

## **Syllabus: FOS2001 Man's Food (3 credits) Fall 2015**

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.

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.

### **Course 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.

### **Instructor Information**

**Dr. Agata Kowalewska**, Food Science and Human Nutrition Department

Address: Main UF Campus, McCarty Hall D, room G025, Gainesville 32611; [map](#)  
Phone: 352-273-3473  
Email: [agatak@ufl.edu](mailto:agatak@ufl.edu)

### Office Hours

Agata Kowalewska: Mondays 9-11AM and general advising office hours Wednesdays 9-11AM  
To make an appointment please email me at [agatak@ufl.edu](mailto:agatak@ufl.edu).

### Teaching Assistant Information

**Xixuan Tang**, Food Science and Human Nutrition Department

Address: Food and Environmental Toxicology Lab, 1642 SW 23<sup>rd</sup> Road, Room 11 [map](#)

Email: [tangxx1991@ufl.edu](mailto:tangxx1991@ufl.edu)

### Course Materials:

The required material for the course is 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:**

- This purchase allows you access to Pearson Lessons and the MyDiet Analysis Program for Assignment 4.
- You can purchase the course materials from Pearson in two ways:
  - at one of the local bookstores - Go to the bookstore to get the current ISBN (**9781323041567**) to use to purchase the code.
  - online through Pearson Publisher - For online purchase, you go to Modules in the left menu, select Lesson Modules, click Load Lesson Modules and then follow the instructions from Pearson: here you can enter an activation code or it will prompt you to purchase the Lessons.
- **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.custhelp.com> or call 1-800-677-6337.
- The instructor and TA's will not be able to help you with any technical problems which relate to Person materials or your computer.

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

**IMPORTANT:** Before sending email to the instructor 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**.

However, requests for missing an exam, make ups, personal issues, etc. should be emailed directly to the instructor and not the course Discussion. Communication directly to us through the above method and **not** by phone (unless an emergency) is required.

### Course Outline:

The course schedule for the class is divided into *4 Modules* with an exam that tests each module. 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.

- **Module 1** - Lessons 1-4 - Nutrition: The Beginning – Introduction; The History of Nutritional Development; The Cell; Digestion and Absorption of Chemicals in the Human Body; **Exam 1**
- **Module 2** - Lessons 5-8 - Nutrition - The Macronutrients; The Calorie; Water; Proteins; Carbohydrates; **Exam 2**
- **Module 3** - Lessons 9-12 - Nutrition: The Micronutrients; Fats; Vitamins; Minerals; Phytonutrients and Nutraceuticals; **Exam 3**
- **Module 4** - Lessons 13-15 - Food Safety: The Bad Bugs - Food Borne Disease; Food Borne Disease; The Immune System, Food Allergy and Intolerance; Food Preservation; **Exam 4**

### Critical Dates:

<b>Exams</b>	<b>Open Day and Time</b>	<b>Closing/Due Day and Time</b>
Exam 1	September 16 <sup>th</sup> at 7 am Wednesday	September 17 <sup>th</sup> at 7am Thursday
Exam 2	October 7 <sup>th</sup> at 7am Wednesday	October 8 <sup>th</sup> at 7am Thursday
Exam 3	November 4 <sup>th</sup> at 7am Wednesday	November 5 <sup>th</sup> at 7am Thursday
Exam 4	December 9 <sup>th</sup> at 7am Wednesday	December 10 <sup>th</sup> at 7am Thursday

Assignments	Open Day and Time	Due Day and Time	Special Instructions
Assignment 1: Pepsi Challenge or Taste Panels (10pts)	August 25 <sup>th</sup> at 7am	December 9 <sup>th</sup> at 3pm	
Assignment 2: Scientific Method (10pts)	August 25 <sup>th</sup> at 7am	September 3 <sup>rd</sup> at 5pm	
Assignment 3: Food and Nutrition List (15pts)	September 4 <sup>th</sup> at 7am	September 14 <sup>th</sup> at 5pm	
Assignment 4: MyDiet Analysis Program (55pts)	September 11 <sup>th</sup> at 7am	September 28 <sup>th</sup> at 4:30pm	physically turned in on campus
Assignment 5: Persuasive Essay 1 and peer review (25pts)	September 1 <sup>st</sup> at 7am	October 13 <sup>th</sup> at 5pm	The essay has to be submitted in order to participate in a peer review
Assignment 6: Persuasive Essay 2 and peer review (25pts)	October 1 <sup>st</sup> at 7am	November 19 <sup>th</sup> at 5pm	The essay has to be submitted in order to participate in a peer review

### Grading/Exam Policies:

Grades will be according to:

- **4 Exams (4 x 40 pts = 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 **7am** on the date of the exam and ending at **7am** the following morning.
  - Exams are timed and are **40 questions in 30 min**. This is 45 sec per question so you do need to prepare some. Don't rely on looking everything up.
- **Assignments: (140 pts; 47%).**
  - For more information about each assignment - Click on Assignments in the far left window bar or scroll to the bottom of the syllabus and click the desired link.
  - **NOTE:** Assignments 2-4 have to be completed and submitted for grading in order for you to complete the course.

**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 Canvas. Click the Grades link in the top menu to view your scores for each assignment and exams.

Grades are based on total points not percentage. You need to have the following total points for the letter grade. Please remember that 269 is still A- and it will not become 270 overnight, it is true for all the other grades/points.

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

- There are no makeups for missing an Exam or Assignment without an excused absence. I do not waiver on this policy.
- **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>

It is entirely a web based course. There are two different types of students taking Man's Food (FOS2001):

**On-Campus Web Students** - these students are physically taking courses in Gainesville on a daily or weekly basis. NOTE: this section is offered Fall, Spring and Summer B Term.

**Off-Campus Web Students** - these students are physically away from campus and it would be a hardship for them to come to Gainesville. Note: this section is only offered Summer B Term.

However, students who fit this requirement for Fall and Spring semesters can get approval for Off-Campus status by contacting Amanda Hogle, email: [adhogle@ufl.edu](mailto:adhogle@ufl.edu), or phone: 352-294-3984.

**NOTE:** If you have not gotten prior approval, DO NOT FOLLOW Off-Campus web directions, otherwise you will receive a ZERO for Assignments and Tests as they will be considered NOT TURNED IN.

### **Excused Absences:**

Emergency: All emergency absences **require documentation** demonstrating you had an issue during the time frame for the exams (7AM to 7AM the following day) or assignments ***and must be reported by EMAIL to instructor before the exam or assignment closes.***

**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 do not wait until 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 and must be reported before the require project closes - not after.
- **Family emergency** – must demonstrate a time frame that insures a hardship for taking the exam and must be reported before the require project closes - not after.

**All other issues are not excuses and will result in a zero if the Exam or Assignment is missed**

**Who do I contact for scheduling and information: Amanda Hogle, EMAIL:** [adhogle@ufl.edu](mailto:adhogle@ufl.edu), **PHONE:** 352-294-3984, **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 ([agatak@ufl.edu](mailto:agatak@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:**

Recommended Internet platforms: Mozilla, Google;

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

*Timed Exam:* exams are timed – 40 min. 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.

**NOTE:** 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 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).

Second, Contact the UF HELP Desk at 392-HELP (4357);

Hours: <http://helpdesk.ufl.edu/about/business-hours>.

Please remember that a ticket from UF Help Desk does not guarantee a makeup. I check with UF AT about UF Canvas and Server issues.

### **WEB Students - Policies**

- Lessons are on Canvas 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.
- Remember you are responsible for taking the exam when it is available. Look at **Assignments, Quizzes or at the bottom of Syllabus** for dates and times (when the items are open and when they are dues) of the required materials.
- Check your Gatorlink Email and Announcements on e-Learning/Canvas at least daily 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 and 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,*

<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, 352-392-1601*

[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

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

<https://www.dso.ufl.edu/drc/>

**NOTE:** when you obtain your letter please either fax (352-392-1988); or email: [adhogle@ufl.edu](mailto:adhogle@ufl.edu), or bring it to my office bldg. (McCarty Hall D, room G025)

## **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: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

## **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>.