

FOS2001 Man's Food
Spring 2016
3 credits

Syllabus

You are responsible for all information contained in this document. It provides 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. 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, the 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 convers 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.

This course is offered only in the online format (Canvas platform). It is presented as lesson content, written assignments, and examinations.

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

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

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 there 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.

Instructor Information

Dr. Agata Kowalewska, Food Science and Human Nutrition Department

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Teaching Assistant Information

Xixuan Tang, Food Science and Human Nutrition Department

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Office Hours

Agata Kowalewska: Mondays 9-11AM and general advising office hours Wednesdays 9-11AM

You are always welcome to make an individual appointment (agatak@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 – access code which allows Canvas integration**
 - This purchase gives you access to Pearson Lessons and the MyDiet Analysis Program. There is only one access code that you need.
 - You can purchase the access code at the UF Bookstores or online
 - UF bookstores - to purchase the code use current ISBN (9781323041567)
 - Online through Pearson Publisher - log into **Canvas**, go to **FOS2001**, click on **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 code directly from Pearson.
 - For Technical Support contact Pearson at <http://247pearsoned.custhelp.com> or call 1-800-677-6337. Always ask for the incident number and keep it until the issue is resolved.
 - The instructor and TAs will not be able to help you with any technical problems which relate to Person materials or your computer.
- **Kendall/Hunt materials – a booklet:**
 - To purchase the Kendall/Hunt Materials, you can get it at the bookstores in Gainesville or online at <http://www.kendallhunt.com/store-product.aspx?id=61668>

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 (you@ufl.edu)**. Canvas will not communicate with any other email address even if they are registered with the University. 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.

Course Outline:

The course is divided into 4 *Modules* with an exam that tests each module. All lessons are posted on Canvas (folder: Modules>Lesson Modules) and available to you once you enter Pearson code. 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**

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 – 35 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.

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); 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 you claim.

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

Critical Dates:

Exams	Open Day and Time	Closing/Due Day and Time
Exam 1	January 26 th at 7AM Tuesday	January 27 th at 7AM Wednesday
Exam 2	February 23 rd at 7AM Tuesday	February 24 th at 7AM Wednesday
Exam 3	March 22 nd at 7AM Tuesday	March 23 rd at 7AM Wednesday
Exam 4	April 19 th at 7AM Tuesday	April 20 th at 7AM Wednesday

Assignments	Open Day and Time	Due Day and Time	Special Instructions
Assignment 1: Essay topic and references (15pts)	January 7 th at 7AM	January 17 th at 5PM	
Assignment 2A: Essay (37pts)	January 21 st at 7AM	February 4 th at 5PM	The essay has to be submitted on time in order to participate in a peer review (assign.2B).
Assignment 2B: Peer review of the essay assignment 2A (8pts)	February 5 th at 7AM	February 11 th at 5PM	Open only to students who submit the assignment 2A on time.
Assignment 3: Scientific method quiz (8pts)	February 12 th at 7AM	February 18 th at 5AM	
Assignment 4: Food record and your hypothesis (20pts)	February 19 th at 7AM	March 10 th at 5PM	MyDiet Analysis program from Pearson will become available (clickable) only after the due date of Assignment 4
Assignment 5: Data collection, analysis and reports (55pts)	March 11 th at 7AM	March 24 th at 5PM	
Assignment 6A: Taste panel quiz (5pts)	March 25 th at 7AM	March 31 st at 5PM	
Assignment 6B: Taste panel (34pts)	April 1 st at 7AM	April 14 th at 5PM	

Grading/Exam Policies:

Grades will be according to:

- 4 Exams (4 x 40pts = 160pts)
- 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 **7AM** on the date of the exam and ending at **7AM** the following morning to take the exam. Dates are posted in table above.
 - Exams are timed and are **40 questions in 35 min.**
 - Assignments: (184pts).
 - Information about assignment will be posted on **Canvas > FOS2001 > Assignments**
 - Bonus assignments: (3 x 5pts = 15pts). They will be announced on Canvas. The bonus assignments are in addition to 344 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. They will not be accepted late and will result in a zero grade other than with an excused absence.
- There are no makeups for missing an exam or 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 you instructor directly. Read below *Request a Makeup*
- If this is an emergency and you missed any assessment 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 which I do not have. Only the note from DOS will allowed you to make up missed assessment.
- After the grade is posted (exam grade, assignment or bonus) you have two (2) weeks to contact instructor or TA with any questions. After the two weeks pass 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 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>

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) 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

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

Grading Scale

Your grades will be posted on Canvas. Grades are based on total points not percentage. You need to have the following total points for the letter grade. Please remember that 309 is still A- and it will not become 310 overnight, it is true for all the other grades/points.

Letter grade	Minimum points	Percentage
A	310	90
A-	303	88
B+	292	85
B	275	80
B-	268	78
C+	258	75
C	241	70
C-	234	68
D+	224	65
D	207	60
D-	200	58
E	Below 200	Below 58

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, and will make every attempt to resolve, student complaints within its academic and administrative departments at the program level. See <http://distance.ufl.edu/student-complaints> for more details.

Campus Helping 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, 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

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 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

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.”

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>.