

## Syllabus

# Syllabus - Man's Food (FOS2001)

Read the syllabus carefully. You are responsible for all information contained in this document. It describes the necessary information you will need to complete the course

## Course Description

This course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering and microbiology of food and how foods affect one's health and impacts on their environment. This course provides students with a vocabulary of nutrition and food science terms that will enable them to understand, discuss, and evaluate nutrition and food science topics. Students should come away from this course being able to understand and have conversations about general nutrition and food science information presented to them through magazines, media, people, etc. This course provides **3 credits** of Biological Science for General Education credit - **web course in Sakai all semesters**.

## Instructor Information

**Dr. Marty Marshall (Uncle Marty)**, Professor Food Science and Human Nutrition Dept.

Address: Rm 1, Bldg. 685 Food & Environmental Toxicology Lab ([Map](#))

Phone: 352-392-1978 x405

Email: [martym@ufl.edu](mailto:martym@ufl.edu)

Course WebPage: <http://fshn.ifas.ufl.edu/faculty/mrmarshall/>

## Office Hours

**Uncle Marty** has an "Open Door Policy" for office hours. You are always welcome to visit and get assistance. Please call (352-392-1978 x405) or email first to make an appointment or to see if I am in – Remember my location ([Map](#)).

**Teaching Assistant - Xixuan Tang** Email: [tangx1991@ufl.edu](mailto:tangx1991@ufl.edu), Address: Rm 11, Bldg. Food & Environmental Toxicology Lab ([Map](#)), 1642 SW 23rd Dr.

## Overall Goals

The overall goals of the course are to ensure students have:

- The desire to learn about nutrition and food.
- Interest in applying food health and safety to their lifestyles.

- Knowledge to improve their health and well-being at home and in the work force.
- Curiosity about evaluating their 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.

## Specific Student Learning Objectives

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

- Explain and practice the Scientific Method and hypothesis testing
- Examine the foundations of Man's Nutritional requirements by describing one's nutrients and their function.
- Define basic nutritional and food science terms, measurements, and weights.
- Identify the importance of macro and micro nutrients.
- Examine the processes and components associated with the digestion and absorption of food.
- Describe the quality, classification, transport, bio-chemical reactions, and sources of macro and micro nutrients.
- Examine how food affects your health.
- Describe the safety issues, chemical and biological, affecting foods and those processes used to protect consumers food.

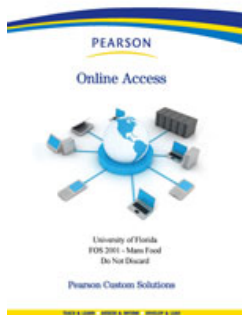
## Teaching Strategies

Online lesson content, written assignments, and examinations.

## COURSE MATERIALS

### TEXT

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



### **Pearson materials:**

This purchase allows you access to Pearson Lessons and the MyDiet Analysis Program for Assignment 1.

You can purchase the course materials from Pearson in two ways:

1. at one of the local bookstores - Go to the bookstore to get the current ISBN ( **9781269877367** ) to use to purchase the code.
  2. online through Pearson Publisher - For online purchase, you go to Lesson Modules in the left menu and when you click on a Presentation it will give you the option to enter an activation code or prompt you to purchase the Lessons.
- NOTE:** if you purchase online, you will automatically access the Lesson Modules and not need an Activation Code.

NOTE: Registering both ways should give you access to the materials and My Diet Analysis Program - ONLY ONE ACCESS CODE IS NEEDED

For additional assistance, you can chat (preferred) or e-mail with Pearson Technical Support at <http://247pearsoned.com> or call 1-800-677-6337 (long wait times).



### Kendall/Hunt materials:

To purchase the Kendall/Hunt Materials, you can get it at the bookstores in Gainesville or online

Students can purchase directly from Kendall-Hunt at <http://www.kendallhunt.com/store-product.aspx?id=61668>

### Course Communication

Critical announcements for the course are found in Sakai under Announcements. Most communication concerning course material is through Announcements in Sakai. You will see these in your **My Workspace** as well as in the course under **Recent Announcements**. When an Announcement goes out in Sakai, it will also be sent to your **Gatorlink email so multiple times during the day** you should check your Sakai Announcements and email.

Other correspondence is through **Gatorlink email**. You should look at your **Gatorlink email multiple times during the day** to make sure you have not missed any important information, so constantly monitor your email. You must use **Gatorlink email**. However, before sending email to the instructors and TA, **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**. *Requests for missing an exam, make ups, personal issues, etc. should be emailed directly to the instructors and not the course Discussion.* Communication directly to us through the above method and **not** by phone (unless an emergency) is required. *For Assignment questions you should **contact your TA**.*

### Course Outline

The course schedule for the class is divided into *4 Modules* with an exam that tests each module; **In summer**, Modules 1&2 and 3&4 are combined so **only 2 exams are given**. Lessons in the modules are text with additional media such as animations, videos, etc. **NOTE: each module is completed in about a 3-4 week period; In summer, 2 modules are combined and tested in a 3 week period.**

- **Module 1** - Nutrition: The Beginning - Introduction; The History of Nutritional Development; The Cell; Digestion and Absorption of Chemicals in the Human Body; The Calorie; [Exam 1](#)
- **Module 2** - Nutrition: The Macronutrients - Nutrient 1: Water; Nutrient 2: Proteins; Nutrient 3: Carbohydrates; Nutrient 4: Fats; [Exam 2](#)
- **Module 3** - Nutrition: The Micronutrients - Nutrient 5: Vitamins; Nutrient 6: Minerals; Additional Nutrients: Phytonutrients and Nutraceuticals; [Exam 3](#)
- **Module 4** - Food Safety: The Bad Bugs - Food Borne Disease; The Immune System, Food Allergy and Intolerance; Food Preservation; [Exam 4](#)

### Critical Dates

Important dates for all required Exams and Assignments.

### Exams

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Exams	Open Date	Day	Open and Closing Times
Exam 1	<b>September 17, 2014</b>	<b>Wednesday</b>	7 am - 7 am (next day)
Exam 2	<b>October 8, 2014</b>	<b>Wednesday</b>	7 am - 7 am (next day)
Exam 3	<b>November 5, 2014</b>	<b>Wednesday</b>	7 am - 7 am (next day)
Exam 4	<b>December 10, 2014</b>	<b>Wednesday</b>	7 am - 7 am (next day)

## Assignments

Assignments	Open Dates	Due Date	Day	Due by
1 Pepsi Challenge/Taste Panels	August 25, 2014, 7 am	<b>December 10, 2014</b>	Wednesday	<b>From 2 - 3 pm</b>
2 Scientific Method, Presentation	August 25, 2014, 7 am	<b>September 3, 2014</b>	Wednesday	<b>11 pm</b>
3 Food and Nutrient Lists/Hypothesis	September 4, 2014, 7 am	<b>September 11, 2014</b>	Wednesday	<b>11 pm</b>
4 MyDiet Analysis Program	September 11, 2014, 6 pm	<b>September 25, 2014</b>	Thursday	<b>4:30 pm</b> <b>you must physically</b> <b>turn this in on campus</b>
5 Persuasive Essay, 1	August 25, 2014, 7 am	<b>October 1, 2014</b>	Wednesday	<b>5 pm</b>
6 Persuasive Essay, 2	October 1, 2014, 6 pm	<b>December 3, 2015</b>	Wednesday	<b>5 pm</b>

## Grading/Exam Policies

Grades will be according to:

- **4 examinations (160 pts: 53%): In summer, 2 exams (160 pts: 53%).** Exams are **Open Book** if using the Study Guide, Your Food

and Health: A Study Guide for Man's Food from Kendall/Hunt.

- For all semesters, exams can be taken within a **24 hr window** starting at **7 am** on the date of the exam and ending at **7 am** the following morning.
- Exams are timed and are **40 questions in 30 min: In summer, exams are 80 questions in 60 min.** This is 45 sec per question so you do need to prepare some. Don't rely on looking everything up.
- **Assignments:**
- For more information about each of these - Click on Assignments in e-Learning/Sakai in far left window bar.
  - **Assignment 1 - Pepsi Challenge (10 pts: 4%)**
  - **Assignment 2 - Scientific Method and Hypothesis Assessment (10 pts: 4%)**
  - **Assignment 3 - Food List, Testable Hypothesis and Nutrient List (15 pts: 5%)**
  - **Assignment 4 - MyDiet Analysis - Food recall assignment (55 pt; 18%)**
  - **Assignment 5 - Persuasive Essay, Article 1 (topic by instructor) + Discussion (20 + 5 pts: 8%)**
  - **Assignment 6 - Persuasive Essay, Article 1 (topic by student) + Discussion (20 + 5 pts: 8%)**

**All Assignments, Exams, etc. are due on a specific date and time. They will not be accepted late and will result in a zero grade other than with an excused absence.**

## Grading Scale

Your Grades can be accessed through Sakai. Click the GRADEBOOK2 link on the left to see your point totals for each assignment, exam and bonus quizzes. A 0 in any of the required grades, first means that it has not been graded; however, once grades are released, it means it was not received and you have one week to dispute a zero and a second week to review point deductions.

Grades are based on total points not percentage. You need to have the following total points for the letter grade.

Letter Grade	Minimum Points	Percentage	Letter Grade	Minimum Points	Percentage
A	270	90	C	210	70
A-	264	88	C-	204	68
B+	255	85	D+	195	65
B	240	80	D	180	60
B-	234	78	D-	174	58
C+	225	75	E	Below 174	Below 58

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

## Course Rules

Course and exam rules are outlined in this section. PLEASE READ these carefully:

**Remember:**

- If it is important to you solve or report the issue immediately when it happens
- FINAL GRADES are not negotiable – you get what your total points reflect in the Grading Scale

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/ugrad/current/regulations/info/attendance.aspx>.

**Review Policy:** You have 1 week to dispute a zero grade once posted and 2 weeks to dispute a course grade once posted.  
**NOTE :** in Summer B you only have 1 week to dispute a grade because of the shortened semester.

**Excused Absences:**

**Emergency:** All emergency absences require documentation demonstrating you had an issue during the time frame for the exams (7 am to 7 am the following day) or assignments and must be reported by EMAIL to instructor within one hour of the exam or assignment closing. **NOTE: for assignments since they are open for 2 weeks and longer, even a medical excuse may not be acceptable for missing these deadlines - you have plenty of time to complete these so don't wait till the very end.**

- Medical – if you are sick visit or contact the Student Health Center (352-392-1161). **NOTE: they do have after hours phone service.** Failure to contact them during the exam time will result in no makeup for the missed exam. **Bottom Line** - Backdating will not be accepted without some contact with them or instructor before the exam ends.
- Legal issue – subpoena or jury duty
- Family emergency – must demonstrate a timeframe that insures a hardship for taking the exam.
- Accident – must demonstrate a timeframe that insures a hardship for taking the exam.

All other issues are not excuses and will result in a zero if the exam is missed

Who do I contact for scheduling and information: Amanda Hogle, EMAIL: [adhogle@ufl.edu](mailto:adhogle@ufl.edu), PHONE: 352-392-1978 x402, FAX: 352-392-1988

**Request a Makeup:** Students who have a conflict because of some 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 ([martym@ufl.edu](mailto:martym@ufl.edu)) at least **1 week before the exam date.** **Bottom Line** – don't wait until after the exam to ask for the excuse for these.

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

**NOTE:** All others are considered unacceptable because you can take the exam anywhere as long as you have internet connection.

## Exam 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

All students can take exams anywhere there is a reliable internet system. **REMEMBER:** there are computer facilities (<https://labs.at.ufl.edu/ComputerLabs.php>) on-campus that you may use if you are concerned about your computer and internet.

### To Take Your Exams:

- **Internet platforms:** Mozilla, Google; Other browsers Safari and Internet Explorer can cause crashes and should not be used.
- **Timed Exam:** exams are timed – 30 min, 40 questions fall and spring semesters; 60 min, 80 questions in summer. 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 392-4357 for help.
- **Open Book:** if using the “Study Guide for Man’s Food, 7<sup>th</sup> Edition; Opening multiple windows can cause your system to crash and a reason why internet/system failure gets you no relief.

Because one cannot validate what the student is doing while taking the exam – you will not get a makeup for internet or system issues other than a UF Sakai or Server problem. A UF Sakai 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. NOTE: the clock for the exam continues to run as it is on the UF server.
- Second, Contact the UF HELP Desk at 392-HELP (4357); Hours: <http://helpdesk.ufl.edu/about/business-hours/>. NOTE: a ticket from them does not guarantee a makeup. I check with UF AT about UF Sakai and Server issues.

## WEB Students - Policies

- Lessons are on Sakai and you should try reviewing them weekly. There are four exams that test each module. You need to have completed the lessons before each exam. Each module is approximately 3-4 weeks during Fall and Spring semesters and two modules approximately every 2.5 weeks during Summer B semester.
- Remember you are responsible for taking the exam at your scheduled date and time range. Look at Critical Dates for exam dates and times.
- Check your Gatorlink Email and Announcements on e-Learning/Sakai multiple times a day for information concerning the course – you are responsible for this information.

## University of Florida Student Counseling Services

Students experiencing crises or personal problems that interfere with their general well-being 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. NOTE: You need to present these to the instructor well before the semester ends - coming to me at the end will not get you relief.

*University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575, [www.counseling.ufl.edu/cwc/](http://www.counseling.ufl.edu/cwc/)*

Counseling Services  
Groups and Workshops  
Outreach and Consultation  
Self-Help Library  
Training Programs  
Community Provider Database

*Career Resource Center, First Floor JWRU, 392-1601, [www.crc.ufl.edu/](http://www.crc.ufl.edu/)*

## Students with Disabilities Accommodation

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation

0001 Reid Hall, 352-392-8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)

**NOTE :** when you obtain your letter please either fax (352-392-1988); email: [adhogle@ufl.edu](mailto:adhogle@ufl.edu) or bring it to my office bldg. (Food & Environmental Toxicology Lab) – on the corners of Hull and Mowry Rds and SW 23<sup>rd</sup> Dr. across from Campus Edge Condos and on Bus Route #9. Contact: Amanda Hogle, 352-392-1978 x402.

## 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

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit 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."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php>.

### Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.