



Department of Family Relations and Applied Human Nutrition
NUTR*1010: Introduction to Nutrition
Winter 2018

Instructor

Joan Jory, RD PhD

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Office Hours

Mondays from 11:30-12:30 and Wednesdays from 11:30-12:30, OR by appointment

Teaching Assistants

| Name | Email | Office Hours |
|-----------------|----------------------|---------------------|
| Seyed Ahmadi | sahmad08@uoguelph.ca | T.B.A |
| Roya Daneshmand | rdaneshm@uoguelph.ca | T.B.A |
| Joel Hansen | jhanse01@uoguelph.ca | T.B.A |
| Valerie Hruska | vhruska@uoguelph.ca | T.B.A |
| Yiran Wang | ywang36@uoguelph.ca | T.B.A |

Class Meeting Times

Mondays, Wednesdays and Fridays 2:30PM - 3:20PM, Rozanski Hall ROZH 104

Course 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.

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: January 17 Part 2: January 24 Dropbox submission: January 29 by 11:59 pm. | 10 |
| Midterm 1 Covers January 8 – January 29 (inclusive) Multiple choice and short answer questions | January 31 - In Class | 20 |
| Midterm 2 Covers February 2 – March 2 (inclusive) Multiple choice and short answer questions | March 5 - In Class | 30 |
| Final Exam Covers March 7 – April 4 (inclusive) Multiple choice and short answer questions | Saturday April 14 7-9 PM | 40 |

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

Course Materials

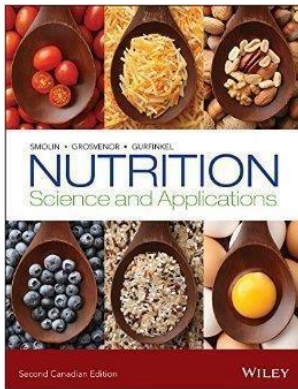
- **CourseLink**

A skeleton version of lecture slides will be available 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. Jory or the TAs questions about lecture 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. Jory 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. Jory or the TAs).

- **Required Textbook**

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, loose leaf copies and e-books are available for purchase at the book store, or you can buy electronic copies at: <http://ca.wiley.com/WileyCDA/Section/id-302286.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. 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. Jory 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. Jory 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 and Appeals:

<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 9. 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/c08amisconduct.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>

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

Class Schedule and Readings

| Dates | Topics | Readings |
|---------------------------------|---|----------------|
| January 8 | Course introduction Nutrition and Health | Chapter 1 |
| January 10, 12, 15 | How to plan a nutritious diet | Chapter 1 & 2 |
| January 17, 19, 22 | Digestion and metabolism Assignment part 1 due: January 17 | Chapter 3 |
| January 24, 26, 29 | Carbohydrates: starch, sugar and fibre Assignment part 2 due: January 24 Assignment Dropbox Submission due: January 29 by 11:59 PM | Chapter 4 |
| Midterm 1 – January 31 | January 31 – In Class (Worth 20%; covers content from January 8 – January 29 Inclusive) | |
| February 2, 5, 7 | Lipids | Chapter 5 |
| February 9 | The other food group Part 1: Coffee, tea and caffeine | None |
| February 12 | The other food group Part 2: Alcohol | Pages: 220-229 |
| February 14, 16 | Proteins and amino acids | Chapter 6 |
| Week of February 19 - 23 | NO CLASSES | |

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|------------------------------|--|------------|
| February 26 | Protein and amino acids cont. | Chapter 6 |
| February 28 and March 2 | Weight management | Chapter 7 |
| Midterm 2 – March 5 | March 5 - In Class (Worth 30%, covers content from February 2 – March 2 Inclusive) | |
| March 7, 9 | Water Soluble Vitamins (March 9 is the last day to drop course without penalty) | Chapter 8 |
| March 12, 14 | Fat Soluble Vitamins | Chapter 9 |
| March 16, 19 | Water and Electrolytes | Chapter 10 |
| March 21, 23 | Major Minerals, Bone Health and Blood Health | Chapter 11 |
| March 26, 28 | Other Major Minerals | Chapter 12 |
| March 30 | NO CLASSES | |
| April 2, 4 | Nutrition and Physical Activity | Chapter 13 |
| April 6 | NO CLASS – OFFICE HOURS WITH DR. JORY DURING SCHEDULED CLASS TIME | None |
| Final Exam – April 14 | Saturday April 14 7 – 9 PM (worth 40%; covers content from March 7 – April 4 Inclusive) | |

