

**HUN 4936**  
**Research in Nutrition and Food Security**  
**SPRING 2021**



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**Office Hours:** By appointment

**Class meeting time:** MON: 11:45 AM - 1:40 PM; WED: 11:45AM -12:35 PM  
**Attendance:** Required  
**Location:** MCCB 2102 or via Zoom as needed/scheduled  
**Credits:** 3

**Course description** This Classroom Undergraduate Research Experience (CURE) course allows students to become part of a diverse research team focused on food access, culinary and gardening interventions, and associated nutrition, health, and behavioral outcomes. While research priorities shift from semester to semester, students should expect to be introduced to technologies and research practices in community and medical nutrition. Current projects include a partnership with four high school culinary and agricultural science programs to address access to fresh food in their communities and a whole food plant based culinary intervention for adults with cardiovascular disease. In addition to actively participating in data collection and intervention delivery, students will also gain skills in communicating and educating others regarding food security and nutrition and wellness. This course will prepare students for advanced opportunities in many aspects of applied nutrition research. Course activities will be held in the classroom, the FSHN teaching kitchen, on local high school campus gardens/farms, and via zoom.

Students actively participate in ongoing research projects alongside faculty and graduate students by: 1) collecting data for food security and food access scientific studies to be published in the primary literature, 2) attending “lab meetings”, i.e., class where we discuss relevant topics and review data, 3) becoming mentees of faculty and graduate students’ research laboratory teams and serving as a mentor for involved high school students.

**Course learning objectives:** Upon completion of this course, students should be able to:

1. Explain the scientific process in relation to food access and food behaviors.
2. Describe all the elements of a comprehensive nutrition intervention.
3. Identify barriers to food access and positive nutrition behaviors by integrating societal, environmental, nutrition, and economic perspectives.
4. Evaluate relevant scientific literature and data collection.
5. Analyze and synthesize data and discuss results of authentic investigations.
6. Communicate findings and the importance of each ongoing community nutrition interventions.

**Required Materials:**

- Access to a laptop or desktop computer.
- Additional Course information and materials posted on Canvas.

**How to Access Canvas:**

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to

<http://identity.it.ufl.edu/process/gatorlink/create-account/>.

- Once you have created a Gatorlink account, access e-Learning support services home page at <http://lss.at.ufl.edu>. Select “e-Learning in Canvas”. Log in using your Gatorlink ID. HUN 4936 should be listed under “courses”. If you are unfamiliar with Canvas, information can be found under the “help” tab.

**Class Attendance and Demeanor:** Students are expected to attend all classes, to arrive on time, and to leave when dismissed by the instructor. Students are expected to show courtesy to their classmates and instructor by muting electronic devices and refraining from using a computer or any other type of personal electronic device for any purpose other than class activities. Students also are expected to refrain from engaging in personal conversations during class.

### **Absences and Make-Up Work**

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>. (See below for more details.)

**Student Evaluation:** Three tests, a final exam, two assignments, in class participation, and 6 online quizzes will be used to evaluate student performance. Tests/exams and quizzes must be taken as scheduled. University approved activities that conflict with exams should be brought to the instructor’s attention in advance so that alternative arrangements can be made. An unexcused absence from a test will result in a score of “0” unless there are unavoidable extenuating circumstances (subject to my discretion) that can be documented to my satisfaction. Extenuating circumstances include unavoidable, unplanned situations such as illness (chart note from physician or clinic; vague notes such as “was seen” are not acceptable); family death (dated obituary); accident (police report); etc. Failure to complete a quiz within the time frame allowed will result in a grade of “0”. Extra credit projects will **NOT** be available.

**IRB Training.** This must be completed to work with human research studies.

**Belmont Report and Essay.** Research subjects have been mistreated throughout history. This report was one of the first steps in providing protections for research subjects and transparency and honesty in research.

**Scientific Reading and Assignments:** Detailed information for completing the assignments for this course will be posted on Canvas/distributed separately.

**Literature Review and Presentation.** To be discussed in class.

**In Class Participation:** Class activities will vary from off site data collection to in class discussions. Students are expected to participate in all discussions.

### **Evaluation of Performance/Grades and Grade Points**

Grades and Grade Points For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

<b>Performance Indicators</b>		<b>Points</b>
IRB training completed		50
Belmont Report Essay		50
Scientific reading and assignments 5 at 20 points each		100
Literature review TBA		50
Presentation		100
Data collection and in class activities (estimated 5 at 30 pts each)		150
	<b>Total</b>	<b>500</b>

**Grading Scale: Grades will be posted on e-Learning in Canvas. Grades are not curved and are not negotiable.**

A = 467-500 93.34-100%	A <sup>-</sup> = 450-466 90-93.33%	B <sup>+</sup> = 433-449 86.68-89.9%	B = 417-432 83.34-86.67%	B <sup>-</sup> = 400-416 80-83.33%	C <sup>+</sup> = 383-399 76.68-79.9%
C = 367-382 73.34-76.67%	C <sup>-</sup> = 350-366 70-73.33%	D <sup>+</sup> = 334-349 66.68-69.9%	D = 317-333 63.34-66.67%	D <sup>-</sup> = 300-316 60-63.33%	E = <300 <60%

**Supplementary Information:** Supplementary information, announcements, reminders, and critical thinking exercises will be posted on e-Learning in Canvas or the class listserv.

### 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. 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 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/>.

### 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/process/student-conduct-honor-code>

### Software Use:

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.

### Students with Disabilities

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

### **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/](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/](http://www.umatter.ufl.edu/)
- **UF Hitchcock Field and Fork Pantry** provides nutritious food for anyone with a UFID experiencing food insecurity: <https://pantry.fieldandfork.ufl.edu/>
- **Career Resource Center**, First Floor JWRU, 392-1601, [www.crc.ufl.edu/](http://www.crc.ufl.edu/)

### **Student Complaints:**

- Residential Course: <https://sccr.dso.ufl.edu/policies/student-honor-code-studentconduct-code/>

**Other Information:** Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

**Email:** Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

**Spring 2021 Tentative Class Schedule\***

<b>Date</b>			<b>Topic</b>
<b>January</b>	M	11	Course welcome and introductions. Discussion on working with human subjects.
	W	13	Continued course introduction and food security work introduction
	M	18	HOLIDAY – No Class
	W	20	No live class due to inauguration - Complete data collection trainings #1 (30 pts)
	M	25	Nutrition in a Box - training
	W	27	Nutrition in a Box - training
<b>February</b>	M	1	Guest Speaker: Dr. Tre Easterly – Career discussions and How to read and use research
	W	3	Guest Speaker: Dr. Tre Easterly- Using research to solve real problems
	M	8	Recipe for Heart Health
	W	10	Recipe for Heart Health
	M	15	Nutrition in a Box
	W	17	Nutrition in a Box
	M	22	Guest speaker: Dr. Wendy Dahl, RDN – Nutrition research
	W	24	Nutrition in a Box
<b>March</b>	M	1	Guest speaker: Dr. Karla Shelnut, RDN – The Land Grant University System
	W	3	Nutrition in a Box
	M	8	Recipe for Heart Health
	W	10	Nutrition in a Box
	M	15	Recipe for Heart Health
	W	17	Nutrition in a Box
	M	22	Recipe for Heart Health
	<b>W</b>	<b>24</b>	<b>RECHARGE DAY - No CLASS</b>
	M	29	Nutrition in a Box
	W	31	Recipe for Heart Health

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**Spring 2021 Tentative Class Schedule\* (continued)**

<b>Date</b>			<b>Topic</b>
<b>April</b>	M	5	Nutrition in a Box
	W	7	Recipe for Heart Health
	M	12	Student Presentations
	W	14	Student Presentations
	M	19	Final class discussions
	W	21	READING DAY – No CLASS
			<b>Have a great summer! (No final exam)</b>

\*All dates subject to change, particularly as data collection dates evolve.