



NUTR*2050DE

Family and Community Nutrition

Course Outline

Winter 2016
Department of Family Relations and Applied Nutrition
College of Social & Applied Human Sciences

Instructor Contact

Instructor Name: Laura Forbes
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Course Information

Course Title: Family and Community Nutrition
Pre-Requisites: NUTR*1010
Co-Requisites: None
Restriction(s): None
Credits: 0.50
Course Website (If applicable): [CourseLink](#)
Method of Delivery: Distance Education, Fully Online

Calendar Description

This course explores how individual, family, community and societal factors influence nutritional needs and dietary intake from infancy through older adulthood. Implications for nutrition care and community-level programs are discussed.

Course Description

Welcome to Family and Community Nutrition! 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 dietary intake throughout the life cycle and how this influences patient care and community-level programs.

Course Learning Outcomes

By the end of the course, you should be able to:

Content-specific objectives:

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

Skill-based objectives:

- Gain experience in recording and analyzing growth and usual dietary intake.
- Search for and summarize quality research evidence.

About Your Instructor

Laura Forbes is a dietitian and researcher. She works as a professor in Applied Human Nutrition in the Department of Family Relations & Applied Nutrition. When she's not teaching, she is doing research about how to help adolescents and pregnant women have healthier diets. She's delighted to be your instructor and guide for the course this semester.

Course Structure

Unit 01: Introduction Part 1

Unit 02: Introduction Part 2

Unit 03: Adult Nutrition

Unit 04: Preconception

Unit 05: Pregnancy Part 1

Unit 06: Pregnancy Part 2

Unit 07: Lactation

Unit 08: Infancy

Unit 09: Toddler and Preschool

Unit 10: School-Aged Children

Unit 11: Adolescents

Unit 12: Older Adults

Learning Resources

Required Textbook(s)

Title: Nutrition Through the Life Cycle

Author(s): Judith E. Brown

Edition / Year: 5th Edition, 2013

Publisher: Cengage Learning

ISBN:

You may purchase the textbook(s) at the [University of Guelph Bookstore](#) or the [Guelph Campus Co-op Bookstore](#).

You will require access to a diet analysis program. The program "Diet Analysis +" comes packaged with the textbook. Older copies (e.g. version 6.0) of this analysis program can also be used. Alternatively, you may use EAT Tracker, a free diet analysis program from Dietitians of Canada. See Assignments/ Diet Analysis for details.

eReserve

For this course you will be required to access electronic resources through the University of Guelph McLaughlin Library. To access these items visit the eReserve link

in the top navigation bar. Note that you will need your Central Login ID and password in order to access items on reserve.

For further instructions on accessing reserve resources, visit [How to Get Course Reserve Materials](#).

If at any point during the course you have difficulty accessing reserve materials, please contact the e-Learning and Reserve Services Staff at:

Tel: [519-824-4120 ext. 53621](tel:519-824-4120)

Email: libres2@uoqueph.ca

Location: McLaughlin Library, First Floor, University of Guelph

Schedule: Week 1

Unit 01: Introduction

Required Reading

Website:

Unit 1 Content

Textbook:

Chapter 1 pp. 2-34

Activities

Navigation Quiz

Introductory Discussion

Schedule: Week 2

Unit 02: Introduction (Part 2)

Required Reading

Website:

Unit 2 Content

Textbook:

Chapter 1 pp. 2-34

Activities

Practice Multiple- Choice

Schedule: Week 3

Unit 03: Adults

Required Reading

Website:

Unit 3 Content

Textbook:

Chapter 16 pp. 408-427

Chapter 17 pp 429-435 (Overweight and Obesity)

Activities

Practice Multiple Choice

Assignments

Discussion 1

Schedule: Week 4

Unit 04: Preconception

Required Reading

Website:

Unit 4 Content

Textbook:

Chapter 2 pp. 51-64

Chapter 3 pp. 72-75 (start at Weight Status and Fertility; end before Negative Energy Balance)

Activities

Practice Multiple Choice

Assignments

Discussion 1

Schedule: Week 5

Unit 05: Pregnancy (part 1)

Required Reading

Website:

Unit 5 Content

Textbook:

Chapter 4 pp. 88-134

Chapter 5 pp. 139-150 (end after Gestational Diabetes)

Assignments

Discussion 2

Schedule: Week 6

Unit 06: Pregnancy (part 2)

Required Reading

Website:

Unit 6 Content

Textbook:

Chapter 4 pp. 88-134

Chapter 5 pp. 139-150 (end after Gestational Diabetes)

Activities

Discussion 2

Schedule: Week 7

Unit 07: Lactation

Required Reading

Website:

Unit 7 Content

Textbook:

Chapter 6 pp. 165-194

Chapter 7 pp. 211-215 (Jaundice)

Activities

Practice Multiple Choice

Assignments

Online Mid-term Quiz

Schedule: Week 8

Unit 08: Infancy

Required Reading

Website:

Unit 8 Content

Textbook:

Chapter 8 pp. 227-249

Chapter 9 pp. 256-260 (Growth)

Activities

Discussion Report Assignment

Schedule: Week 9

Unit 09: Toddler/Preschool

Required Reading

Website:

Unit 9 Content

Textbook:

Chapter 10 pp. 273-301

Activities

Practice Multiple Choice

Schedule: Week 10

Unit 10: School Age

Required Reading

Website:

Unit 10 Content

Textbook:

Chapter 12 pp. 319-341

Activities

Practice Multiple Choice

Assignments

Diet Analysis

Schedule: Week 11

Unit 11: Adolescent

Required Reading

Website:

Unit 11 Content

Textbook:

Chapter 14 pp. 362-384

Chapter 15 pp. 387-391 (Overweight and Obesity)

Activities

Practice Multiple Choice

Schedule: Week 12

Unit 12: Older Adult

Required Reading

Website:

Unit 12 Content

Textbook:

Chapter 18 pp. 455-484

Activities

Practice Multiple Choice

Course Evaluation

The grade determination for this course is indicated in the following table.

Table 1: Course Evaluation

Assignments	Value
Mid-term Quiz	10%
Discussion Report Assignment	20%
Diet Analysis	35%
Final Exam	35%
Total	100%

Course Policies

Late Policy

Late assignments will be accepted up to 5 days past the due date with a 15% penalty (3% each day including weekends). After 5 days assignments will not be accepted unless compassionate or extenuating circumstances are brought to the Instructor's attention.

Technical Requirements

Students are responsible for ensuring that their computer system meets the necessary [specific technical requirements](#) of their program.

Technical Support

If you need any assistance with the software tools or the website, contact the Open Learning and Educational Support (OpenEd) Help Desk.

Open Learning and Educational Support
University of Guelph
Day Hall, Room 211

Email: help@OpenEd.uoguelph.ca

Tel: 519-824-4120 ext. 56939
Toll-Free (CAN/USA): 1-866-275-1478

Hours of Operation (Eastern Time):

Monday - Friday: 8:30am – 8:30pm

Saturday: 10:00am – 4:00pm

Sunday: 12:00pm – 6:00pm

Policies and Procedures

As a student of the University of Guelph, it is important for you to understand your rights and responsibilities and the academic rules and regulations that you must abide by.

If you are a registered University of Guelph Degree Student, consult the [Undergraduate Calendar](#) for the rules, regulations, curricula, programs and fees for current and previous academic years.

If you are an Open Learning Program Student, consult the [Open Learning Program Calendar](#) for information about University of Guelph administrative policies, procedures and services.

Email Communication

University of Guelph Degree Students

As per university regulations, all students are required to check their uoguelph.ca e-mail account regularly: e-mail is the official route of communication between the University and its students.

Open Learning Program Students

Check your email account (the account you provided upon registration) regularly for important communications, as this is the primary conduit by which the Open Learning and Educational Support will notify you of events, deadlines, announcements or any other official information.

When You Cannot Meet Course Requirements

When you find yourself unable to meet an in-course requirement due to illness or compassionate reasons, please advise your course instructor in writing, with your name, ID number and email contact.

University of Guelph Degree Students

Consult the [Undergraduate Calendar](#) for information on regulations and procedures for Academic Consideration.

Open Learning Program Students

Please refer to the [Open Learning Program Calendar](#) for information on regulations and procedures for requesting Academic Consideration.

Drop Date

University of Guelph Degree Students

The last date to drop one-semester courses, without academic penalty, is indicated in the Schedule section of this course website. [See the Undergraduate Calendar for regulations and procedures for Dropping Courses.](#)

Open Learning Program Students

Please refer to the [Open Learning Program Calendar.](#)

Copies of Assignments

Keep paper and/or other reliable back-up copies of all assignments: you may be asked to resubmit work at any time.

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.

University of Guelph Degree Students

Students requiring service or accommodation, whether due to an identified, ongoing disability or a short-term disability should contact the Student Accessibility Services as soon as possible.

For more information, contact SAS at 519-824-4120 ext. 56208 or email [SAS](#) or [visit the SAS website](#).

Open Learning Program Students

If you are an Open Learning program student who requires academic accommodation, please [contact the Academic Assistant to the Director](#). Please ensure that you contact us before the end of the first week of your course (every semester) in order to avoid any delays in support. Documentation from a health professional is required for all academic accommodations. Please note that all information provided will be held in confidence.

If you require textbooks produced in an alternate format (e.g., DAISY, Braille, large print or eText), please [contact the Academic Assistant to the Director](#) at least two months prior to the course start date. If contact is not made within the suggested time frame, support may be delayed. It is recommended that you refer to the course outline before beginning your course in order to determine the required readings.

The provision of academic accommodation is a shared responsibility between OpenEd and the student requesting accommodation. It is recognized that academic accommodations are intended to “level the playing field” for students with disabilities.

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.

Acceptable Use

The University of Guelph has an [Acceptable Use Policy](#), which you are expected to adhere to.

Copyright Notice

All content within this course is copyright protected. Third party copyrighted materials (such as book chapters and articles) have either been licensed for use in this course, or have been copied under an exception or limitation in Canadian Copyright law.

The fair dealing exemption in Canada's Copyright Act permits students to reproduce short excerpts from copyright-protected materials for purposes such as research, education, private study, criticism and review, with proper attribution. Any other copying, communicating, or distribution of any content provided in this course, except as permitted by law, may be an infringement of copyright if done without proper license or the consent of the copyright owner. Examples of infringing uses of copyrighted works would include uploading materials to a commercial third party web site, or making paper or electronic reproductions of all, or a substantial part, of works such as textbooks for commercial purposes.

Students who upload to CourseLink copyrighted materials such as book chapters, journal articles, or materials taken from the Internet, must ensure that they comply with Canadian Copyright law or with the terms of the University's electronic resource licenses.

For more information about students' rights and obligations with respect to copyrighted works, see [Fair Dealing Guidance for Students](#).

Grades

The assignment of grades at the University of Guelph is based on clearly defined standards, which are published in the Undergraduate Calendar for the benefit of faculty and students.

Grading System

In courses, which comprise a part of the student's program, standings will be reported according to the following schedule of grades:

Letter Grade	Percentage
A+	90-100
A	85-89
A-	80-84
B+	77-79
B	73-76
B-	70-72
C+	67-69
C	64-66
C-	60-62
D+	57-59
D	53-56
D-	50-52
F	0-49

Statement of Students' Academic Responsibilities

Your success as a student depends above all on your own response to the opportunities and responsibilities that the university environment provides. The University of Guelph is committed to supporting you in your intellectual development and responding to your individual needs. To this end, a broad network of advising, counselling, and support services is provided to assist you in meeting your personal and academic goals.

For more information on your responsibilities as a student, see [Statement of Students' Academic Responsibilities](#).

Plagiarism Detection Software

Students should be aware that faculty have the right to use software to aid in the detection of plagiarism or copying and to examine students orally on submitted work. For students found guilty of academic misconduct, serious penalties, up to and including suspension or expulsion from the University can be imposed.

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.

Religious Holidays

Should a student need to miss scheduled tests, mid-term examinations, final examinations, or requirements to attend classes and participate in laboratories for religious reasons, please advise the instructor within two weeks of the distribution of this course outline so that alternate arrangements can be made.