



Department of Family Relations and Applied Nutrition

NUTR*2050: Nutrition Through the Life Cycle

Fall 2015

Instructor

Dr. Hannah Tait Neufeld, PhD
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Office Hours

Mondays 1:00 to 2:00 pm, or by appointment

Please note: I do my best to reply promptly to email messages, but expect up to 48 hours for me to get back to you.

Teaching Assistants

Name	Email	Office Hours
Victoria Ambrose	ambrosev@mail.uoguelph.ca	T.B.A
Sabrina Douglas	sdoug102@uoguelph.ca	T.B.A
Alexandra Holt	holta@mail.uoguelph.ca	T.B.A

Class Meeting Times

Mondays, Wednesdays and Fridays from 11:30 am to 12:20 pm in THRN 1200

Course Purpose and Overview

Welcome to *Nutrition Through the Life Cycle* (formerly Family and Community Nutrition). I hope you will find this to be an interesting course that provides you with knowledge and practical skills that are relevant to your life and career. Our nutritional needs and the factors that influence our food choices and patterns vary across our life cycle. This course will help you to understand how various individual, interpersonal, and environmental factors influence nutritional needs and overall dietary intake throughout the life cycle and how this influences patient care and community-level programs.

Course Objectives

Content-specific objectives:

Upon completion of this course you should be able to:

- 1) Describe nutritional needs at different points in the life cycle.

- 2) Identify the individual, interpersonal, and environmental factors that influence food intake, eating patterns and nutritional status during these life stages.
- 3) Describe community nutrition programs in Canada used to overcome barriers and improve food intake in various life-stage groups.
- 4) Identify strategies and programs to support healthful dietary intake at various life stages.

Skill-based objectives:

- 5) Gain experience in recording and analyzing growth and usual dietary intake.
- 6) Search for, summarize and evaluate research evidence.

Student Responsibilities

Class attendance is critical to getting all you can out of this course. Your exams will be based on the material covered in class.

Courselink

Courselink will be used as our **primary** mode of communication. Under the Discussion Tool there are separate discussion boards for you to ask me, your TAs, and your classmates questions. Please post **all** questions about course content, exam details, etc. to me on Courselink. Questions about the **assignments** should be directed to the TAs on Courselink.

Each week, a simplified version of lecture slides will be posted under the *Content* tab to facilitate note taking.

If you need help navigating Courselink or are experiencing technical difficulties, please contact Courselink Support:

Phone: 519 824 4120, ext 52530, Monday to Friday 8:30 am – 4:30 pm
 Email: courselink@uoguelph

Recommended Text

JE Brown, *Nutrition Through the Life Cycle*, 5th Ed. CENGAGE Learning, 2014.
 (Copies are on reserve in McLaughlin library)

Evaluation

Component	Due Date	% of Final Grade
Midterm (in class)	Oct 23	25%
Assignment 1: Diet Analysis Report	Oct 30	20%
Assignment 2: Online Discussion #1 Online Discussion #2 Online Discussion Report	Sept 23 – Oct 5 Nov 2 – Nov 13 Nov 20	20%
Final Examination	Dec 17 8:30 am- 10:30 am (Location: TBD)	35%

Midterms and Final will be a combination of multiple choice and short answer.

Assignments

Specific information regarding the assignments is available on Courselink. Assignments must be submitted online using the Dropbox function of Courselink and are due by 11:59 pm on their deadline date. However, it is recommended that you submit your assignments early so there is sufficient time to work through any technical problems, should they arise. Technical support for Courselink is available each weekday until 4:30 pm. Assignment 1, the Diet Analysis Report, is due October 30th, 2015 and the final online discussion report for Assignment 2 is due November 20th, 2015. Late assignments are accepted up to 5 days past the due date with a maximum 15% penalty (3% per day, including weekends). After 5 days assignments will not be accepted unless compassionate or extenuating circumstances are brought to my attention.

Policies and Procedures

1. Any students who need course adaptations or accommodations because of a disability, please come speak with me as early as possible.
2. Students who require accommodations on the basis of religious obligations are referred to the policy at: <http://www.uoguelph.ca/hre/hr/hrreligious.shtml>.
3. 40th class day is **November 6th, 2015** - this is the last day to drop the course without academic penalty.
4. If you are unable to meet a course requirement because of illness or compassionate reasons, please advise me as soon as possible via email. You will be asked to provide appropriate documentation of your circumstances. Further information on the University policy is outlined in the Undergraduate Calendar at: <http://www.uoguelph.ca/registrar/calendars/undergraduate/current/>
5. 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 Graduate Calendar: http://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/sec_d0e1609.shtml

Class Schedule and Readings

Dates	Topics	Readings
Sept 11	Course introduction	
Sept 14	Nutrition review Defining health, public and population health	Chapter 1
Sept 16	Health promotion in Canada	
Sept 18	Sources of Information Discussion of Assignments	
Sept 21, 23, 25	Social determinants of health Vulnerable populations Emerging adulthood	
Sept 23 – Oct 5	Online Discussion 1	
Sept 28, 30, Oct 2	Preconception	Chapter 2 Chapter 3
Oct 5, 7, 9	Pregnancy	Chapter 4 Chapter 5
Oct 12*	Thanksgiving – No class	
Oct 14, 16, 19	Lactation	Chapter 6 Chapter 7
Oct 21	Midterm review	
Oct 23	Midterm – In class	
Oct 26, 28, 30	Infancy	Chapter 8 Chapter 9
Oct 30	Assignment 1: Diet Analysis Report Due	
Nov 2, 4, 6	Toddler and Pre-schooler	Chapter 10 Chapter 11
Nov 2 – 13	Online Discussion 2	
Nov 6	40th Class day	
Nov 9, 11, 13	School age	Chapter 12 Chapter 13
Nov 16, 18, 20	Adolescent	Chapter 14 Chapter 15
Nov 20	Assignment 2: Online Discussion Report Due	
Nov 23, 25, 27	Adult	Chapter 16 Chapter 17
Nov 30, Dec 2, 4* (*classes rescheduled from October 12)	Older Adult Course review	Chapter 18 Chapter 19