



COLLEGE of SOCIAL AND APPLIED HUMAN SCIENCES

DEPARTMENT OF FAMILY RELATIONS
AND APPLIED NUTRITION

NUTR*4900 Selected Topics in Human Nutrition – Section 01: Lifecycle Nutrition COURSE OUTLINE – WINTER 2024

1. CALENDAR DESCRIPTION

This course requires reading and discussion on selected areas in human nutrition and its application; formal class reports and term papers. Primarily for Applied Human Nutrition majors.

Credit Weight:	0.5 credits
Course Hours:	3-0 (36 lecture; 0 lab/seminar)
Pre-Requisite(s):	FRHD*3070 , NUTR*3090 , NUTR*4010
Co-Requisites(s):	n/a
Restriction(s):	Registration in B.A.Sc. AHN major

2. COURSE DESCRIPTION

This course requires reading in, and critical appraisal and discussion of, research in human nutrition. In section 01, we will investigate recent and exciting research in **lifecycle nutrition**. Papers have been carefully selected to represent a range of research and analytical approaches in various nutrition area through the lifecycle ☺. The course involves group work, oral presentations, a written critical appraisal and a term paper (I promise you it will be fun!).

3. TIMETABLE

Lecture:

Location:

Final Exam:

4. INSTRUCTIONAL SUPPORT

Course Instructor:	Aiyu Liu, PhD (C), MSc, RD
Email:	Aiyu@uoguelph.ca
Telephone:	NA
You can find me:	via emailing me to book an appointment.
Student Hours:	Virtual or in person by appointment

5. LEARNING RESOURCES

Required Resource(s):

There are weekly required readings. For copyright reasons, articles cannot be posted to CourseLink but all are accessible either through Open Access or U of Guelph library e-journals.

Recommended Resource(s):

References and Referencing Style. Why not use a reference manager for your term paper? Such programs allow you to collect references from a wide variety of electronic resources (like PubMed) to create your own personal reference database. If you use Microsoft Word, your [collected references](#) can be seamlessly integrated into your term paper following any known standard format for the text of the paper and the reference list. Nutrition journals use many [different styles for referencing](#) – for this course, choose one style and be consistent within a piece of work.

Statistics SOS. Did you know that you can book an appointment with the awesome people in the Data Resource Centre (DRC) in McLaughlin library to get help with interpreting data analysis? (Your tuition dollars hard at work!). Here's how:

- Click on: <https://www.lib.uoguelph.ca/using-library/appointment-booking>
- Select Working with Data
- State in the message you are enrolled in NUTR*4900
- Once the form is submitted, the DRC staff will forward the message accordingly.
Within 24 hours, you can expect a response to set up a consultation.

Paraphrasing others' ideas and work. Knowing how to summarize or adapt others' work for different purposes is a key skill needed in applied nutrition. Visit the Library's Writing Resources page for help with citing and [paraphrasing](#).

6. LEARNING OUTCOMES

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

1. To develop competency in the critical appraisal of journal articles in selected applied nutrition topic areas.
2. To effectively communicate – in writing and orally – critical appraisal of research and research articles.
3. To gain proficiency in facilitating and participating in discussions about research.
4. Reframe research knowledge into a format accessible to others.

7. TEACHING AND LEARNING ACTIVITIES

Date	Cool Topics	Super Cool Assigned Readings (articles accessed via U of G library, or via Open Access)	Not-So-Cool Due Dates
Jan 9	Welcome, course overview (oh, and <i>you belong</i>)	Course outline	
Jan 11	Study designs and hierarchy	Wallace, Barak, Truong, Parker. Hierarchy of evidence within the medical literature. <i>Hospital Pediatrics</i> . 2022;12(8):745-749. (<i>Open access</i>)	
Jan 16	How do I... interpret statistical results?		
Jan 18	How do I... critique a journal article? Orientation to Journal Club; assign groups Lottery to determine order of student-led Journal Clubs	<ul style="list-style-type: none"> • Critiquing a journal article (posted to CourseLink) • Yamamoto, M., Takami, M., Misumi, T., Kawakami, C., Miyagi, E., Ito, S., Aoki, S., & Japan Environment and Children's Study (JECS) Group (2022). Effects of breastfeeding on postpartum weight change in Japanese women: The Japan Environment and Children's Study (JECS). <i>PloS one</i>, 17(5), e0268046. https://doi.org/10.1371/journal.pone.0268046 (<i>Open access</i>) 	
Jan 23	Journal Club (assigned articles)	<ul style="list-style-type: none"> • Du Toit G, Roberts G, Sayre PH, Bahnson HT, Radulovic S, Santos AF et al. Randomized Trial of Peanut Consumption in Infants at Risk for Peanut Allergy. <i>N Engl J Med</i>. 2015; 372 (9): 803- 813. doi: 10.1056/NEJMoa1414850. (<i>Open access</i>) • Yakaboski E, Robinson LB, Arroyo A, Espinola JA, Geller RJ, Sullivan AF, Rudders SA, Camargo CA. Early Introduction of Food Allergens and Risk of Developing Food Allergy. <i>Nutrients</i>. 2021; 13(7):2318. https://doi.org/10.3390/nu13072318. (<i>Open access</i>) 	

Date	Cool Topics	Super Cool Assigned Readings (articles accessed via U of G library, or via Open Access)	Not-So-Cool Due Dates
Jan 25	Journal Club (assigned articles)	<ul style="list-style-type: none"> • Iuliano S, Poon S, Robbins J, Bui M, Wang X, De Groot L, Van Loan M, Zadeh AG, Nguyen T, Seeman E. Effect of dietary sources of calcium and protein on hip fractures and falls in older adults in residential care: cluster randomised controlled trial. <i>BMJ</i>. 2021 Oct 20;375:n2364. doi: 10.1136/bmj.n2364. PMID: 34670754; PMCID: PMC8527562. (Open access) • Key, T. J., Appleby, P. N., Spencer, E. A., Roddam, A. W., Neale, R. E., & Allen, N. E. (2007). Calcium, diet and fracture risk: a prospective study of 1898 incident fractures among 34 696 British women and men. <i>Public Health Nutrition</i>, 10(11), 1314–1320. doi:10.1017/S1368980007696402. (Open access) 	
Jan 30	Journal Club (assigned articles)	<ul style="list-style-type: none"> • M., Annette, L.,D. Stafford. (2023). How colour influences taste perception in adult picky eaters. <i>Food Quality and Preference</i>. 104763https://doi.org/10.1016/j.foodqual.2022.104763.(Access via library). • Fox, G., Coulthard, H., Williamson, I., & Wallis, D. (2018). "It's always on the safe list": Investigating experiential accounts of picky eating adults. <i>Appetite</i>, 130, 1–10. https://doi.org/10.1016/j.appet.2018.07.023 (Open access) 	
Feb 1	<ul style="list-style-type: none"> • Sample article critique presentation • Assign articles, facilitated planning for group presentations 	Yamamoto, M., Takami, M., Misumi, T., Kawakami, C., Miyagi, E., Ito, S., Aoki, S., & Japan Environment and Children’s Study (JECS) Group (2022). Effects of breastfeeding on postpartum weight change in Japanese women: The Japan Environment and Children's Study (JECS). <i>PloS one</i> , 17(5), e0268046.https://doi.org/10.1371/journal.pone.0268046 (Open access)	
Feb 6	<ul style="list-style-type: none"> • How do I...search the literature? • Orientation to term paper outline due Feb 16 	Guest speaker: Nancy Birch, UOG Associate Librarian. Virtual presentation – joining link will be posted to CourseLink as an announcement.	

Date	Cool Topics	Super Cool Assigned Readings (articles accessed via U of G library, or via Open Access)	Not-So-Cool Due Dates
Feb 8	Facilitated planning of group article critique presentations and term paper topic outline		
Feb 13	<ul style="list-style-type: none"> • How do I...write a term paper and cite and paraphrase properly? • Orientation to written critical appraisal of two articles, due March 1 	Guest speaker: Sarah Gibbons, Writing Specialist, UOG Writing Services. Virtual presentation – joining link will be posted to CourseLink as an announcement	
Feb 15	<ul style="list-style-type: none"> • Group article critique presentations (in person) 	Groups 1-5 with prof Groups 6-10 with GTA	Due Feb 16: Term paper topic outline
Week of Feb 19: READING WEEK – NO CLASSES – TIME TO CHILL			
Feb 27	<ul style="list-style-type: none"> • Debrief of term paper outlines • Orientation to student-led Journal Club and peer and self-evaluation; facilitated planning 	Bring possible Journal Club papers (based on term paper topic)	
Feb 29	Graduate Student Research Showcase Facilitated planning of student-led J Club, critical appraisal of two articles	Circulate your Journal Club paper to your group-mates	Due March 1: Critical appraisal of two articles
March 5	Journal Club (student 1 leads)	Article selected by student 1	
March 7	Journal Club (student 2 leads)	Article selected by student 2	
March 12	Journal Club (student 3 leads) Orientation to poster day, facilitated planning; lottery to determine order of poster day presentations	Article selected by student 3	

Date	Cool Topics	Super Cool Assigned Readings (articles accessed via U of G library, or via Open Access)	Not-So-Cool Due Dates
March 14	Journal Club (student 4 leads)	Article selected by student 4	
March 19	Journal Club (student 5 leads) Orientation to critical reflection	Article selected by student 5	
Mar 21	<ul style="list-style-type: none"> Complete peer and self-assessment forms for J Club Facilitated planning of term paper, recorded poster presentations 		
Mar 26-Apr 2	Free time to complete poster and record your poster presentation		Due April 2: Recorded poster presentation Critical reflection
April 4	<ul style="list-style-type: none"> Course wrap-up and facilitated planning of term paper Any rescheduled presentations (to make up for snow day) 		Due April 8: Term paper

Note: 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 posted CourseLink

8. ASSESSMENT DETAILS

Assessment	LO's Addressed	Due Date	% of Final
Oral Assignments			
Group article critique presentations (10 min)	1, 2	Feb 15*	15
Individual recorded poster presentation with accompanying poster (6 to 8 min)	2, 3, 4	Apr 2**	25
Written Assignments (individual)			
Term paper outline	1, 2	Feb 16***	5
Critical appraisal of two articles	1, 2	March 1**	15
Critical reflection on course engagement	3	April 2**	15
Term paper	1, 2	April 8**	25

*Group article critique presentation due in CourseLink Dropbox, by 9:00am EST, either in PowerPoint or Adobe.

**All other submissions due in CourseLink Dropbox, except the term paper outline, by 11:59pm EST, either as a Word document or PDF, or in the case of the individual recorded poster presentation as a video file, with accompanying poster in PDF, PowerPoint or alternative format.

*** Term paper outline due in CourseLink Dropbox, by 5pm EST, either as a Word document or PDF.

9. COURSE STATEMENTS

We have shared responsibilities to come to class prepared, ready to work/listen and be respectful to each other. Specifically:

Aiyu's Responsibilities:

- Support your success in the course
- Respond to email inquiries within 48 to 72 hours Monday to Friday if your email is sent from a uoguelph email address. You will not receive a response if your email is sent from a gmail or similar web-based account. Please do not email questions related to course content as these can be posted to CourseLink discussion board.
- Monitor and respond in a timely manner to questions posted on the CourseLink discussion board
- Hold student hours by appointment

Your Responsibilities as a Student:

- Come to class with an open mind and a non-judgmental stance.
- Come to classes on time and stay until the end.
- Be prepared for every class by doing the readings.
- Check the course website regularly and particularly before class for important announcements, resources, etc.
- Complete course requirements with integrity.
- Check your uoguelph email. This is the official way to get in touch with you for academic-related matters.

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 Dropbox. 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:

Your group article critique presentation should be posted to CourseLink Dropbox by 9:00am on Thurs Feb 15. If posted after 9:00am, it will be considered late and will incur at 5% penalty. Presentations

can be revised and resubmitted up until 9:00am, in case you catch an error; after 9:00am, no revisions permitted.

The term paper topic outline is due **Feb 16** by 5pm EST, and other written assignments are due **March 1** (critical appraisal of two articles), **April 2** (critical reflection on course engagement) and **April 8** (term paper) by 11:59pm EST, and the individual recorded poster presentation with accompanying electronic version of the poster is due **April 2**, also by 11:59pm EST. There is a 48-hour grace period for each during which the assignments will be accepted without penalty. Do not treat the grace period as the deadline, because it is not. The due date is the hard deadline. Questions about the assignment will not be answered during the grace period. The grace period is there to accommodate potential difficulties and life events that occur at the time of the due date. You do not need to email Aiyu requesting permission to submit during the grace period: just submit your assignment during the grace period. If you do, CourseLink will say that your assignment is late but if the submission occurred within the 48-hour grace period, it will not be considered late.

No extensions beyond the grace period will be granted. You can submit your assignments for up to 5 days (including weekend days) beyond the end of the grace period, however you will lose 5% on your assignment mark for each day beyond the grace period EXCEPT in the case of documented grounds for compassionate consideration. An assignment submitted more than 5 days after the end of the grace period without documented grounds will receive a zero (0) mark. If you are going to submit the assignments late, contact Aiyu to inform her of when you will be submitting. This policy is in place to guarantee fairness to all students.

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 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:

This course will use 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 you will be able to educate and empower yourself 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 make a booking at least 14 days in advance, and no later than November 1 (fall), March 1 (winter) or July 1 (summer). Similarly, new or changed accommodations for online quizzes, tests and exams must be approved at least a week ahead of time.

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.

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](#) and circulated by email.