

FOS2001 Man's Food
Online course, Canvas platform
3 credits

Syllabus

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 7, successfully participating in all exams. Content related to digestion and absorption will be evaluated by exam 2. Competency related to topics of food and culture, disparities, and food distribution will be assessed by assignments 5 and 6 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, then 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, 7A and 7B, 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 assignment 6. Students need to reflect on quality of diets, describe how cultural food customs or economic disparities may affect nutritional adequacy of diet and predict how that in turn may affect health.

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 7B is created as a series of images with accompanying text.

Instructor Information

Dr. Agata Kowalewska, RD; Food Science and Human Nutrition Department

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Email: agatak@ufl.edu

Teaching Assistants Information: TBD

Office Hours

Agata Kowalewska: By appointment

Course Materials:

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

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

- **Kendall/Hunt materials – e-book**
 - *Nutrition, Real People Real Choices*; 2016, 3rd edition. Editors: C.D. Allred, N.C. Turner, and K.S. Geismar (ebook) ISBN: 9781524900366.
- **Pearson materials – access code to MyDiet Analysis program**
 - MDA access card ISBN: 0321733908.

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 that email is registered with the University. Therefore make sure to check your UF email account often.

Question about assignments, exams and directly related to the course content:

Before sending an email to the instructor and TAs, you must first submit it to the course **Discussion** and wait for an answer (at least 24h). 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:

Any request and questions in case of 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 modules. Each module contains lectures, reading materials, as well as guest's lectures and additional resources.

Your responsibility is to learn material covered in the lectures, required readings, and assignments and be prepared to take exams and submit assignments in a timely manner. All assessments have specific due dates. **Important:** There is no option to submit a late assessment (exam, assignment, bonus activity). All late assessments are automatically graded at zero points.

Exam rules:

This course relies on technology – UF systems and the students system; it is the student's responsibility to have a reliable computer and Internet connection.

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:

Strongly recommended Internet platforms: Mozilla, Google;

Safari and Internet Explorer often cause crashes and should not be used.

Timed Exam: exams are timed – 50 min and proctored. 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, you have to 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 is posted on Canvas. You have to register with the service prior to first quiz (bonus) but only the first quiz and exams are proctored. The quiz will serve a test of the system before the exam but the points will count towards your total score.

Critical Dates: All times Eastern Standard Times (EST)

Exams	Open Day and Time	Closing/Due Day and Time
Exam 1	End of 3 rd week on Friday at 00:01AM	The same Friday at 11:59PM
Exam 2	End of 6 th week on Friday at 00:01AM	The same Friday at 11:59PM

Assignments	Open and Due Days	Special Instructions
Assignment 1: Essay topic and references (15pts)	All dates posted on Canvas	
Assignment 2A: Essay (37pts)		The essay has to be submitted on time in order to participate in a peer review (assign.2B). (“Turnitin” submission)
Assignment 2B: Peer review of the essay (8pts)		Open only to students who submit the assignment 2A on time.
Assignment 3: Scientific method quiz (5pts)		
Assignment 4: Your hypothesis and two different food patterns. (27pts)		You will need to use the MyDiet Analysis Program for this assignment.
Assignment 5: Comparing hypotheses, diet quality and health (30pts)		(“Turnitin” submission)
Assignment 6: “Below the needs” challenge (22pts)		You will use ChooseMyPlate.gov in this assignment. (“Turnitin” and video submissions)
Assignment 7A: Taste panel quiz (5pts)		
Assignment 7B: Taste panel (34pts)		You need 3 to 6 participants to complete this assignment. (“Turnitin” submission)

Class activity	Modules	Post due date, no later than
Digestion of starch (3pts)	module 8	All dates posted on Canvas
“Dissolution” test (3pts)	Module 10	
“Spot the safety issue” (3pts)	Module 13	

Grading Policies:

Grades will be according to:

- 2 Exams (2x75pts 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 one minute past the midnight on the date of the exam and ending at 11:59 of the same day. Dates will be posted on Canvas.
 - Exams are timed and proctored **75 questions in 75min.**
 - To participate in exams you have to be registered with proctoring service. Specific instruction about registration and the use of the service will be posted on Canvas.
- Assignments: (183pts)
 - Information about assignment will be posted on **Canvas > FOS2001 > Assignments**
- Class activities (3x3pts each = 9pts)
- Bonus assignments: (2x5pts each = 10pts). They will be announced on Canvas. The bonus assignments are in addition to 342 points (100%) that you can earn on regular assessments.

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. All assessment grades are given in no less than 0.5pt increments.

Letter grade	Minimum points for a grade
A	319
A-	308
B+	297
B	286
B-	274
C+	263
C	252
C-	239
D+	228
D	217
D-	205
E	Below 205

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.

- 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 your instructor or TA 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. 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 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 in the Grading Scale. Grades are based on points not on the percentage.

Requirements for 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>

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.

Materials and Supplies Fees

None

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*

<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

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>

Online Course Evaluation Process

Students are asked 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. 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