



Department of Family Relations and Applied Nutrition
NUTR*1010: Nutrition and Society (Section 01)
Winter 2016

Instructor

Dr. Hannah Tait Neufeld, PhD
Office: MACS 228
Email: hannahtn@uoguelph.ca
Phone: 519-824-4120, Ext. 53796

Office Hours

Mondays and Wednesdays 1:30 to 2:20 pm, or by appointment

Teaching Assistants

Name	Email	Office Hours
Simone Holligan	holligas@uoguelph.ca	T.B.A.
Jessica Huntington	jhunting@uoguelph.ca	T.B.A.
Ariella Rodrigues	ariellia@uoguelph.ca	T.B.A.
Michele Strom	mstrom@uoguelph.ca	T.B.A.
Kathryn Walton	kwalton@uoguelph.ca	T.B.A.

Class Meeting Times

Mondays, Wednesdays and Fridays from 2:30 pm to 3:20 pm in ROZH 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
Assignment Critical Evaluation of a Nutrition Website	Part 1: Jan. 20 th by 11:59pm Part 2: Jan. 27 th by 11:59pm Dropbox submission: Feb. 1 st by 11:59pm	10
Midterm 1 Covers January 11 – February 1 (inclusive) Multiple choice and short answer questions	Wed. Feb. 3rd (in class)	20
Midterm 2 Covers February 5 – March 4 (inclusive) Multiple choice and short answer questions	Mon. March 7th (in class)	30
Final Exam Covers material from March 9 th - April 6 th (inclusive) Multiple choice and short answer questions	Sat. April 16th 7:00 – 9:00 pm	40

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

Course Materials

- **CourseLink**

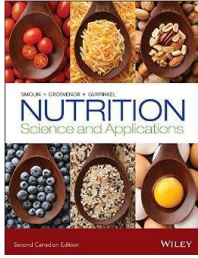
A skeleton version of lecture slides will be available weekly, under the Content tab.

Either print slides 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). The Assignment 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. Neufeld or the TAs questions, a discussion board for the Assignment and a classmate discussion board (the latter is not checked by Dr. Neufeld or TAs).

- **Recommend 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 and Procedures

- **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 Dr. Neufeld in writing, with your name, ID number, and e-mail contact as soon as possible. Appropriate documentation (ex. Doctor's note, funeral program) must be submitted to Dr. Neufeld within 1 week of the missed due date or midterm date. If you do not have appropriate documentation to support your absence you will get a 0 on the midterm or assignment. 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 **15% per day** will be applied to all late assignments unless the assignment is late due to illness or compassionate reasons.

- **Drop Date**

The last date to drop one-semester courses, without academic penalty, is **March 11th**. 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 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

Class Schedule and Readings

Dates	Topics	Readings
January 11	Course introduction Nutrition and health	Chapter 1
January 13, 15, 18	How to plan a nutritious diet	Chapter 2
January 20, 22, 25	Digestion and metabolism *Assignment part 1 due January 20	Chapter 3
January 27, 29, Feb. 1	Carbohydrates: Starch, sugar and fibre *Assignment part 2 due January 27 *Assignment Dropbox submission Due Feb. 1	Chapter 4
February 3	Midterm 1 (Worth 20%; covers January 11 – February 1 inclusive)	
February 5, 8, 10	Lipids	Chapter 5
February 12	The other food group part 1: Coffee, tea and caffeine	None
Week of February 15th	NO CLASSES	
February 22	The other food group part 2: Alcohol	pp. 220-229
February 24, 26, 29	Proteins and amino acids	Chapter 6
March 2, 4	Weight management	Chapter 7
March 7	Midterm 2 (worth 30%; covers February 5 – March 4 inclusive)	
March 9, 11	Water soluble vitamins (*March 11th is the last day to drop course without penalty)	Chapter 8
March 14, 16	Fat soluble vitamins	Chapter 9
March 18, 21	Water and electrolytes	Chapter 10
March 23, 28	Major minerals and bone health	Chapter 11
March 25	NO CLASSES	
March 30, April 1	Major minerals: Iron and blood health	Chapter 12
April 4, 6	Nutrition and physical activity	Chapter 13
April 8	Exam review	None
April 16	Final Exam (worth 40%; covers March 9 – April 6)	