



Department of Family Relations and Applied Human Nutrition
NUTR*1010: Introduction to Nutrition
Winter 2019

Instructor

Joan Jory, RD MSc PhD

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Class Meeting Times

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

Office Hours

Mondays and Wednesdays from 3:45-4:45 PM, or by appointment. Students are encouraged to seek extra help with the lecture material both after class and during office hours, conveniently scheduled after lecture on Mondays and Wednesdays.

Teaching Assistants

Name	Email	Office Hours
Seyed Ahmadi	sahmad08@uoguelph.ca	T.B.A
Andrea Kirkham	kirkhama@uoguelph.ca	T.B.A
Karol-Ann Roy	karolann@uoguelph.ca	T.B.A
Lisa Tang	lisa.tang@uoguelph.ca	T.B.A
Yiran Wang	ywang36@uoguelph.ca	T.B.A

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 16 Part 2: January 23 Final Dropbox Submission: January 28 by 11:59 pm.	10
Midterm 1 Covers January 7 – January 28 (inclusive) Multiple choice and short answer questions	Wednesday – January 30 In Class	25
Midterm 2 Covers February 1 – March 1 (inclusive) Multiple choice only	Monday - March 4 In Class * March 8 = 40 th Class Day	25
Final Exam Covers March 6 – April 3 (inclusive) Multiple choice and possibly short answer questions - tbd		40

NB - 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).

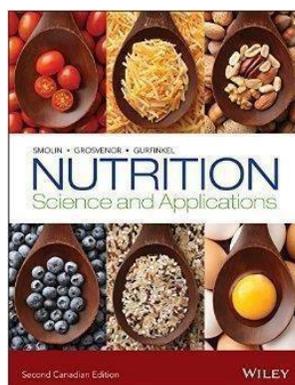
The Assignment will be created under the Discussion Tab on CourseLink, and will be submitted in the CourseLink Dropbox.

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, **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, **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).

- *Recommended Textbook *

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Second Canadian Edition. 2015, John Wiley & Sons, Canada. *This textbook is **NOT required**. *

However, it is an excellent additional resource for complex material covered in the class. Therefore, 3 copies have been placed on reserve in the McLaughlin library for your use – they can be signed out for 2 hours at a time. Hard copies, loose leaf copies and e-books are also 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 or general questions about the assessments - these must be posted on the appropriate Discussion Boards on CourseLink.

Please do not email details about 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 email contact as soon as possible. Appropriate formal 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.

There are **no alternative final exam writing dates** – please *check your final exam schedule at the beginning of term to ensure there are NO conflicts*. Exceptionally, you may qualify for a deferred exam the following term. This is negotiated through your program counsellor, not your professor. 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 up to 5 days following the due date and will receive a penalty of **15% per day** EXCEPT under documented grounds for compassionate consideration (supporting documentation required). 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.](#)

- Drop Date

The last date to drop one-semester courses, without academic penalty, is Friday, March 8. 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 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. If use of exam memory aids is authorized, these must be submitted to the professor 7 working days ahead for approval to allow time for revision where necessary (<https://wellness.uoguelph.ca/accessibility/what-we-do/accommodations/memory-aids>)

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/>

- Religious Accommodations

The University acknowledges the pluralistic nature of the graduate and undergraduate communities. Accommodation will be made to students who experience a conflict between a religious obligation and scheduled assessments. However requests for accommodations on religious grounds must be submitted within the first 2 weeks of class, based on the assessment dates outlined in the Course Outline/Summary and the final exam schedule.

(<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-accomrelig.shtml>)

- 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.

- 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 7	Course introduction Nutrition and Health	Chapter 1
January 9, 11, 14	How to plan a nutritious diet	Chapter 1 & 2
January 16, 18, 21	Digestion and metabolism Assignment part 1 due: Wednesday January 16	Chapter 3
January 23, 25, 28	Carbohydrates: starches, sugars and fibre Assignment part 2 due: Wednesday January 23 Assignment Final Dropbox Submission due: Monday January 28 by 11:59 PM	Chapter 4

Midterm 1 – January 30	January 30 – In Class (Worth 25%; covers content from January 7 – January 28 Inclusive)	
February 1, 4, 6	Lipids	Chapter 5
February 8, 11, 13	Proteins and Amino Acids	Chapter 6
February 15	The other food group Part 1: Coffee, tea and caffeine	None
Week of February 18 - 23	NO CLASSES SPRING BREAK	
February 25	The other food group Part 2: Alcohol	Pages: 220-229
February 27 and March 1	Weight management	Chapter 7
Midterm 2 – March 4	March 4 - In Class (Worth 25%, covers content from February 2 – March 1 Inclusive)	
March 6, 8	Water Soluble Vitamins (March 8 is the last day to drop course without penalty)	Chapter 8
March 11, 13	Fat Soluble Vitamins	Chapter 9
March 15, 18	Water and Electrolytes	Chapter 10

March 20, 22	Major Minerals, Bone Health and Blood Health	Chapter 11
March 25, 27	Trace Mineral	Chapter 12
March 29	Food Safety	Chapter 17
April 1, 3	Nutrition and Physical Activity	Chapter 13
April 5	NO CLASS – OFFICE HOURS WITH DR. JORY 2-4 PM	None
Final Exam – tbd	(worth 40%; covers content from March 6 – April 3 Inclusive)	