

# NUTR\*3150 Nutrition and Aging

Winter 2026

Mondays, 7:00-9:50 pm

University of Guelph, MACS 209

## **Instructors:**

*Course instructor:* Katherine Eckert, RD, PhD; [kecker01@uoguelph.ca](mailto:kecker01@uoguelph.ca)

*Graduate Teaching Assistant:* Lakshmi Priya Balaji; [balajil@uoguelph.ca](mailto:balajil@uoguelph.ca)

## **Land Acknowledgement:**

The University of Guelph resides on the ancestral lands of the Attawandaron people and the treaty lands and territory of the Mississaugas of the Credit. I recognize the significance of the Dish with One Spoon Covenant to this land, and as an outsider, I offer respect and gratitude to the Anishinaabe, Haudenosaunee, and Metis peoples. I am committed to mutual respect for these lands and people to preserve this space for present and future generations.

## **Calendar description**

This course provides an in-depth study of the determinants of food intake and nutrient recommendations for aging adults. Specific consideration will be given to eating environments and physiological changes that influence access, preparation, and consumption of food by older adults living in the community and in facilities. An emphasis will be placed on chronic disease prevention and management.

Prerequisite(s): 1 of NUTR\*1010, NUTR\*2150, NUTR\*3210

Restriction(s): NUTR\*2070

Department(s): Department of Family Relations and Applied Nutrition

## **Course description**

This course brings together the interdisciplinary fields of gerontology and nutrition. Within this course we will explore the nutritional needs of older adults and learn about strategies for maintaining health and wellbeing as we age. We will also learn about dietary guidelines for nutrient intake and examine how they influence special diets and programs and services in community and institutional settings. Students will have the opportunity to learn about current research, services, and clinic practice in the field. By the end of the course, students will have the opportunity to demonstrate their knowledge through a practical assignment focused on communicating clinical evidence into a tool that could be used by older adults within our community.

## **Learning resources**

### **1. Course Website**

All components of this course will be housed on the CourseLink (<http://courselink.uoguelph.ca>) 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.

### **2. Campus Resources**

If you are concerned about any aspect of your academic program: Make an appointment with a Program Counsellor (<https://www.uoguelph.ca/uaic/programcounsellors/>) in your degree program. If you are struggling to succeed academically: There are numerous academic resources offered by the Learning Commons (<https://www.lib.uoguelph.ca/using-library/spaces/learning-commons/>) including, Supported Learning Groups for a variety of courses, workshops related to time management, taking multiple choice exams, and general study skills.

### **3. Textbooks and Learning Resources**

Please visit Courselink to find the list of readings and resources for each week. **There are no costs associated with any of the materials required in this course.**

## **Learning outcomes**

At the completion of the course, successful students will be able to:

1. Understand the role of nutrition in promoting healthy aging, including the role of specific nutrients and dietary patterns.
2. Describe the role of nutrition in promoting functional independence and quality of life in older adults.
3. Identify community resources and support systems that promote healthy nutrition and aging.
4. Demonstrate foundational skills in assessment and screening to address the nutritional status of older adults.
5. Evaluate and effectively communicate research findings on aging and nutrition to older adults in a clear, concise, and easily understood manner, using age-appropriate language and formats.

**Teaching and learning schedule\*:**

\*Schedule is flexible and subject to change. Please check CourseLink regularly for updates.

Week	Date	Topics	Notes
1	January 5 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Welcome, introductions, course overview</li> <li>- Why Aging and Nutrition?</li> <li>- Canadian context</li> </ul>	
2	January 12 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Theories of aging</li> <li>- Aging and disease</li> <li>- Aging well</li> </ul>	
3	January 19 <sup>th</sup>	<ul style="list-style-type: none"> <li>- The determinants of health</li> <li>- Nutritional recommendations for older adults</li> </ul>	
4	January 26 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Guest speaker: Library Writing Centre</li> <li>- Nutrients and aging</li> <li>- Dietary patterns for chronic disease prevention and healthy aging</li> </ul>	
5	February 2 <sup>nd</sup>	- <b>QUIZ #1</b>	
6	February 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Guest speaker: Dr. Alison Duncan.</li> <li>- Assignment workshop</li> </ul>	*Topic and target population due for infographic assignment*
Winter break – no classes			

7	February 23 <sup>rd</sup>	- Nutrition in Long Term Care - Therapeutic diets	*Infographic assignment due*
8	March 2 <sup>nd</sup>	- Marginalized communities and aging: A focus on LGBT seniors - Introducing clinical assessments in nutrition	
9	March 9 <sup>th</sup>	- Malnutrition in older adults: screening and determinants - Questions for Dr. Keller (Activity)	
10	March 16 <sup>th</sup>	<b>QUIZ #2</b>	
11	March 23 <sup>rd</sup>	Guest speaker: Q&A with Dr. Heather Keller	
12	March 30 <sup>th</sup>	Wrap-up and summary	*Reflection due*

### Evaluations:

Assessment	Due date	% of final grade
Quiz #1	February 2, 2026	20
Quiz #2	March 16, 2026	20
Infographic assignment	February 23, 2026	20
Critical reflection paper	March 30, 2026	30
Class participation	N/A	10
	Total	100%

### Drop date

- Monday, April 6, 2026

### Grading policies

**Late assignments:** 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 after 5 days will receive a grade of zero. **If you are going to hand in an assignment late, you must contact your course instructor to inform them when you will be submitting your assignment.**

**Submission of Assignments & 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.

**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.

### **Academic misconduct**

[The Academic Misconduct Policy](#) is detailed in the Undergraduate Calendar. 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.

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.

Instructors shall not determine if academic misconduct has occurred. This is up to the Associate Dean Academic's office. Instructors shall not assign a grade of zero even if they believe that the student has committed some form of academic misconduct (e.g., copied material from a website like CourseHero) on an assignment or exam.

Instructors can determine if a student has poorly paraphrased and/or improperly cited material and can provide a grade accordingly as long as this is clearly identified as part of the assessment criteria via a rubric or other assessment tools.

#### **AI policy:**

The use of AI and LLM such as ChatGPT for producing assignment content or writing is not permitted for this course. However, I acknowledge the use of these technologies in brainstorming for initial ideas and permit the use of these programs for brainstorming only. For transparency, as the instructor, I have not used AI to generate course content or materials.

#### **Additional information:**

##### **Academic Integrity**

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 outlined in the Undergraduate Calendar.

##### **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 make a booking at least 10 days in advance, and no later than the first business day in November, March or July as appropriate for the semester. Similarly, new or changed accommodations for online quizzes, tests and exams must be approved at least a week ahead of time. For students at the Guelph campus, information can be found on the [SAS website](#).

### **Accommodation of Religious Obligations**

If you are unable to meet an in-course requirement due to religious obligations, please email the course instructor within two weeks of the start of the semester to make alternate arrangements. See the Academic calendar for information on regulations and procedures for [Academic Accommodations of Religious Obligations](#).

### **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.

### **Drop Date**

Students will have until the last day of classes to drop courses without academic penalty. The deadline to drop two-semester courses will be the last day of classes in the second semester. This applies to all undergraduate students except for Doctor of Veterinary Medicine and Associate Diploma in Veterinary Technology (conventional and alternative delivery) students. The regulations and procedures for course registration are available in the [Undergraduate Calendar - Dropping Courses](#).

### **Email 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.

### **Health and Wellbeing**

The University of Guelph provides a wide range of health and wellbeing services at the [Vaccarino Centre for Student Wellness](#). If you are concerned about your mental health and not sure where to start, connect with a [Student Wellness Navigator](#) who can help develop a plan to manage and support your mental health or check out our [mental wellbeing resources](#). The Student Wellness team are here to help and welcome the opportunity to connect with you.

### **Illness**

Medical notes will not normally be required for singular instances of academic consideration, although students may be required to provide supporting documentation for multiple missed assessments or when involving a large part of a course (e.g., final exam or major assignment).

### **Recording of Materials**

Presentations that are made in relation to course work—including lectures—cannot be recorded or copied without the permission of the presenter, whether the instructor, a student, 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.

### **When You Cannot Meet a Course Requirement**

When you find yourself unable to meet an in-course requirement because of illness or compassionate reasons please advise the course instructor (or designated person, such as a teaching assistant) in writing, with your name, id#, and e-mail contact. See the Undergraduate Calendar for information on regulations and procedures for [Academic Consideration](#).