

FOS 2001 spring 2017 (3 credits)**Instructor: Agata Kowalewska, PhD, RD****Course Description:**

Designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering and microbiology of food. Students will learn how food affects our health and how food production and consumption affects the environment, while developing a vocabulary of terms that will enable them to understand, discuss, and evaluate nutrition and food science topics.

Course Overview:

This course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering and microbiology of food. It is designed for all who want to know how food affects our health and how food production and consumption affects the environment. This course provides you with a vocabulary of nutrition and food science terms that will enable you to understand, discuss, and evaluate nutrition and food science topics. After you take the course you should come away with an ability to understand and converse about general nutrition and food science information presented in scientific journals, magazines, media, etc. The knowledge will add to your academic and professional development and will help you to become an educated and informed consumer.

The overall goals of the course are to ensure that you have:

- The desire to learn about nutrition and food.
- Interest in applying food health and safety to your lifestyle.
- Knowledge to improve your health and well-being at home and in the work force.
- Curiosity about evaluating your nutritional status.
- The ability to integrate nutrition and food science as important biological and chemical principles.
- A knowledge base necessary for making value judgments concerning issues in nutrition and food science.

General Education Objectives and Learning Outcomes:

This course is a biological sciences (B) subject area course in the UF General Education Program. 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.

Upon completion of this course, students will be able to:

- Explain and practice the Scientific Method and hypothesis testing as it relates to your nutritional status and food intake.
- Examine the foundations of human nutritional requirements by understanding the functions of the nutrients.
- Apply your knowledge of nutritional requirements to US and global populations.
- Analyze interactions of macro and micro nutrients as it relates to metabolism.
- Examine the processes associated with the digestion and absorption of food.

- Describe the classification, quality, bio-chemical reactions, and sources of macro and micro nutrients.
- Describe the safety issues, chemical and biological, affecting foods and those processes used to protect consumers food.
- Conceptualize the processing and methods used in new food development.
- Evaluate resources that provide information about nutrition, food sciences and food safety.

At the end of this course, students will be expected to have achieved the following learning outcomes in content, communication and critical thinking:

Content: *Students demonstrate competence in the terminology, concepts, theories and methodologies used within the discipline.* Students will be able to describe basic nutrition, food safety and food sciences terms, classification of nutrients and their role in the body, and relevance of particular nutrients to human health. They will achieve this outcome by completing assignments 4, 5 and 6, successfully participating in all exams and in selected weekly quizzes. Content related to digestion and absorption will be evaluated by exam 2, weekly quiz 5 and class activity post in week 5. Competency related to topics of food and culture, disparities, and food distribution will be assessed by assignment 5 as well as exam 1.

Critical Thinking: *Students analyze information carefully and logically from multiple perspectives, using discipline-specific methods, and develop reasoned solutions to problems.* There are three set of assignments which help students develop critical thinking skills. Assignments 1 and 2 progress from choosing a controversial topic, researching each side of the controversy, summarizing the findings, reflecting on this basis to formulate discipline specific personal opinions to the last part, where each student evaluates a peer's approach in creating opinions. The second set of assignments 3-5, is based on the scientific method. First students learn what the scientific method is, than create a hypothesis based on their knowledge of culture specific foods, enter and analyze provided data, prove or disprove the hypothesis, and reflect on the health consequences related to specific food patterns. They have the opportunity to compare their hypothesis with examples of hypotheses and reflections on similarities/differences and the reasons for them.

The last set of assignments, 6A and 6B, gives students practice in conducting food sensory testing to experience and practice a research-based approach to new food development.

Communication: *Students communicate knowledge, ideas and reasoning clearly and effectively in written and oral forms appropriate to the discipline.*

Students practice three methods of communication which are assessed by the instructor and one written communication evaluated both by peers and the instructor. Assignment 2 measure students' ability to extract, summarize and effectively present information on a controversial topic in an essay format (instructor graded and feedback provided). In the second part of the assignment, peers comment on the effectiveness of the collected resources and the persuasiveness.

Verbal communication is practiced and evaluated in class activities. Students need demonstrate understanding of selected nutrition and food sciences related topics and apply that knowledge in video recording.

Graphic forms of communication are practiced and evaluated in the assignment where students are required to set up a sensory evaluation test. A major part of the final report of assignment 6B is created as a series of images with accompanying text.

Instructor Information

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Lead Teaching Assistants

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Office Hours:

Agata Kowalewska: Mondays and Wednesdays 11AM-noon
You are always welcome to make an individual appointment (agatak@ufl.edu).

Course Materials:

The required materials for the course are provided by two different publishers, Pearson and Kendall/Hunt Publishers.

NOTE: You need both, Pearson and Kendall/Hunt, not one or the other.

- **Pearson materials – access code to MyDiet Analysis program**
 - MDA access card ISBN: 0321733908.
 - Course ID: *agataolga:fos2001spring2017*
 - To purchase the access online visit Pearson webpage www.mydietanalysis.com
- **Kendall/Hunt materials – e-book**
 - *Nutrition, Real People Real Choices*; 2016, 3rd Editors: C.D. Allred, N.C. Turner, and K.S. Geismar (ebook) ISBN: 9781524900366.
 - <https://he.kendallhunt.com/product/customization-nutrition-real-people-real-choices>

Course Communication:

Critical announcements for the course are found on Canvas under **Announcements**. When an announcement is posted on Canvas the system generates an email that will go to your Gatorlink email (**your_email@ufl.edu**). Canvas will not communicate with any other email address. Therefore make sure to check your UF email account often.

Before sending an email to the instructor and TAs, you must first submit it to the course **Discussion** and wait for an answer. If you do not submit your question to the course Discussion, it will not be answered. Check other posts because your question may have been answered already.

Personal issues such as emergencies, health, rescheduling exams, etc. should be directed to your instructor or your TA. We will do our best to answer your emails with 48 hours however due to the size of the course it may take longer. Particularly at the beginning of the semester and around the assessment times the number of emails increases dramatically and it may take up to 4 days to answer your e-mail.

Course Outline:

The course is divided into 15 weekly modules. Each module contains lectures, reading materials, and additional resources. On most Thursdays, starting on the second week of the semester, there is a short quiz. Each quiz covers only material for that particular module and the questions will concentrate on the

main issues included in the learning objectives. The following day, on Friday, I (your instructor) will send a message with explanation of correct answers. The message will also include a “housekeeping” segment such as organization of the course, upcoming activities, exams, etc.

In addition to weekly quizzes and exams you are also responsible for assignments and class activities. All assessments have specific open dates and due dates. All assessments are due on Canvas at 11:59:00PM on a specific date. The two zeros at the end of the hour mean that if your assessment is submitted at 11:59:01PM it is late.

Important: All assessments have to be submitted on Canvas by the due date.

Highly recommended Internet platforms to use with Canvas and for exams: Google Chrome and Mozilla Firefox;

Other browsers such as Safari and Internet Explorer can cause crashes and should not be used.

Technology Rules:

This course relies on technology – UF systems and the students system; it is the student’s responsibility to have a reliable operating system including Internet or WiFi. Remember it is an online course therefore you can use any computer not just your own.

All students can take exams anywhere there is a reliable Internet system.

UF computer facilities (<https://labs.at.ufl.edu/ComputerLabs.php>) on-campus that you may use if you are concerned about your computer and/or Internet.

Exams are timed – 50 min and proctored (ProctorU). The clock is on the UF Server and once you begin it continues to run even if your system crashes, so try logging back in and call UF Help Desk at (352) 392-4357 for help.

Note: Because one cannot validate what you are doing while working/submitting course assessments **you will not** get an automatic makeup for Internet or system issues other than a UF Canvas or Server problem. A UF Canvas or server issue will have a major impact on the majority of students. Bottom line – if your system crashes, you will get the score you have at that time.

In the event of a crash, quickly shut down your system and log back in (the clock for the exam continues to run as it is on the UF server).

Very Important: For any computer problems contact the UF HELP Desk at 392-HELP (4357); anytime you contact UF Help Desk take a ticket number. Hours: <http://helpdesk.ufl.edu/about/business-hours>.

Please remember that a ticket from UF Help Desk does not automatically guarantee a makeup but if you do not have one we cannot follow on your claim.

I will check with UF AT about UF Canvas and Server issues.

Information about proctoring services (ProctorU) is posted on Canvas. You have to register with the service prior to the bonus quiz but only the bonus quiz and exams are proctored.

If you register with ProctorU less than 72 hours in advance there is an additional fee and again a higher fee if you register the day of the exam.

Critical Dates: All times Eastern Standard Times (EST)

Exams	Open date and time	Closing/Due date
Exam 1	Friday, Feb. 3 rd at 00:01AM	Friday, Feb. 3 rd at 11:59:00PM
Exam 2	Friday, Mar. 17 th at 00:01AM	Friday, Mar. 17 th at 11:59:00PM
Exam 3	Wednesday, Apr. 19 th at 00:01AM	Wednesday, Apr. 19 th at 11:59:00PM

Assignments	Special Instructions
Assignment 1A: Essay on a controversial issue (28pts)	"Turnitin" submission
Assignment 1B: Point of view self-reflection (8pts)	You will be assigned two assignment 1A essays to read and self reflect.
Assignment 2: Scientific method quiz (5pts)	
Assignment 3: Your hypothesis and two different food patterns. (27pts)	You will need to use the MyDiet Analysis Program for this assignment, submitted in pdf format
Assignment 4: Diet quality and health (30pts)	"Turnitin" submission, pdf format
Assignment 5A: Taste panel quiz (5pts)	
Assignment 5B: Taste panel experiment (34pts)	You need 3 to 6 participants to complete this assignment, submitted in pdf format

Class Activity	Modules	Post due date
Digestion of starch (3pts)	Module 5	All dates posted on Canvas
"Dissolution" test (3pts)	Module 10	All dates posted on Canvas
"Spot the safety issue" (3pts)	Module 13	All dates posted on Canvas

Module Quizzes	Modules	Special Instructions
All quizzes (3pts each)	Modules 1&2, 3, 4, 6, 7, 8, 9, 11, 12, 13, and 14	Open and due on specific Thursdays at 11:59:00PM

Grading Policies:

Grades will be according to:

- 3 Exams (3x50pts each = 150pts)
- During the exams you shall not use any resources. Use of any electronic devices, books, notes, friends, hired help, etc., will be considered cheating and may result in consequences including expulsion from UF.
 - All exams will be posted/taken on Canvas. You will have a **24 hr. window** starting at **00:01AM** on the date of the exam and ending at **11:59:00PM** on the same day. Dates are posted in table above.
 - Exams are timed and proctored: **50 questions** in **50 min.**

- To participate in exams you have to be registered with proctoring program (proctorU). Instructions will be posted on Canvas.
- Assignments: (137pts)
 - Information about assignment will be posted on **Canvas > FOS2001 > Assignments**
- Class activities (3x3pts each = 9pts)
- Weekly quizzes (11x3pts each = 33pts)
- Total points for all assessments: 329pts.
- Bonus assignments: (2x5pts each = 10pts). They will be announced on Canvas. The bonus assignments are in addition to 329 points that you can earn on regular assessments.

Gainesville and UF are in the EST and we are going to use that time for all assessments due dates and times.

Course Rules:

Course and exam rules are outlined in this section.

- All assignments, exams, etc. are due on a specific date and time and are considered submitted only if they were uploaded on Canvas by 11:59:00PM on a specific date.
- We do not accept any assessments over email, message, hard copy, etc.
- If you submit an assignment or a class activity within 24 hours past the due date you can earn only up to 50% of possible points.
- After the first 24hr past the due date for an assignment or a class activity has passed assessments are not accepted.
- There is not option to take a late exam or a weekly quiz unless you have our university approved excuse.
- There are no makeups for missing assignment without an excused absence. I do not waiver on this policy.
- If you have any medical, family, personal situation that may prevent you from taking any assessment on time and you know about it at least one (1) week in advance please contact your instructor directly. Read below:
- **Request a Makeup:** If you missed any assessment due to the university or a family emergency you need to contact Dean of Student office. Phone (352)392-1261 and/or umatter@ufl.edu. They will help you to make arrangements to make-up any work that you may have missed. The DOS office has resources to check hospital notes, police records, etc. Only the note from DOS will allow you to make up missed assessment.
- After your grade is posted you have one (1) week to contact your group TA with any questions. After that week, the grade is final and there will be no more discussion about it.
- **FINAL GRADES are not negotiable – you get what your total points reflect on Canvas.**

Other arrangements: Students who have a conflict because of an upcoming function may request a makeup or different exam time. The following functions will be considered for a makeup if the student or representative emails the instructor (agatak@ufl.edu) at least 1 week before the exam date. Bottom Line – do not wait until after the exam to ask for the excuse for these.

- UF function
- Job interview
- Religious holidays
- Family event.

Grading Scale

Your grades will be posted on Canvas. Grades are based on total points. You need to have the following total points for the letter grade. Please remember that 295 is still A- and it will not become 296 overnight, it is true for all the other grades/points. All assessment grades are given in no less than 0.5pt increments.

Letter grade	Minimum points for a grade
A	296
A-	285
B+	274
B	263
B-	252
C+	241
C	230
C-	219
D+	208
D	197
D-	186
E	Below 186

For information on current UF policies for assigning grade points,

See <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Each online distance learning program has a process for resolving student complaints within its academic and administrative departments at the program level. See <http://distance.ufl.edu/student-complaints> for more details.

Campus Help Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

- *University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575*
<http://www.counseling.ufl.edu/cwc/>

- Counseling Services
 - Groups and Workshops
 - Outreach and Consultation
 - Self-Help Library
 - Wellness Coaching
- U Matter We Care, www.umatter.ufl.edu/
 - Career Resource Center, First Floor JWRU, 392-1601, www.crc.ufl.edu/

Students with Disabilities Accommodation

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) 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.

Disability Resource Center, 001 Reid Hall, 352-392-8565

NOTE: when you obtain your letter, please sent it directly to your instructor, not the TA.

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.

Academic Honesty

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Online Course Evaluation Process

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaint-process> to submit a complaint.

Course Schedule

The table below provides only general outline of the course. For more specific information, please refer to detailed course schedule (posted in **Modules**) or follow to each weekly module individually.

Module	Topics	Required readings
1/2	Overview of Man’s Food – main ideas of nutrition, food sciences and food safety.	Chap. 2

		Healthy People and Dietary Guidelines
3	Cultures, ethnicity and food in US Global issues of food and nutrition.	Chap. 1 Raiten DJ <i>et al.</i> 2011.
4	Classifications of nutrients Water	Chap. 8 Popkin BM <i>et al.</i> 2010
5	Carbohydrates Guest lecture by Dr. W. Dahl	Chap. 3
6	Fats Guest lecture by Dr. G. Baker	Chap. 4
7	Proteins	Chap. 5
8	Digestion and absorption	Chap. 6
9	Energy and calorie Guest lecture by Ms. L. Acosta, RD, CSSD, LDN	Chaps. 7 and 14
10	Vitamins and minerals Guest lecture by Dr. K. West MD, RD Guest lecture about Dr. M. Knutson	Chaps. 9 and 10
11	Life stages and nutrition Guest lecture by Dr. L. Bobroff	Chaps. 12 and 13
12	Science of food and food development Guest lecture by Dr. C. Sims Guest lecture by Dr. R. Goodrich-Schneider Biotechnology	Ramachandraiah K, <i>et al</i> 2015; Hefferon KL. 2015; Buiatti M, <i>et al.</i> 2013
13	Food safety Guest lecture by Dr. K. Schneider	Chap. 17
14	Food Preservation Food allergies and food sensitivity	McWilliams M. Food preservation. 2008 Stefka AT, <i>et al.</i> 2014
15	Alcohol Phytochemicals	Chap.16