

FOS 2001 – MAN’S FOOD
Summer C 2023
3 Credit Hours

Instructor:

Dr. Soohyoun (Soo) Ahn

Office: Room 104A, AFPP bldg. (Bldg. 120), Newell Drive

E-mail: sahn82@ufl.edu (Please allow 24- 48 hrs for response)

Phone: 352-294-3710

Virtual Office hours: M/T 9:30 to 10:30 am, <https://ufl.zoom.us/j/2231135293>

All other times – by appointment only

Primary General Education Designation: Biological Sciences (B)

(Note: A minimum grade of C is required for general education credit)

Course Description:

This course provides basic knowledge of two disciplines: Food Science and Nutrition. Students will be introduced to various aspects of food, including its biology, chemistry, processing, safety, and nutrition. Students will learn about the unique properties of food including their chemical and biological characteristics (B), and how the processing of food affects its properties. Students will also learn how the consumption of food affects our health (B). Students will examine different food commodities and how their properties affect their safety and quality.

Prerequisites:

None

Course Format:

This course is delivered 100% online. All students are expected to find and study the course content at <https://ufl.instructure.com/courses/478606>. The course is divided into 11 modules. Each module consists of video lectures, presentation slides and handouts, reading assignments, and additional supplementary materials (videos and/or readings) relevant to the module. For each module, there will be a short quiz, which covers material for that specific module. In addition to quizzes, we have exams and assignments. For details, please refer to “Assessment Details”.

It is your responsibility to take quizzes and exams in time, and submit assignments by the due date. Grades will be posted on Canvas. If you notice any discrepancy, report to the instructor immediately.

General Education Objectives:

Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments.

Student Learning Outcomes:

By the end of the course, students should be able to:

1. Identify and explain a vocabulary of nutrition and food science terms and their definitions **(B/Content – assessed through quizzes, participation, and exams)**
2. Identify basic nutrient groups and determine, name foods which are a good source of each nutrient group, and explain how to select healthy and nutritious food **(B/Critical Thinking – assessed through assignments)**
3. Compare different food commodities and their distinct chemical and biological properties **(B/Content – assessed through quizzes, participation, and exams)**
4. Identify and explain practices to keep food safe during preparation and cooking (Course-specific – assessed through quizzes, exams, and assignments)
5. Analyze how nutrition and food science is integrated with biological and chemical principles, and find and explain examples **(B/Critical Thinking and Communications – assessed through assignments)**
6. Examine career choices in food science and nutrition (Course-specific – assessed through participation and assignments)
7. Assess current issues in scientific reporting on nutrition and food science research, survey and develop scientific reports in nutrition and food science **(B/Communications – assessed through assignments)**

Textbook (Required in full):

“Understanding Food : Principles and Preparation”, 6th Ed., Amy Brown, Cengage, 2019. (E-book available through UF All Access).

Keep in mind UF All Access allows the access to the e-book for one term. So if you prefer keeping the textbook beyond the term or prefer hard copy textbook, you can opt out from UF AllAccess and purchase the hard copy from any book store. Textbook is required only for reading assignments.

Other supplementary reading materials and videos are provided through Canvas course page.

Materials and Supplies Feeds: N/A

Grading:

Assessment	Weight
Quizzes (9) (the lowest grade dropped)	25%
Exams (3)	40%
Assignments (2)	30%
Participation (pop up quizzes during video lectures)	5%
Total	100%

Grading scale^{a, b}:

Passing grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E
Course Average %	100% to 94%	<94% to 90%	<90% to 87%	<87% to 84%	<84% to 80%	<80% to 77%	<77% to 74%	<74% to 70%	<70% to 67%	<67% to 64%	<64% to 60%	<60

^aA minimum grade of C is required for general education and minor credit. Grade of C- or lower is not a qualifying grade for minor or Gen Ed credit. Further information on UF's grading policy is available at:

<https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies>

^bPlease note I do not round up grades. Requests to do will not be considered.

Assessment Details:

There are 9 weekly quizzes, 3 exams and 2 assignments in this course. Additionally, several optional activities for extra credit will also be given throughout the semester.

- 1) **Module assessment quizzes:** There are **9** assessment quizzes, and each quiz covers the lecture contents (except the first syllabus quiz). The quizzes should be taken online via the Canvas. The questions will be multiple choice or True/False questions selected from a question pool (10 questions for each quiz). The quizzes are **open-note**, so you can use class notes or lecture handouts. Each quiz will be timed and should be completed **in 15 min**. You will have 2 attempts for each quiz, and the higher grades will be used as your final grade. The second attempt is optional. It is only to give you a chance to improve your grade if you did not do well on your first attempt.

All quizzes will be open on Thursday, and should be taken by Sun that week (it will be closed at 11:59 pm on Sun). It is important that you read and watch the lecture for the covered module before taking the quiz. Out of 9 quizzes, I will drop the lowest grade and count the other 8 quizzes towards your final grade. There is **no makeup or due extension** for missed quizzes unless the absence was excused by the instructor (and this is why I drop the lowest grade). There is no quiz in the exam week. For details, please refer to the course outline.

- 2) **Exams:** There are **3** exams. Each exam covers multiple modules (but non-cumulative) and contains multiple choice and True/False questions. Exams are **open-note** tests, and will be **proctored by Honorlock**. All exams should be taken online via the Canvas. Each exam will be timed and should be completed in **50 min**. Exams will be open on Thursday and should be taken by Sun that week (it will be closed at 11:59 pm on Sun). Taking an exam late with penalty is NOT allowed, and any make up or schedule change must be discussed with the instructor in advance. For details on exam schedule, please refer to the course outline. Keep in mind Honorlock sends a report about any suspicious activity during the exam. If Honorlock sends a report about students' suspicious activity, instructor will review the recording and determine if there was any student honor code violation. If the instructor believes there was a violation of student honor code, it will result in failing grade in the exam and the incident will be immediately reported to Student Conduct & Conflict Resolution (SCCR).

(IMPORTANT) Exam Rules are 1) Only lecture notes (handouts or your own note) will be allowed. No textbook is allowed. Since our textbook is e-textbook, you will not be able to get access to the textbook during the exam. **2) Lecture notes or presentations should be printed in advance to the exam.** Honorlock will prevent you from opening other tabs, windows, or applications during the exam so that you cannot look up the information from the computer during the exam. You can also use your own notes taken during the lecture. If you take notes digitally, you will not be able to use them during the exam (unless you find a way to print them out in advance), so plan accordingly. **3) Use of electronic devices (phone, tablet, laptop) is prohibited** (other than the computer you are using for the exam) during the exam. Honorlock detects the use of secondary electronic device and will flag your exam. Use of the electronic device is serious violation of student honor code and will be treated as such, potentially resulting in failing grade and other consequences.

Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7, and all that is needed is a computer, a working webcam, and a stable Internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install. When you are ready to take the test, log into Canvas, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself and show your ID. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (844-243-2500), and/or email (support@honorlock.com).

- 3) **Assignments:** There are 2 assignments in this course. These assignments are related to course materials, and you will learn how to apply your learning to real-world situations. Detailed instructions for each assignment will be provided in the course website in canvas. You will have **2-3 weeks to complete** each assignment. All assignments should be submitted electronically through Canvas.
- 4) **Participation:** It is critical for students to be actively engaged in online learning. Students' participation will be assessed by inserting pop-up questions during the video lectures (PlayPosit). The questions are given to review the lecture, and students will have 2 attempts to correctly answer each question. The points will be recorded and counted towards the final grade as participation points.
- 5) **Activities for extra credits:** There are several activities in this course to earn extra credit, including self-introduction in Canvas Discussion in the first week of the semester, Honorlock practice quiz before the first exam, and mini-assignment. These activities are **optional**, and simply given to improve your grade. Detailed instructions for each activity will be provided in the course website in canvas.

Make-Up Exam and Late Submission Grading Policy:

Open and closing dates for quizzes/exams and due dates for assignments/discussions are listed below in the course outline. It is your responsibility to take quizzes/exams and submit assignments/discussion posts by the due date. Since both quizzes and exams are administered with multi-day time window (Thu-Sun), you already have flexibility in your scheduling and thus I offer make-up on a very limited basis.

There is **no make-up for quizzes** (instead, I will drop the lowest grade). For exams, make-ups will be considered **only for legitimate reasons with proper documentation**¹. Acceptable reasons include illness, serious family emergencies, jury duties, and participation in official university activities (e.g. athletic competition). Make-up exam request must be made **prior to the scheduled exam date**. Any request made after the due will not be honored (except medical emergency with proper proof).

For assignments and discussions, you can request due extension **only for legitimate reasons with proper documentation (see footnote below)**. If you submit assignments after the due date without the pre-approved due extension, I will still accept the submission, but **with 10% deduction each day** past a due date.

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>.

¹ Medical excuses or any sensitive information should be addressed through [Disability Resource Center](#) (DRC) or [Dean of Students Office](#). Please do NOT send any sensitive/medical information directly to the instructor. If you have any question or concern, talk to the instructor.

Due Extension Policy:

If you have the legitimate reasons that are consistent with UF policy, you could ask for extension of due dates for assignment or discussion posting. The request must be made **prior to the due date** with proper documentation (see footnote below), and depending on the situation, 3-7 days of extension will be given. If the arrangement for extension request is not made, any assignments and postings submitted after the due will be considered late and late submission policy will be applied (see above).

Course Communication

Important announcements related to the course will be made through Canvas under Announcements. If you do not miss any announcements, please ensure that your Canvas profile is set to receive notifications. This way, any announcement created will be delivered to your Gatorlink email.

In this course, I mostly communicate with students via e-mail (the one on file with UF). So, if you use other e-mail accounts, please check your UF e-mail regularly or set-up forwarding on the UF system. While I do my best to reply to your emails as quickly as possible, please allow 48 hours to receive a reply.

Students will have multiple channels to communicate with instructors:

- E-mails (either direct emailing or through Canvas mail)
- Canvas course page - Q&A forum in Discussion
- Office Hours – Instructor will offer virtual office hours
- Individual zoom conference meeting scheduled on request

Netiquette:

All members of the class are expected to conduct themselves in a professional and respectful manner and follow rules of common courtesy in all email messages, threaded discussions, and chats. Please read the [Netiquette Guide for Online Courses](#).

Tentative Course Outline

Week (Dates)	Module /Topic	Students' required activities, exams, quizzes ¹
1 (May 15)	Course Introduction <i>Students are introduced to the key tools and technology used in this online course and learn course and UF policies related to the course.</i>	<ul style="list-style-type: none">• EC²: Introduce yourself• Syllabus Quiz
2 (May 22)	Module 1. Importance of Food Selection <i>Students are introduced to the factors affecting food choices and learn about basic nutrition terms and dietary reference values and how to assess their diet adequacy.</i>	<ul style="list-style-type: none">• Module 1 Quiz• EC²: Honorlock quiz

3 (May 29)	Module 2. Composition of Food <i>Students learn about main nutrients and their chemical properties and functions.</i>	<ul style="list-style-type: none"> Module 2 Quiz
4 (Jun 5)	Module 3. Dietary Guidance and Assessment <i>Students are introduced to food guidance systems and tools for personal dietary assessment and learn how to understand nutrition information on food labels.</i>	<ul style="list-style-type: none"> Module 3 Quiz Assignment 1. Meal Analysis (Due Jun 26)
5 (Jun 12)	Module 4. Food Safety (including guest lectures by Dr. Schneider) <i>Students learn about different types of food safety hazards and how to effectively control these hazards.</i>	<ul style="list-style-type: none"> Exam 1 (module 1-4)
6 (Jun 19)	Module 5. Meat, Poultry, Fish <i>Students learn about unique chemical and biological properties of meat, poultry, and seafood.</i>	<ul style="list-style-type: none"> Module 5 Quiz EC²: I know What You Ate During Summer Break
7 (Jun 26)	Summer Break	
8 (Jul 3)	Module 6. Milk, Dairy, Eggs <i>Students learn about unique chemical and biological properties of milk and dairy foods as well as eggs. Students are also introduced to basic processing steps for these food commodities.</i>	<ul style="list-style-type: none"> Module 6 Quiz
9 (Jul 10)	Module 7. Vegetables, Fruits, Grains <i>Students learn about nutrition, chemical and biological properties of vegetables and fruits. Students learn to compare refined and whole grains and the role of gluten in baked products.</i>	<ul style="list-style-type: none"> Module 7 Quiz Assignment 2. Develop your product idea (Due Jul 31)
10 (Jul 17)	Module 8. Fats, Oils, Sweets <i>Students learn about chemical properties of fats and oils and their melting points. Also students will be to different types of candies and basic steps of candy-making.</i>	<ul style="list-style-type: none"> Exam 2 (module 5-8)
11 (Jul 24)	Module 9. Food Product Development (Guest lecture by Dr. Renee Goodrich-Schneider) – Will open on Jul 17 <i>Students will learn about the main steps of developing a new food product and what each step is about.</i>	<ul style="list-style-type: none"> Module 9 Quiz
12 (Jul 31)	Module 10. Food Processing (Guest lectures by Dr. Andrew MacIntosh) <i>Students are introduced to different processing techniques and learn about the basic principles of each technique.</i>	<ul style="list-style-type: none"> Module 10 Quiz

13 (Aug 7)	Module 11. Careers in Food Science and Nutrition (Guest lectures by Dr. Charlie Sims and Dr. Laura Acosta) <i>Students learn about nutrition and food science as academic discipline and different career choices under these two disciplines.</i>	<ul style="list-style-type: none"> • Exam 3 (modules 9-11) - closes on Aug 11³
-------------------	---	---

¹Details on each requirement are shown in the table below

²EC: Extra-credit activity

³Exam 3 schedule (Mon to Fri) will be different from other exams due to UF grade submission timeline.

Quiz, Exam, Assignment, and Discussion Schedule

Type	Materials Covered	Opening Date / Posting Date	Closing Date / Submission Due
Syllabus Quiz	Syllabus	May 18	May 28
Assessment Quiz*	Module 1	May 25	May 30**
	Module 2	Jun 1	Jun 4
	Module 3	Jun 8	Jun 11
	Module 5	Jun 22	Jun 25
	Module 6	Jul 6	Jul 9
	Module 7	Jul 13	Jul 16
	Module 9	Jul 27	Jul 30
	Module 10	Aug 3	Aug 6
Exam 1	Module 1-4	Jun 15	Jun 18
Exam 2	Module 5-8	Jul 20	Jul 23
Exam 3***	Module 9-11	Aug 7	Aug 11
Assignment 1	Module 1-3	Jun 5	Jun 26
Assignment 2	Module 1-9	Jul 10	Jul 31
Extra credit activity 1 (Self-introduction)	N/A	May 15	May 29
Extra credit activity 2 (Honorlock quiz)	N/A	May 15	Jun 14

Extra credit activity 3 (I know What You Ate During Summer Break)	Module 1-4	Jun 19	Jul 10
---	------------	--------	--------

**No module assesement quiz on the exam week*

***Please note the change. Since these are long weekends, the closing day is Tue instead of Sun.*

**** Please note that Exam 3 opens on Mon and closes on Fri (different from regular Thu-Sun).*

Course Evaluation

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and then can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Student Complaints

Each online distance learning program has a process for, and will make every attempt to resolve, student complaints within its academic and administrative departments at the program level. If you are unsure about who to contact at the program level please email distance@dce.ufl.edu and a member of the distance learning staff will forward your complaint to the appropriate UF administrative authority. Further information can be found at: <https://distance.ufl.edu/student-complaint-process/>.

Academic Honesty/Integrity

You are required to abide by the Student Honor Code. Any violation of the academic integrity including cheating and plagiarism will result in a minimum academic sanction of failing grade on the assignment or exam/quiz. Any alleged violations of the Student Honor Code will result in a referral to Student Conduct and Conflict Resolution. Please review the Student Honor Code and Student Conduct Code at <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>.

Software Policy

All faculty, staff, and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Accommodation for Students with Disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/>) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

Online Security and Privacy:

Remember that your password is the only thing protecting you from pranks or more serious harm.

- Don't share your password with anyone
- Change your password if you think someone else might know it
- Always logout when you are finished using the system

This course offers pre-recorded video lectures so there will not be any recording of class sessions.

For information about the privacy policies of the tools used in this course, see the links below:

- Instructure (Canvas)
 - [Privacy Policy](#)
 - [Accessibility](#)
- Zoom
 - [Privacy Policy](#)
 - [Accessibility](#)
- Honorlock
 - [Privacy Policy](#)
 - [Accessibility](#)

Campus Resources for Students

Health and Wellness:

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit umatter.ufl.edu/ to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit counseling.ufl.edu/ or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit shcc.ufl.edu/.
- University Police Department: Visit <https://police.ufl.edu/> or call 352-392-1111 (or 9-1-1 for emergencies).

- UF Health Shands Emergency Room/Trauma Center: For immediate medical care, call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; <https://ufhealth.org/emergency-room-trauma-center>.

Academic Resources

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail athelpdesk@ufl.edu.
- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services; <https://career.ufl.edu/>.
- Library Support: various ways to receive assistance with respect to using the libraries or finding resources; <https://cms.uflib.ufl.edu/ask>
- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring; <https://teachingcenter.ufl.edu/>
- Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers; <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus: sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/ On-Line Students Complaints: <https://distance.ufl.edu/student-complaint-process/>