FOS 2001 – MAN'S FOOD
Fall 2020
3 Credit Hours

Instructor:

Dr. Soohyoun (Soo) Ahn

Office: Room 104A, AFPP bldg. (Bldg. 120), Newell Drive

E-mail: sahn82@ufl.edu (Please allow 24- 48 hrs for response)

Phone: 352-294-3710

Office hours: M/T/R 8:30 to 10:00 am, all other times – by appointment.

Course Description:

This course provides basic knowledge of two disciplines: Food Science and Nutrition. Students will be introduced to various aspects of food, including its biology, chemistry, processing, safety, and nutrition. Students will learn about the unique properties of food, and how the processing of food affects its properties. Students will also learn how the consumption of food affects our health. Students will examine different food commodities and how their properties affect their safety and quality.

Prerequisites:
None

Course Format:

This course is delivered 100% online. All students are expected to find and study the course content at https://ufl.instructure.com/courses/398393. The course is divided into 14 modules. Each module consists of video lectures, presentation slides and handouts, reading assignments, and additional supplementary materials (videos and/or readings) relevant to the module. For each module, there will be a short quiz, which covers material for that specific module. In addition to quizzes, we have exams and assignments. For details, please refer to "Assessment Details".

It is your responsibility to take quizzes and exams in time, and submit assignments by the due date. Grades will be posted on Canvas. If you notice any discrepancy, report to the instructor immediately.

*This course satisfies a UF general education requirement in Biological Sciences.

General Education Objectives:
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.

Course Goals:

By the end of the course, students should
1. Be familiar with a vocabulary of nutrition and food science terms and their definitions
2. Know how to select healthy and nutritious food
3. Describe different food commodities and their distinct chemical properties
4. Be familiar with practices to keep food safe
5. Understand nutrition and food science is integrated with biological and chemical principles
6. Be familiar with career choices in food science and nutrition
7. Understand scientific reporting on research and/or issues in nutrition and food science

Textbook:

"Understanding Food : Principles and Preparation", 6th Ed., Amy Brown, Cengage MindTap*, 2019. (Available through UF All Access).

*MindTap provide the e-textbook with additional features such as practice quizzes. UF Bookstore also sells loose-leaf paper copy of the textbook for student who opt in for MindTap. Purchasing this bundle of MindTap and paper copy gives a significant discount over purchasing a hardcopy textbook only

Grading:

Assessment	Weight
Quizzes (11), (two lowest grades dropped)	35%
Exams (3)	30%
Assignments (2)	30%
Participation (pop up quizzes during video lectures)	5%
Total	**100%**

Grading scale:

Passing grade	A	B+	B	B-	C+	C	C-	D+	D	D-	E
Course Average %	90-100	87-89	83-86	80-82	77-79	73-76	70-72	67-69	63-66	60-62	<60

*There is NO grading on a curve or rounding up in this course.

There are 11 weekly quizzes, 3 exams and 2 assignments in this course. Additionally, there are pop-up questions during the video lectures to assess your participation. Throughout the semester, several optional activities for extra credit will also be given.

(1) *Module assessment quizzes:* There are **11** weekly quizzes, which accounts for 35% of your grade. Each quiz covers the lecture contents and reading materials (except the first quiz that covers the syllabus). The quizzes should be taken online via the Canvas course page. The questions will be multiple choice or True/False questions selected from a question pool (10 questions for each quiz). The quizzes are **open-note,** so you can use class notes or lecture handouts. Each quiz will be timed and should be completed in 20 min. You will have 2 attempts for each quiz, and the higher grades will be used as your final grade. The second attempt is optional. It is only to give you a chance to improve your grade/study more if you did not do well on your first attempt. Please remember you still need to complete your second attempt before the due.
All quizzes will be open on Thursday, and should be taken by Sun that week (it will be closed at 11:59 pm on Sun). It is important that you read and watch the lecture for the covered module before taking the quiz. Out of 11 quizzes, I will drop two lowest grades and count the other 9 quizzes towards your final grade. There is **no makeup or due extension** for missed quizzes unless the absence was excused by the instructor (and this is why I drop two lowest grades). There is no quiz in the exam week. For details, please refer to the course outline.

(2) *Exams:* There are **3** exams. Each exam covers multiple modules (but non-cumulative), and contains multiple choice and True/False questions. They are open-note[1] exams, but, unlike quizzes, will be **proctored by Honorlock**. All exams should be taken online via the Canvas course website. Each exam will be timed and should be completed in 60 min. Exams will be open on Wednesday, and should be taken by following Monday (it will be closed at 11:59 pm on Mon). For details on exam schedule, please refer to the course outline.

Honorlock will proctor your exams this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable Internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at www.honorlock.com/extension/install. When you are ready to test, log into Canvas, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as

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[1]**Lecture notes or presentations should be pre-printed in advance to the exam**. Honorlock will prevent you from opening other tabs, windows, or applications during the exam so that you cannot look up the information from the computer during the exam. Other than printed lecture notes/presentations, you can use textbook or your own notes taken during the lecture.

recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (844-243-2500), and/or email (support@honorlock.com).

(3) *Assignments:* There are 2 assignments in this course. These assignments are related to course materials, and you will learn how to apply your learning to real-word situations. Detailed instructions for each assignment will be provided in the course website in canvas. You will have **3-4 weeks to complete** each assignment (I will give you a little more time (4 weeks) for Assignment 2 due to Thanksgiving break). All assignments should be submitted electronically through Canvas.

(4) *Participation:* It is critical for students to be engaged in learning in online learning. Students' participation will be assessed by inserting pop-up questions during the video lectures (PlayPosit). The questions are given to review the lecture, and students will have 2 tries to correctly answer each question. The points will be recorded and counted towards the final grade as participation points.

(5) *Activities for extra credits:* There are several activities in this course to earn extra credit, including self-introduction in Discussion section in the first week of the semester, Honorlock practice quiz before the first exam, and mini-assignment(s). These activities are **optional**, and simply given to improve you grade. Detailed instructions for each activity will be provided in the course website in canvas.

Make-Up Exam and Late Submission Grading Policy:

Open and closing dates for quizzes/exams and due dates for assignments/discussions are listed below as well as on the calendar on the course website. It is your responsibility to take quizzes/exams and submit assignments/discussion posts by the due date. There is **no make-up for quizzes** (instead, I will drop the lowest grade).

For exams, make-ups will be considered **only for legitimate reasons with proper documentation**. Acceptable reasons include illness, serious family emergencies, jury duties, and participation in official university activities (e.g. athletic competition).

For assignments and discussions, you can request due extension **only for legitimate reasons with proper documentation**. If you submit assignments/posts after the due date without the pre-approved due extension, I will still accept the submission, but **with 10% deduction each day** past a due date.

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/UGRD/academic-regulations/attendance-policies/.

Due Extension Policy:

If you have the legitimate reasons that are consistent with UF policy, you could ask for extension of due dates for assignment or discussion posting. The request must be made prior to the due date with proper documentation, and depending on the situation, 3-7 days of extension will be given. If the arrangement for extension request is not made, any assignments and postings submitted after the due will be considered late and late submission policy will be applied (see above).

Tentative Course Outline

Week (Dates)	Module /Topic	Students' required activities, exams, quizzes*
1 (Aug 31)	Course Introduction	• Extra-credit activity: Introduce yourself (Due: Aug 31) • Syllabus Quiz
2 (Sep 7)	Module 1. Importance of Food	• Module 1 Quiz • Extra-credit activity: Honorlock quiz (Due: Sep 22)
3 (Sep 14)	Module 2. Composition of Food	• Module 2 Quiz
4 (Sep 21)	Module 3. Dietary Guidance and Assessment	• Module 3 Quiz • Assignment 1. Meal Analysis (Due Oct 12)
5 (Sep 28)	Module 4. Food Safety (including guest lecture by Dr. Keith Schneider)	• Exam 1 (module 1-4) • Extra-credit activity: Inside your fridge/pantry- Part I (Due Oct 5)
6 (Oct 5)	Module 5. Meats and Poultry	• Module 5 Quiz
7 (Oct 12)	Module 6. Fish and Eggs	• Module 6 Quiz
8 (Oct 19)	Module 7. Milk and Dairy	• Module 7 Quiz
9 (Oct 26)	Module 8. Vegetables and Fruits	• Module 8 Quiz
10 (Nov 2)	Module 9. Grains	• Exam 1 (module 5-9)
11 (Nov 9)	Module 10. Fats, Oils, and Sweets	• Module 10 Quiz

		• Assignment 2. Design your product/recipe (Due Dec 7)
12/13 (Nov 16-23)	Module 11. Food Product Development (Guest lecture by Dr. Renee Goodrich-Schneider)	• Module 11 Quiz
14 (Nov 30)	Module 12. Food Processing (Guest lecture by Dr. Andrew MacIntosh)	• Module 12 Quiz • Extra-credit activity: Inside your fridge/pantry- Part II (Due Dec 7)
15 (Dec 7)	Module 13. Careers in Food Science and Nutrition (Guest lecture by Dr. Charlie Sims and Ms. Laura Acosta)	• Exam 3 (module 10-13)

*Details on each requirement are shown in the table below

Quiz, Exam, Assignment, and Discussion Schedule

Type	Materials Covered	Opening Date / Posting Date	Closing Date / Submission Due
Syllabus Quiz	Syllabus	Sep 3	Sep 6
Assessment Quiz	Module 1	Sep 10	Sep 13
	Module 2	Sep 17	Sep 20
	Module 3	Sep 24	Sep 27
	Module 5	Oct 8	Oct 11
	Module 6	Oct 15	Oct 18
	Module 7	Oct 22	Oct 25
	Module 8	Oct 29	Nov 1
	Module 10	Nov 12	Nov 15
	Module 11*	**Nov 19**	**Nov 29**
	Module 12	Dec 3	Dec 6
Exam 1	Module 1-4	Sep 30	Oct 5
Exam 2	Module 5-9	Nov 4	Nov 9
Exam 3	Module 10-13	Dec 9	Dec 14

Assignment 1	Module 1-3	Sep 21	Oct 12
Assignment 2	Module 1-11	Nov 9	Dec 7
Extra credit activity 1 (Self-introduction)	N/A	Aug 31	Sep 7
Extra credit activity 2 (Honorlock quiz)	N/A	Aug 31	Sep 29
Extra credit activity 3 (Inside your fridge/pantry I)	Module 4	Sep 28	Oct 5
Extra credit activity 4 (Inside your fridge/pantry II)	Module 12	Nov 30	Dec 7

Quiz 10 has extended access time due to Thanksgiving break.

Course Communication

Important announcements related to the course will be made through Canvas under Announcements. This will also generate an email that will be delivered to your Gatorlink email. In this course, I mostly communicate with students via e-mail (the one on file with UF). So, if you use other e-mail accounts, please check your UF e-mail regularly or set-up forwarding on the UF system. While I do my best to reply to your emails as quickly as possible, please allow 48 hours to receive a reply.

Course Evaluation

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at https://gatorevals.aa.ufl.edu/students/.   Students will be notified when the evaluation period opens, and then can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.

Student Complaints

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. If you are unsure about who to contact at the program level please email distance@dce.ufl.edu and a member of the distance learning staff will forward your complaint to the appropriate UF administrative authority. Further information can be found at: https://distance.ufl.edu/student-complaint-process/.

Academic Honesty/Integrity

You are required to abide by the Student Honor Code. Any violation of the academic integrity including cheating and plagiarism will result in a minimum academic sanction of failing grade on the assignment or exam/quiz. Any alleged violations of the Student Honor Code will result in a referral to Student Conduct and Conflict Resolution. Please review the Student Honor Code and Student Conduct Code at https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/.

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.

Accommodation for Students with Disabilities

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, https://disability.ufl.edu/) 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.

Campus Resources for Students

Health and Wellness:

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit umatter.ufl.edu/ to refer or report a concern and a team member will reach out to the student in distress.

- Counseling and Wellness Center: Visit counseling.ufl.edu/ or call 352-392-1575 for information on crisis services as well as non-crisis services.

- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit shcc.ufl.edu/.

- University Police Department: Visit https://police.ufl.edu/ or call 352-392-1111 (or 9-1-1 for emergencies).

- UF Health Shands Emergency Room/Trauma Center: For immediate medical care, call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; https://ufhealth.org/emergency-room-trauma-center.

Academic Resources

- E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail athelpdesk@ufl.edu.

- Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services; https://career.ufl.edu/.

- Library Support: various ways to receive assistance with respect to using the libraries or finding resources; https://cms.uflib.ufl.edu/ask

- Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring; https://teachingcenter.ufl.edu/

- Writing Studio:2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers; https://writing.ufl.edu/writing-studio/

- Student Complaints On-Campus: sccr.dso.ufl.edu/policies/student-honor- code-student-conduct-code/On-Line Students Complaints: https://distance.ufl.edu/student-complaint-process/