



# COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS  
AND APPLIED NUTRITION

## NUTR\*1010 Introduction to Nutrition COURSE OUTLINE – WINTER 2022

### 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.

<b>Credit Weight:</b>	0.5 credits
<b>Course Hours:</b>	3-0 (36 lecture; 0 lab/seminar)
<b>Pre-Requisite(s):</b>	None
<b>Co-Requisites(s):</b>	None
<b>Restriction(s):</b>	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

<b>Lecture:</b>	Monday, Wednesday, Friday @ 2:30-3:20pm
<b>Location:</b>	Rozanski Hall (ROZH) 104
<b>Final Exam:</b>	April 19. 7-9 pm

### 4. INSTRUCTIONAL SUPPORT

<b>Course Instructor:</b>	Joan Jory RD MSc PhD
<b>Email:</b>	jjory@uoguelph.ca
<b>Telephone:</b>	519-824-4120 ext.
<b>Office:</b>	MACS 228
<b>Office Hours:</b>	Monday & Wednesday by appointment between 1-2 pm. Dr J is also available at the end of each lecture

**Teaching Assistant:** Darla Maldonado Barse  
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**Teaching Assistant:** Amelie Bosse  
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## 5. LEARNING RESOURCES

### Required Resource(s):

None

### Recommended Resource(s):

Smolin, Grosvenor and Gurfinkel. Nutrition: Science and Applications. Third (3<sup>rd</sup>) 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)	January 10
2	How to plan a nutritious diet DRIs and Assignment 1	Chapter 1&2 (optional)	January 12 January 14
3	Digestion and Metabolism  <b>ASSIGNMENT - PART 1</b>	Chapter 3 (optional)  <b>DUE:</b>	January 17, 19, 21  <b>January 21</b>
4	Carbohydrates  <b>ASSIGNMENT - PART 2</b> <b>ASSIGNMENT - FINAL DROPBOX</b>	Chapter 4 (optional)  <b>DUE:</b> <b>DUE:</b>	Jan 24, 26, 28  <b>January 26</b> <b>January 28</b>
5	<b>MIDTERM 1</b>	<b>(Covers all of Week 1-4 content)</b> (In Class - 25% of Final Grade)	<b>January 31</b>
5	Lipids	Chapter 5 (optional)	February 2, 4
6	Lipids Proteins and Amino Acids	Chapter 5 (optional) Chapter 6 (optional)	February 7 February 9, 11
7	Proteins and Amino Acids Coffee, tea, caffeine Alcohol	Chapter 6 (optional) No readings Pages 238-248 (optional)	February 14 February 16 February 18
8	<b>SPRING BREAK</b>	<b>NO CLASSES</b>	February 19-27
9	Weight Management Vitamins: Water-Soluble	Chapter 7 (optional) Chapter 8 (optional)	February 28, March 2 March 4
10	<b>MIDTERM 2</b>	<b>(Covers all of Week 5-9 content)</b> (In Class - 25% of Final Grade)	<b>March 7</b>
10	Vitamins: Water-Soluble Vitamins: Fat-Soluble	Chapter 8 (optional) Chapter 9 (optional)	March 9 March 11
11	Vitamins: Fat-Soluble Water and Electrolytes	Chapter 9 (optional) Chapter 10 (optional)	March 14 March 16, 18
12	Major Minerals Other Minerals	Chapter 11 (optional) Chapter 12 (optional)	March 21, 23 March 25

Week	Topics	Assigned Readings & Guest Speakers	Notes & Due Dates
<b>13</b>	Other Minerals	Chapter 12 (optional)	March 28
<b>13</b>	Nutrition and Physical Activity	Chapter 13 (optional)	March 30, April 1
<b>14</b>	Food Safety Float	Chapter 17 (optional )	April 4 April 6
	<b>FINAL EXAM</b>	<b>(Covers Week 10-14 content) (35% of Final Grade)</b>	<b>April 19 7-9 pm</b>

**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
<b>Assignment</b> Critical Evaluation of a Nutrition Website	3	Jan 21 - Part 1 Jan 26 - Part 2 Jan 28 - Dropbox	15%
<b>Midterm 1 (In-Class)</b> Covers all week 1-4content Multiple choice and short answer questions	1,2	January 31 (Monday)	25%
<b>Midterm 2 (In-Class)</b> Covers all week 5-9content Multiple choice and short answer questions	1,2	March 7 (Monday)	25%
<b>Final Exam (7-9 pm, Location TBA)</b> Covers all week 10-14content Multiple choice	1,2	April 19 (Tuesday) 7-9 pm	35%
<b>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.</b>			<b>Total: 100%</b>

## 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). These blanks can be answered by students on their own, based on the rest of the information in the slides - figuring out the answer to the blanks before class helps students with knowledge integration.

**Email Etiquette:** Please limit email to issues of a private personal nature. For Course Content or Assignment help, please post your questions to the specific DISCUSSION BOARD in Courselink. The Discussion Boards are checked daily by Dr. Jory and the TAs. You can also speak with Dr Jory individually at the end of each lecture, or attend Dr Jory's office hours.

**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.](#) Final grades are released to students by the Registrar through Webadvisor.

**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](http://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.

**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).

**Safety Protocols:**

For information on current safety protocols, follow these links:

<https://news.uoguelph.ca/return-to-campuses/how-u-of-g-is-preparing-for-your-safe-return/>  
<https://news.uoguelph.ca/return-to-campuses/spaces/#ClassroomSpaces>

Please note, these guidelines may be updated as required in response to evolving University, Public Health or government directives.

**Disclaimer:**

Please note that the ongoing COVID-19 pandemic may necessitate a revision of the format of course offerings, changes in classroom protocols, and academic schedules. Any such changes will be announced via CourseLink and/or class email. This includes on-campus scheduling

during the semester, mid-terms and final examination schedules. All University-wide decisions will be posted on the COVID-19 website (<https://news.uoguelph.ca/2019-novel-coronavirus-information/>) and circulated by email.

**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
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:*

<b>Performance Indicator</b>	<b>How PI is met in this curriculum</b>
Not Applicable	Not Applicable