



## COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS  
AND APPLIED NUTRITION

# NUTR\*1010 Introduction to Nutrition

## COURSE OUTLINE – FALL 2018

### 1. CALENDAR DESCRIPTION

This course is an introduction to human nutrition, with major emphasis on nutrients and their dietary sources, functions, and relationships to health. Topics will include the energy-containing nutrients, selected vitamins and minerals and weight management. We will also explore current popular topics and emerging diet-disease relationships.

**Credit Weight:** 0.5 credits

**Course Hours:** 3-0 (36 lecture; 0 lab/seminar)

**Pre-Requisite(s):** None

**Co-Requisites(s):** None

**Restriction(s):** This is a Priority Access Course. for B.A.Sc. and FCS minor and some restrictions may apply during some time periods.

### 2. 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 will also discuss how you can make nutrition work for YOU. You will learn how foods can help you feel your best, prevent diseases, maintain a healthy weight and improve athletic performance.

### 3. TIMETABLE

**Lecture:** Mondays, Wednesdays and Fridays 3:30PM - 4:20PM

**Location:** WMEM Room 103

**Final Exam:** 07:00PM - 09:00PM (2018/12/14) – ROOM TBA

### 4. INSTRUCTIONAL SUPPORT

**Course Instructor:** Dalia El Khoury, PhD

**Email:** delkhour@uoguelph.ca

**Telephone:** 519-824-4120 ext. 56326

**Office:** MACS 226

**Office Hours:** Mondays from 2-3 pm and Fridays from 2-3 pm, or by appointment

**Course Instructor:** Joan S Jory, PhD RD

**Email:** jjory@uoguelph.ca

**Telephone:** TBD

**Office:** TBD

**Office Hours:** Mondays from 2-3 pm and Fridays from 2-3 pm, or by appointment

**Teaching Assistant:** Julia Broad      **Email:** jbread@uoguelph.ca      **Office Hours:** TBD

**Teaching Assistant:** Joel Hansen      **Email:** jhanse01@uoguelph.ca      **Office Hours:** TBD

**Teaching Assistant:** Brianna Poirier      **Email:** poirierb@uoguelph.ca      **Office Hours:** TBD

**Teaching Assistant:** Yiran Wang      **Email:** ywang36@uoguelph.ca      **Office Hours:** TBD

**Teaching Assistant:** Seyed Ahmadi      **Email:** sahmadi08@uoguelph.ca      **Office Hours:** TBD

## 5. LEARNING RESOURCES

### Required Resource(s):

None

### Recommended Resource(s):

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-302286.html>

### CourseLink:

A skeleton version of lecture slides will be available before each lecture, 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. El Khoury or the TAs questions about lectures' materials (please use this discussion board and not emails to ask course content-related questions), discussion boards for the Assignment and for the Midterms/Final Exam – also checked by Dr. El Khoury and the TAs (please use these discussion boards and not emails to ask assignment and/or midterms/final exam-related questions), and a classmate discussion board (the latter is not checked by Dr. El Khoury or the TAs).

## 6. LEARNING OUTCOMES

At the completion of the 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.

## 7. TEACHING AND LEARNING ACTIVITIES

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
1	September 7	Course introduction  Nutrition and Health	Chapter 1
2	September 10,12	How to plan a nutritious diet	Chapter 1 & 2
2, 3	September 14, 17, 19	Digestion and metabolism  <b>Assignment part 1 due September 19</b>	Chapter 3
3, 4	September 21, 24, 26	Carbohydrates: starch, sugar and fibre  <b>Assignment part 2 due September 24</b>  <b>Assignment Dropbox submission due September 26</b>	Chapter 4
4	<b>Midterm 1</b>	<b>September 28 in class (worth 20% of final grade, covers content from September 7 to September 26, inclusive)</b>	
5	October 1, 3, 5	Lipids	Chapter 5
6	<b>October 8</b>	<b>HOLIDAY – NO CLASSES SCHEDULED</b>	
6	October 10	The other food group: part 1	None
6	October 12	The other food group: part 2	Pages: 220-229
7	October 15, 17	Proteins and amino acids: part 1	Chapter 6
7, 8	October 19, 22	Protein and amino acids: part 2	Chapter 6
8	October 24, 26	Weight management	Chapter 7
9	<b>Midterm 2</b>	<b>October 29 in class (worth 30% of final grade, covers content from October 1 to October 26, inclusive)</b>	
9	October 31, November 2	Water Soluble Vitamins  (November 2 <sup>nd</sup> is the last day to drop course without penalty)	Chapter 8

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
10	November 5, 7	Fat Soluble Vitamins	Chapter 9
10, 11	November 9, 12	Water and Electrolytes	Chapter 10
11	November 14, 16	Major Minerals, Bone Health and Blood Health	Chapter 11
12	November 19, 21	Other Major Minerals	Chapter 12
12	November 23	Food Safety	None
13	November 26	Nutrition and Physical Activity	Chapter 13
13	November 28	Review Session	None
	<b>Final Exam</b>	<b>07:00PM - 09:00PM (2018/12/14) Room TBA (worth 40% of final grade, covers content from October 31 to November 26 inclusive)</b>	

**Note:** This is a tentative schedule; however, due to various unknown factors there may be changes. Any changes will be announced during class and an announcement will be posted on the CourseLink site.

## 8. ASSESSMENT DETAILS

Assessment	Due Date	% of Final
<b>Assignment</b> Critical Evaluation of a Nutrition Website	Part 1: September 19 Part 2: September 24 Dropbox: September 26	10
<b>Midterm 1</b> Covers September 7 – September 26 (inclusive) Multiple choice and short answer questions	September 28 - in class	20
<b>Midterm 2</b> Covers October 1 – October 26 (inclusive) Multiple choice and short answer questions	October 29 - in class	30
<b>Final Exam</b> Covers October 31 - November 26 (inclusive) Multiple choice and short answer questions	07:00PM - 09:00PM (2018/12/14) – ROOM TBA	40
<b>Total:</b>		100%

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

## **9. COURSE STATEMENTS**

### **Course Website:**

There is a course website at <http://courselink.uoguelph.ca>. All components of this course will be housed on the CourseLink site including this course outline, assignments, and links to further resources. Your assignments will be submitted through the Dropbox function. Marks and feedback will also be released on the site. Please familiarize yourself with this website as soon as possible and visit it regularly throughout the semester.

### **Late Assignments:**

Late assignments will be accepted up to 5 days following the due date and will receive a penalty of 15% per day EXCEPT under documented grounds for compassionate consideration. Assignments submitted more than one week late without documented grounds will receive a grade of zero. If you are going to hand an assignment in late, you must contact your course instructor to inform them when you will be submitting your assignment.

### **Receipt of Grades:**

After you receive a grade on CourseLink, please review your feedback. Any inquiry or dispute over the grade must be made within two weeks from the date they are posted. If you fail to protest any grade during this time limit, changes to the grade will not be considered. [Grades will be based on the Grading Procedures outlined in the Undergraduate Calendar.](#)

### **Turnitin Software:**

In this course, your instructor will be using Turnitin, integrated with the CourseLink Dropbox tool, to detect possible plagiarism, unauthorized collaboration or copying as part of the ongoing efforts to maintain academic integrity at the University of Guelph.

All submitted assignments will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site.

A major benefit of using Turnitin is that students will be able to educate and empower themselves in preventing academic misconduct. In this course, you may screen your own assignments through Turnitin as many times as you wish before the due date. You will be able to see and print reports that show you exactly where you have properly and improperly referenced the outside sources and materials in your assignment.

### **The Library and Learning Commons:**

The Library and Learning Commons offer free services to help you succeed at the University of Guelph. You can do all of the following: - meet with a Peer Helper to talk about study strategies or your writing assignments; - attend Supported Learning Groups (SLGs) and study sessions; - get assistance finding

journal articles and books; and - use our many online resources, such as Course Guides, Citation Guides and the Mark Calculator.

Visit the Library website for more information about these and other services:

[www.lib.uoguelph.ca/get-assistance](http://www.lib.uoguelph.ca/get-assistance).

## **10. UNIVERSITY STATEMENTS**

### **E-mail Communication:**

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.

### **When You Cannot meet a course requirement:**

When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor (or designated person, such as a teaching assistant) in writing with name, ID#, and email contact. [See the undergraduate calendar for information on regulations and procedures for Academic Consideration.](#)

### **Drop date:**

Courses that are one semester long must be dropped by the end of the fortieth class day; two-semester courses must be dropped by the last day of the add period in the second semester. The regulations and procedures for [Dropping Courses](#) are available in the Undergraduate Calendar.

### **Copies of out-of-class assignments:**

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

### **Accessibility:**

The University promotes the full participation of students who experience disabilities in their academic programs. To that end, the provision of academic accommodation is a shared responsibility between the University and the student.

When accommodations are needed, the student is required to first register with Student Accessibility Services (SAS). Documentation to substantiate the existence of a disability is required, however, interim accommodations may be possible while that process is underway.

Accommodations are available for both permanent and temporary disabilities. It should be noted that common illnesses such as a cold or the flu do not constitute a disability.

Use of the SAS Exam Centre requires students to book their exams at least 7 days in advance, and not later than the 40th Class Day.

More information: [www.uoguelph.ca/sas](http://www.uoguelph.ca/sas)

### **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.](#)

**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.