask each other questions and/or share notes. This is a great opportunity for you to get involved in discussions with fellow classmates, and to support each other throughout the course. (*FYI: Neither myself nor the TA's will check or respond to discussions posted on this board).
- Grades for Midterm #1 and #2 will be posted under **GRADES**. Grades will be posted within a week after you write the midterm.
- Practice quizzes will be available under **SELF-ASSESSMENTS**.
- Additional resources (e.g., library learning resources) will be available under **LINKS**.

Course Learning Activities

i>clickers (optional)

- Bring your clicker to class and use it to respond to in-class questions. I will begin each class with clicker questions as a way to review important concepts from the previous week.
- Purchase is optional. **NO GRADES ARE** attached to the use of clickers.
- An i>clicker2 Student Response Unit (i.e., "clicker") is available for purchase from the University Bookstore, or you can buy one from a friend.
- You can use either i>clicker2 or the former version (both pictured at right).
- You do **not** need to register your clicker.



Practice Quizzes

- Practice quizzes will be located under self-assessments in Course link.
- A quiz will be available for each topic that we cover in class and will consist of 5 content related questions. Questions will either be short answer, true or false, or multiple choice. An option under each question will be available for you to check your answer.
- These quizzes **will not count towards your final grade** but they are **an excellent tool** for practicing before each midterm and the final exam.

Policies

1. Email etiquette: Please keep in the mind that there are approximately 600 students in this course and only 1 of me. I will **only respond to uoguelph** emails and you will receive a response from me within 48 hours. If you have a question regarding course content I would ask that you post your question on the designated discussion board in Courselink for you and your fellow classmates to access. Please also acknowledge that I cannot provide advice or guidance related to your own, a friend's, and/or family member's personal health.

2. Drop Date: Friday, March 7th is the last day to drop one-semester courses without academic penalty. Please refer to the undergraduate calendar for the regulations and procedures for dropping a course: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>.

3. Academic Consideration: If you are unable to write a midterm due to illness or compassionate reasons, please advise me ASAP (email is acceptable). Please note there are no make-up midterms for this course. The weight of the missed midterm will be added to the final exam. The University of Guelph is committed to supporting students in their learning experiences and responding to their individual needs. Support is provided to accommodate academic needs in the face of personal difficulties or unforeseen events. Please refer to the undergraduate calendar for more information on regulations and procedures:
<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

4. Academic Misconduct: The University takes a serious view of academic misconduct. If a student is caught cheating on a midterm or final exam, a mark of zero will be assigned as per university policy. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Please refer to the undergraduate calendar for more information on regulations and procedures:
<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

5. Accessibility: The University of Guelph is committed to creating a barrier-free environment. Providing services for students is a shared responsibility among students, faculty and administrators. This relationship is based on respect of individual rights, the dignity of the individual and the University community's shared commitment to an open and supportive learning environment. Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Centre for Students with Disabilities as soon as possible. For more information, contact CSD at 519-824-4120 ext. 56208 or email csd@uoguelph.ca or see the website: <http://www.csd.uoguelph.ca/csd/>

6. Recording of Material: Presentations which are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a classmate or guest lecturer. Material recorded with permission is restricted to use for that course unless further permission is granted.

Schedule of Topics and Readings

Week	Date	Topic	Text chp
1	Jan. 6	Course Overview Introduction to Nutrition and Nutritious Diets	Chp 1
	Jan. 8, Jan. 10	Planning a Nutritious Diet	Chp 2
2	Jan. 13-17	Digestion and Metabolism: What Happens to our Food?	Chp 3
3	Jan. 20-24	Carbohydrates: Starch, Sugar and Fibre	Chp 4
4	Jan. 27 (in class)	Midterm #1 (Worth 25%; covers Jan. 6-24th inclusive)	
	Jan. 29, Jan. 31	Fats and other Lipids	Chp 5
5	Feb. 3	Fats and other Lipids (continued)	Chp 5
	Feb. 5, Feb. 7	Proteins and Amino Acids	Chp 6
6	Feb. 10	Proteins and Amino Acids (continued)	Chp 6
	Feb. 12, Feb. 14	The "other" food group: Alcohol, coffee, and tea	none
7	FEB 17-21 READING WEEK: NO CLASSES		
8	Feb. 24, Feb. 26	Weight Management	Chp 7
	Feb. 28 (in class)	Midterm #2 (Worth 35%; covers Jan 29-Feb. 26th inclusive)	
9	Mar. 3, Mar. 5	Water Soluble Vitamins	Chp 8
	Mar. 7	Fat Soluble Vitamins <i>(Last day to drop course without academic penalty)</i>	Chp 9
10	March 10	Fat Soluble Vitamins (continued)	Chp 9
	Mar. 12, Mar. 14	Water and Electrolytes	Chp 10
11	Mar. 17-21	Nutrients and Bone Health	Chp 11
12	Mar. 24, Mar. 26	Nutrients and Blood Health	Chp 12
	Mar. 28	Nutrition and Physical Activity	Chp 13
13	Mar. 31	Nutrition and Physical Activity (continued)	Chp 13
	Apr. 2	Fad Diets <i>(Top Choices Chosen by YOU!)</i>	none
	Apr. 4	Exam Review	
	Apr. 12 11:30 am - 1:30 pm (location TBA)	Final Exam (worth 40%; covers Mar. 3-Apr. 2nd)	