

NUTR*1010 Introduction to Nutrition

COURSE OUTLINE - FALL 2019

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, Fridays 3:30PM - 4:20PM
Location:	Rozanski Hall (ROZH) 104
Final Exam:	T.B.A

4. INSTRUCTIONAL SUPPORT

Course Instructor:	Joan Jory RD MSc PhD
Email:	jjory@uoguelph.ca
Office:	MACS 228
Office Hours:	Mondays and Wednesday 1:30-2:30 pm and/or by appointment and/or feel free to speak with me after class

Teaching Assistant	Seyed Ahmadi	Email: sahmad08@uoguelph.ca
Teaching Assistant	Jocelyn Braun	Email: jbrown01@uoguelph.ca
Teaching Assistant	Amar Laila	Email: alaila@uoguelph.ca
Teaching Assistant	Sally Zhan	Email: gqzhan@uoguelph.ca

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 them 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 midterm/final exam-related questions), and a Classmate Discussion board (the latter is not checked by Dr. Jory or the TAs).

6. LEARNING OUTCOMES:

At the completion 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.

7. TEACHING AND LEARNING ACTIVITES:

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
1	September 6	Course Introduction Nutrition and Health	Chapter 1
2	September 9, 11	How to plan a nutritious diet	Chapter 1 & 2

2, 3	September 13, 16, 18	Digestion and metabolism Assignment - Part 1 due: September 18	Chapter 3
3, 4	September 20, 23, 25	Carbohydrates: starches, sugars and fibre Assignment -Part 2 due: September 23 Assignment - Final Dropbox Submission Due: September 25	Chapter 4
4	Midterm 1	September 27 – In Class (Worth 25% of the final grade; covers content from September 6-25 inclusive)	
5	September 30, October 2, 4	Lipids	Chapter 5
6	October 7, 9, 11	Proteins and Amino Acids	Chapter 6
7	October 14	HOLIDAY - NO CLASS SCHEDULED	
7	October 16	The other food group - Part 1: Coffee, tea and caffeine	None
7	October 18	The other food group - Part 2: Alcohol	Pages: 220-229
8	October 21, 23	Weight Management	Chapter 7
8	Midterm 2	October 25 - In Class (Worth 25% of the final grade; covers content from September 30-October 23 Inclusive)	
9	October 28, 30	Vitamins: Water-Soluble	Chapter 8
9, 10	November 1, 4	Vitamins: Fat-Soluble	Chapter 9
10	November 6, 8	Water and Electrolytes	Chapter 10

11	November 11, 13	Major Minerals: Bone Health and Blood Health	Chapter 11
11, 12	November 15, 18	Other Minerals	Chapter 12
12	November 20, 22	Nutrition and Physical Activity	Chapter 13
13	November 25	Food Safety	Chapter 17
13	November 27	Review	
	Final Exam	T.B.A (worth 40%; covers content from October 28-November 25 Inclusive)	

NOTE: This is a tentative schedule - Due to various unknown factors, there may be changes to this schedule. 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
Assignment Critical Evaluation of a Nutrition Website	Part 1: September 18 Part 2: September 23 Dropbox: September 25	10
Midterm 1 Covers September 6-September 25 (inclusive) Multiple choice and short answer questions	September 27 - In Class	25
Midterm 2 Covers September 30-October 23 (inclusive) Multiple choice and short answer questions	October 25 - In Class	25
Final Exam Covers October 28- November 25 (inclusive) Multiple choice		40
Total:		100%

NOTE: 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 10% 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.

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:

Students have until the last day of classes to drop courses without academic penalty. 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

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.

Appendix: For Students in Applied Human Nutrition (AHN) ONLY

NUTR*1010 helps meet the following Foundational Knowledge Specifications included in the Integrated Competencies for Dietetic Education and Practice (Partnership for Dietetic Education and Practice, April 2013, www.pdep.ca). This is relevant for those AHN students enrolled in the Area of Emphasis in Dietetics.

Foundational Knowledge Specifications (FKS) that are met by this course:

Foundational Knowledge Specification	Complexity Level (1, 2, 3)	How FKS is met in this curriculum
1 Anatomy & Physiology: a. Structure of the human body at the macro and cellular level	1	Throughout
c. Homeostasis including fluid-electrolyte and acid-base balance	1	Water and Electrolytes (Chp 10)
2 Biochemistry: (b) Major metabolic pathways	1	Throughout
3 Communication: (f) Medical and dietetics related terminology	1	Throughout
5 Food: a. Physical properties and chemical composition of food	1	Throughout
b. Food preservation, storage and packaging	1	Food Safety (Chp 17)
e. Application of dietary requirements guidelines and guidance tools to food planning	2	Throughout
i. Food labelling	2	Throughout

Foundational Knowledge Specification	Complexity Level (1, 2, 3)	How FKS is met in this curriculum
j. Food-borne illness	1	Food Safety (Chp 17)
7 Health System in Canada: (b) Issues and trends	2	Throughout
8 Human Nutrition Across the Lifespan:		
a. Ingestion, digestion, absorption, metabolism and excretion of nutrients	2	Digestion and Metabolism (Chp 3)
b. Biochemical utilization of nutrients and energy	1	Throughout
c. Nutrient and energy requirements	1	Throughout
d. Physical activity and energy balance	1	Nutrition and Physical Activity (Chp 13)
e. Nutrition recommendations and guidelines		
f. Effect of deficiencies and toxicities of nutrients	2	Throughout
g. Food sources of nutrients and dietary supplements	2	Throughout
	1	Throughout
h. Role of nutrients and other food components in health	2	Throughout
i. Dietary practices	1	Throughout