

Department of Family Relations and Applied Nutrition



**NUTR\*1010: Nutrition and Society (section 01)**

**COURSE OUTLINE - Fall 2015**

<b>Professor</b>	<b>Contact Info</b>	<b>Office Hours</b>
L. Forbes, PhD, RD	<a href="mailto:forbesl@uoguelph.ca">forbesl@uoguelph.ca</a> Macdonald Stewart Hall (MACS) Rm 326; Ext 52544	<b>Mon &amp; Wed, 2:30PM-3:20PM</b> OR by appointment

**Class Times and Location**

Mon, Wed, Fri; 3:30-4:20PM; Rozanski Hall Room 104

**Course Description**

This course is an introduction to the science of human nutrition. We will be investigating the basics: what nutrients our bodies need, how we get those nutrients from our food and how our bodies use those nutrients. We'll also discuss how you can make nutrition work for YOU. You'll learn how foods can help you feel your best, prevent diseases, maintain a healthy weight and improve athletic performance.

**Course Objectives**

At the end of this course, successful students will be able to:

1. Explain what the macronutrients, vitamins and minerals are, what foods these nutrients come from, how they are digested and what they do in our bodies.
2. Plan a healthy diet by using tools such as Eating Well With Canada's Food Guide, the Healthy Plate Model and food label reading skills.
3. Evaluate the credibility of nutrition information by assessing a nutrition website.

## Distribution of Grades

Component	Date	% Final Grade
<i>Assignment</i> Critical Evaluation of a Nutrition Website	Part 1: Sept. 21 <sup>th</sup> by 11:59pm Part 2: Sept. 28 <sup>rd</sup> by 11:59pm Dropbox submission: Oct. 2 by 11:59pm	10
<i>Midterm 1</i> Covers material from Sept. 11- Oct. 2 <sup>nd</sup> (inclusive) Multiple choice and short answer questions	Mon. Oct. 5 <sup>th</sup> (in class)	20
<i>Midterm 2</i> Covers material from Oct. 7 <sup>nd</sup> – 30 <sup>th</sup> (inclusive) Multiple choice and short answer questions	Mon Nov. 2 <sup>nd</sup> (in class)	30
<i>Final Exam</i> Covers material from Nov. 4 <sup>th</sup> - 30 <sup>th</sup> (inclusive) Multiple choice and short answer questions	Mon Dec. 7 <sup>th</sup> 8:30 - 10:30AM	40

**The midterms and final exam are closed book (no notes, calculators, phones, mobiles or texts permitted).**

## Course Materials

### Courselink

A skeleton version of lecture slides will be available weekly, under the *Content* tab. Slides will be posted on Friday afternoons for the following week. Either print slides or handouts and bring to class for note-taking by hand, or type directly onto the slides on your laptop (the original slides will always be on Courselink in case you delete/write over something important). Assignment #1 will be created under the *Discussion* Tab on Courselink and will be submitted in the courselink dropbox. There is also a course content-related discussion board where you can ask Dr. Forbes questions, a discussion board for Assignment 1 and a classmate discussion board (the latter is not checked by Dr. Forbes or TAs). Practice quizzes are available under the self assessments tab.

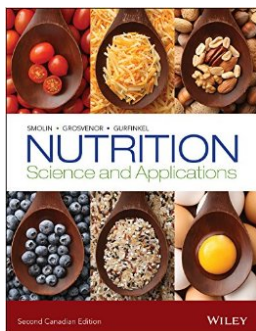
### Recommended Text

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Second Canadian Edition. 2015, John Wiley & Sons, Canada.

**Copies are on reserve in McLaughlin library.**

**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>



## **Policies**

### E-mail Communication and Etiquette

As per university regulations, all students are required to check their <mail.uoguelph.ca> e-mail account regularly: e-mail is the official route of communication between the University and its students. There are ~600 students in this section and 1 of me. **PLEASE USE DISCRETION WHEN EMAILING.** You will receive a response within 48 hours if your email is sent from a mail.uoguelph email address. You will not receive a response if your email is sent from a hotmail or similar web-based account. Please do not email questions related to course content (these can be posted on the content-related discussion board on CourseLink) or your own/a friend's/family member's personal health.

### When You Cannot Meet a Course Requirement (ex. missing a midterm or exam)

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons, please advise the course instructor in writing, with your name, id#, and e-mail contact as soon as possible. Appropriate documentation (ex. Doctor's note, funeral program) must be submitted to Dr. Forbes within 1 week of the missed due date or midterm date. If you don't have appropriate documentation to support your absence you will get a 0 on that midterm. There are no make-up midterms for this course. For any missed midterms, the weight of the missed midterm will be added to the final exam. See the undergraduate calendar for information on regulations and procedures for Academic Consideration:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-ac.shtml>

### Late Assignments

Late assignments will be accepted for a total of 5 days following the due date. A penalty of 20% per day will be applied to all late assignments unless the assignment is late due to illness or a compassionate reason.

### Drop Date

The last date to drop one-semester courses, without academic penalty, is November 6th. For regulations and procedures for Dropping Courses, see the Undergraduate Calendar:

<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-drop.shtml>

### 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 Student Accessibility Services as soon as possible. For more information, contact SAS at 519-824-4120 ext. 56208 or email [csd@uoguelph.ca](mailto:csd@uoguelph.ca) or see the website:

<http://www.csd.uoguelph.ca/csd/>

### Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. 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. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor. The Academic Misconduct Policy is detailed in the Undergraduate Calendar:  
<http://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

Course instructors are allowed to use software to help in detecting plagiarism or unauthorized copying of student assignments. Plagiarism is one of the most common types of academic misconduct on our campus. Plagiarism involves students using the work, ideas and/or the exact wording of other people or sources without giving proper credit to others for the work, ideas and/or words in their papers. In this course, your instructor will be using Turnitin.com to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to prevent plagiarism in the College of Social and Applied Human Sciences.

#### Recording of Materials

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.

#### Resources

The Academic Calendars are the source of information about the University of Guelph's procedures, policies and regulations which apply to undergraduate, graduate and diploma programs:  
<http://www.uoguelph.ca/registrar/calendars/index.cfm?index>

#### Learning resources for first-year students at the Library

Did you know that the Library and Learning Commons offer free services to help you succeed in your first year at the University of Guelph?

You can:

- meet with a peer helper to talk about study strategies or your writing assignments
- attend Supported Learning Groups
- get assistance finding journal articles and books
- register for academic workshops
- and more.

Visit the Library website for more information: [www.lib.uoguelph.ca](http://www.lib.uoguelph.ca)

## Schedule of Topics and Readings

Week	Date	Topic	Text chp
1	Sept. 11	Course Overview Nutrition and Health	Chp 1
2	Sept. 14-18	How to Plan (and eat!) a Nutritious Diet	Chp 2
3	Sept. 21-25	Digestion and Metabolism: What Happens to our Food? <b>Assignment Part 1 Due Sept. 21</b>	Chp 3
4	Sept. 28- Oct. 2	Carbohydrates: Starch, Sugar and Fibre <b>Assignment part 2 Due Sept. 28</b> <b>Assignment Dropbox submission Due Oct. 2</b>	Chp 4
5	<b>Oct. 5</b>	<b>Midterm 1 (Worth 20%; covers Sept. 11-Oct. 2 inclusive)</b>	
	Oct. 7	The Other Food Group Part 1: Coffee, tea and caffeine	None
	Oct. 9	The Other Food Group Part 2: Alcohol	pg 220-229
6	Oct. 12	Thanksgiving – no classes!	
	Oct. 14, 16	Lipids	Chp 5
7	Oct. 19	Lipids, con'd	Chp 5
	Oct. 21, 23	Proteins and Amino Acids	Chp 6
8	Oct. 26	Proteins and Amino Acids, con'd	Chp 6
	Oct. 28, 30	Weight Management	Chp 7
9	<b>Nov. 2</b>	<b>Midterm 2 (worth 30%; covers Oct. 7-30 inclusive)</b>	
	Nov. 4, 6	Water Soluble Vitamins <i>[Nov. 6th last day to drop course without academic penalty]</i>	Chp 8
10	Nov. 9, 11	Fat Soluble Vitamins	Chp 9
	Nov. 13	Water and Electrolytes	Chp 10
11	Nov. 16	Water and Electrolytes	Chp 10
	Nov. 18, 20	Major Minerals and Bone Health	Chp 11
12	Nov. 23	Minor Minerals: Iron and Blood Health	Chp 12
	Nov. 25, 27	Nutrition and Physical Activity	Chp 13
13	Nov. 30	Exam Review (come prepared with questions)	None
	Dec. 2, 4	No class	None
	Dec. 7	<b>Final Exam (worth 40%; covers Nov. 4 - 30)</b>	