



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

NUTR*1010 Introduction to Nutrition COURSE OUTLINE – FALL 2021

1. CALENDAR 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.

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

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3. TIMETABLE

Lecture:	Monday, Wednesday, Friday @ 2:30-3:20 pm
Location:	Rozanski Hall (ROZH) 104
Final Exam:	TBA

4. INSTRUCTIONAL SUPPORT

Course Instructor:	Joan Jory RD MSc PhD
Email:	jjory@uoguelph.ca
Telephone:	519-824-4120 ext.
Office:	MACS 228
Office Hours:	Monday & Wednesday 1-2 pm, or by appointment. Dr J is also available after class to answer questions

Teaching Assistant: Darla Maldonado Barsse
Email: dmaldona@uoguelph.ca
Office: MACS 329
Office Hours: TBA

Teaching Assistant: Sylvia Yangyang Sun
Email: ysun15@uoguelph.ca
Office: MACS 329
Office Hours: TBA

Teaching Assistant: Sophia Weller
Email: sweller@uoguelph.ca
Office: MACS 329
Office Hours: TBA

5. LEARNING RESOURCES

Required Resource(s):

None

Recommended Resource(s):

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Third (3rd) Canadian Edition. 2020, John Wiley & Sons, Canada. Hard copies (looseleaf version) are for sale at the Book Store, or you can buy or rent electronic copies at [<https://www.wiley.com/en-ca/Nutrition%3A+Science+and+Applications%2C+Enhanced+eText%2C+3rd+Canadian+Edition-p-9781119577522>]

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 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	Course Introduction Nutrition and Health	Chapter 1 (optional)	September 10
2	How to plan a nutritious diet Assignment 1	Chapter 1&2 (optional)	September 13, 15, 17
3	Digestion and Metabolism ASSIGNMENT - PART 1	Chapter 3 (optional) DUE:	September 20, 22, 24 SEPTEMBER 22
4	Carbohydrates ASSIGNMENT - PART 2 ASSIGNMENT - FINAL DROPBOX	Chapter 4 (optional) DUE: DUE:	Sept 27, 29, Oct 1 SEPTEMBER 27 SEPTEMBER 29
5	MIDTERM 1 Lipids	(Covers Weeks 1-4 inclusive) (In Class - 25% of Final Grade) Chapter 5 (optional)	OCTOBER 4 October 6, 8
6	FALL BREAK Lipids Proteins and Amino Acids	NO CLASSES Chapter 5 (optional) Chapter 6 (optional)	OCTOBER 11 October 13 October 15
7	Proteins and Amino Acids Coffee, tea, caffeine	Chapter 6 (optional) No readings	October 18, 20 October 22
8	Alcohol Weight Management	Pages Chapter 7 (optional)	October 25 October 27, 29
9	MIDTERM 2 Vitamins: Water-Soluble	(Covers Weeks 5-8 inclusive) (In Class - 25% of Final Grade) Chapter 8 (optional)	NOVEMBER 1 November 3, 5
10	Vitamins: Fat-Soluble Water and Electrolytes	Chapter 9 (optional) Chapter 10 (optional)	November 8, 10 November 12
11	Water and Electrolytes Major Minerals	Chapter 10 (optional) Chapter 11 (optional)	November 15 November 17, 19
12	Other Minerals Nutrition and Physical Activity	Chapter 12 (optional) Chapter 13 (optional)	November 22, 24 November 26

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
13	Nutrition and Physical Activity Food Safety Float and/or Review	Chapter 13 (optional) Chapter 17 (optional)	November 29 December 1 December 3
	FINAL EXAM	(Covers Weeks 9-13 inclusive) (35% of Final Grade)	T.B.A

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	LOs Addressed	Due Date	% of Final
Assignment Critical Evaluation of a Nutrition Website	3	Sept 22 - Part 1 Sept 27 - Part 2 Sept 29 - Dropbox	15%
Midterm 1 Covers weeks 1-4 (inclusive) Multiple choice and short answer questions	1,2	Oct 4	25%
Midterm 2 Covers weeks 5-8 (inclusive) Multiple choice and short answer questions	1,2	Nov 1	25%
Final Exam Covers weeks 9-13 (inclusive) Multiple choice	1,2	T.B.A	35%
NB: All midterms and final exams are Closed Book. NO notes, calculators, phones, mobiles or texts permitted AT ANY TIME within the room where the midterm or exam is being written.			Total: 100%

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.

A skeleton version (with missing words) of lecture slides will be posted before each lecture, under the Courselink 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).

Email Etiquette: Please limit Email to issues of an urgent personal or academic nature. For help with course content or assignments, please post your questions to the DISCUSSION BOARDS in CourseLink. You can also speak with Dr Jory at the end of class, or attend Dr Jory's OFFICE HOURS. There is a Discussion Board for Course Content questions where you can ask about lecture content. There are Discussion Boards specifically for the Assignment, and for the Midterms/Final Exam – these are checked regularly by Dr. Jory and the TAs. There is also a Student-Student Discussion board (not checked by Dr. Jory or the TAs) to share or request missed class notes from other students, or to find a study group etc.

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 medical or 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 provide documentation of medical or compassionate grounds and discuss 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 those students enrolled in the Area of Emphasis in Dietetics: The Integrated Competencies for Dietetic Education and Practice (2013; <http://www.pdep.ca/>):

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	Chapter 10: water and electrolytes
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	Chpt 17: Food Safety

Foundational Knowledge Specification	Complexity Level (1, 2, 3)	How FKS is met in this curriculum
e. Application of dietary requirements guidelines and guidance tools to food planning	2	Throughout
i. Food labelling	2	Throughout
j. Food-borne illness	1	Chpt 17: Food Safety
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	Chpt 3: Digestion & Metabolism
b. Biochemical utilization of nutrients and energy	1	Throughout
c. Nutrient and energy requirements	1	Throughout
d. Physical activity and energy balance	1	Chpt 13: Nutrition & Physical Activity
e. Nutrition recommendations and guidelines	2	Throughout
f. Effect of deficiencies and toxicities of nutrients	2	Throughout
g. Food sources of nutrients and dietary supplements	1	Throughout
h. Role of nutrients and other food components in health	2	Throughout
i. Dietary practices	1	Throughout

Performance Indicators (PI) that are met by this course:

Performance Indicator	How PI is met in this curriculum
Not Applicable	Not Applicable