MAN’S FOOD SYLLABUS

FOS 2001 – Class Number 18484
3 credit hours
Summer B 2021
Location: Pugh 170
Time: M, T, W, H, F – 3rd period (11:00 am – 12:15 pm)

INSTRUCTOR: Dr. Kaley Carman, RDN
Office: FSHN Office 449
Email: kmialki@ufl.edu
Phone: 352-294-3571

OFFICE HOURS: In person: Mondays and Wednesdays 2:00 – 3:00 PM
You are welcome to make an individual appointment at a separate time if you cannot make the regularly scheduled office hours by calling or emailing me directly.

COURSE TAS:
Lucia Eguiguren, leguiguren@ufl.edu
Office hours: Tuesdays 2:00-3:00 pm, FSHN Office 467
Danielle Aycart, danielle.aycart@ufl.edu
Office hours: Thursdays 12:30-1:30 pm, FSHN Office 467

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. This course is for science and non-science students.

*This course satisfies a UF general education requirement in Biological Sciences. A minimum grade of C is required for general education credit.

GENERAL EDUCATION OBJECTIVES, COURSE GOALS, AND LEARNING OUTCOMES:

This course is a biological science (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.

These general education objectives will be accomplished through the following 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

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, methodologies and theories used within the subject area.* Students will acquire a basic knowledge of nutrition and food science terms, current dietary guidance, food safety principles, and distinct properties of food commodities. Achievement of this learning outcome will be assessed through two assignments, three exams, and in-class participation.

- **Critical Thinking:** *Students carefully and logically analyze information from multiple perspectives and develop reasoned solutions to problems within the subject area.* Students will apply critical thinking skills as they evaluate health claims made about a fad diet or food product in one class assignment. Students will also apply critical thinking skills in three exams.

- **Communication:** *Students clearly and effectively communicate knowledge, ideas, and reasoning in written or oral forms appropriate to the subject area.* Students will practice written and oral communication during in-class activities and written communication in the two assignments.

**COURSE WEBSITE:** [http://elearning.ufl.edu](http://elearning.ufl.edu), then navigate to Man’s Food. Announcements, assignments, and supplemental resources will be available on Canvas.
(Available through UF All Access)

*MindTap provides the e-textbook with additional features such as practice quizzes. The UF Bookstore also sells loose-leaf paper copies of the textbook for student who opt in for MindTap for a significant discount. Purchasing the bundle of MindTap and paper copy of the textbook gives a significant discount over purchasing a hardcopy textbook only. Please consider that the Cengage MindTap purchase allows access to the e-book test for one term. If you prefer to keep the textbook beyond the term or prefer a hard copy textbook, you can opt out from UF All Access and purchase the hard copy from any book store. In this course, we will not use any publisher materials for quizzes or exams. The textbook is required only for reading assignments.*

**MATERIALS AND SUPPLIES FEES:** None

**PREREQUISITE KNOWLEDGE AND SKILLS:** None

**INSTRUCTIONAL METHODS:** This course will be offered face-to-face. Students are expected to attend all class lectures. Students will be asked to read sections of the textbook to prepare for class lectures. Course materials will be available on the course webpage ([https://ufl.instructure.com/courses/429604](https://ufl.instructure.com/courses/429604)). Details on course activities and assessments can be found on Canvas and will be discussed in class.

**COURSE POLICIES:**

**ATTENDANCE AND DEMEANOR:** You are expected to attend all classes, to arrive on time, to actively participate in class, and to leave when dismissed by the instructor. You are expected to show courtesy to your 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 taking notes, viewing course materials, or participating in iClicker sessions. You also are expected to refrain from engaging in personal conversations during class unless they are part of a class activity.

**MAKE-UP POLICY:** Due dates for assignments and exam dates are listed in the course schedule below. It is your responsibility to complete assignments on time and attend classes during exam days.

There is no make-up for in-class participation (bonus in-class participation will be offered). For exams, make-ups will be considered for legitimate reasons only with proper documentation. For assignments, extensions will be considered for legitimate reasons only with proper
documentation. Assignments submitted after the due date without pre-approval will receive a 10% deduction each day past the 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/.

ASSESSMENT DETAILS:
Three exams, two assignments, and in-class participation will be used to evaluate student performance.

Exams: There are three exams. Each exam covers multiple modules and contains multiple choice and True/False questions. Exams will be taken in class during class time. All exams will be closed-book. Each exam must be completed during class time (75 minutes). Refer to the course outline for tentative dates for each exam. Exam responses will be recorded on a scantron, which will be provided by the instructor.

Assignments: There are two assignments in this course. These assignments are related to course materials, and you will learn how to apply your learning to real-world situations. Detailed instructions for each assignment will be provided on Canvas. You will have 2-3 weeks to complete each assignment. All assignments should be submitted electronically through Canvas.

Participation: Student participation will be assessed using iClickers. iClickers will help make our class time more engaging, understand what you know, give everyone a chance to participate, and help you master challenging concepts. Participating in the iClicker sessions will be counted toward your final grade. You are required to bring a device to participate in my iClicker sessions during class. I will be allowing participation with the iClicker Reef app on a smartphone, tablet, or laptop. It is your responsibility to set up your iClicker Reef account in a timely fashion and to regularly check your iClicker records for any discrepancies and bring them to my attention within 48 hours. (See Canvas for more details on iClickers).

- We will practice using iClickers during the first few class periods, and will officially record iClicker responses that count toward your final grade beginning on Week 2 of the course.
- Questions may be asked at any point during the class and more than one question may be asked. You will be given a set amount of time to respond, but once the “polling time” has ended, it will not be possible to register your response so you should be sure to get to class on time and to have your iClicker with you and ready to use.
- Questions may include material from the textbook readings, material covered in lectures, and opinion questions.
• To allow for technical problems, failure to bring your iClicker device to class, absences, etc., I will offer a maximum of 60 points during the semester. Points earned in excess of the number needed for a perfect participation score (50 points) will count as bonus points toward your final grade.

• iClicker activities fall under the provisions of UF’s Academic Honesty Policy (see below). Students must not engage in academic dishonesty while participating in iClicker activities. This includes but is not limited to:
  o Checking in while not physically in class
  o Having another student check you into class
  o Answering polling questions while not physically in class
  o Looking at other students’ devices while answering live questions
  o Using more than one iClicker remote or account at a time

• Any student found to be in violation of these rules will lose their iClicker points for the entire term and may be reported to the Dean of Students Office.

ONLINE COURSE EVALUATION: Students are expected 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 semesters, but students will be given specific times when they are open. Summary results of these assessments are available to students at https://evaluations.ufl.edu/results.

UF POLICIES:

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES: 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.

UNIVERSITY POLICY ON ACADEMIC CONDUCT: 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 honesty 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 (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate
personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

GETTING HELP:

Health and Wellness Resources:

- **U Matter, We Care**: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.
- **Counseling and Wellness Center**: Visit the Counseling and Wellness Center website 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 the Student Health Care Center website.
- **University Police Department**: Visit UF Police Department website 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; Visit the UF Health Emergency Room and Trauma Center website.

Academic Resources:

- **E-learning technical support**: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at helpdesk@ufl.edu.
- **Career Connections Center**: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.
- **Library Support**: Various ways to receive assistance with respect to using the libraries or finding resources.
- **Teaching Center**: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.
- **Writing Studio**: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.
- **Student Complaints On-Campus**: Visit the Student Honor Code and Student Conduct Code webpage for more information.
- **On-Line Students Complaints**: View the Distance Learning Student Complaint Process.
- **iClicker Resources**:
  - If you are having trouble with your iClicker Reef access code, check out this guide to access code errors.
● If you are having issues connecting to iClicker Reef, check out these [iClicker Reef Connectivity Tips](#).
● If you are having issues seeing your iClicker Reef points, check out this [troubleshooting guide](#).
● Find answers to many of your questions and contact the iClicker Tech Support Team by visiting [iclicker.com/support](http://iclicker.com/support) at any time.

**GRADING POLICIES:**

For information on current UF policies for assigning grade points, see [https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx](https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx)

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<thead>
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<th>Performance Indicator</th>
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<tr>
<td>Exam 1</td>
<td>50</td>
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<tr>
<td>Exam 2</td>
<td>50</td>
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<tr>
<td>Exam 3</td>
<td>50</td>
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<tr>
<td>Assignment 1</td>
<td>50</td>
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<td>Assignment 2</td>
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<td>Class Participation (out of a minimum of 60 points; points above 50 = bonus)</td>
<td>50</td>
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<td><strong>Total</strong></td>
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**GRADING SCALE:** Grades are not curved and are not negotiable.

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<td>A</td>
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<tr>
<td>A-</td>
<td>450-466</td>
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<td>B+</td>
<td>433-449</td>
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<td>B</td>
<td>417-432</td>
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<td>B-</td>
<td>400-416</td>
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<td>C+</td>
<td>383-399</td>
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<td>C</td>
<td>367-382</td>
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<td>C-</td>
<td>350-366</td>
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<td>D+</td>
<td>334-349</td>
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<td>D</td>
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<td>D-</td>
<td>300-316</td>
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<td>E</td>
<td>&lt;300</td>
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**COURSE SCHEDULE:**

**TENTATIVE CLASS SCHEDULE:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Topic</th>
<th>Reading</th>
<th>Assignment</th>
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<tbody>
<tr>
<td>1</td>
<td>M, June 28</td>
<td>Course Introduction</td>
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<tr>
<td>Day</td>
<td>Date</td>
<td>Module/Week</td>
<td>Notes</td>
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| 2   | T, June 29 | Module 1: Welcome to UF & FSHN  
*Guest Lecture: Welcome to UF/IFAS & Land Grant Universities  
Dr. Shelnutt, Associate Professor* | See Canvas  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 3   | W, June 30 | Guest Lecture: Welcome to FSHN  
Dr. Percival, FSHN Department Chair |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 4   | H, July 1  | Module 2: Food Selection | Chapter 1  
(pp. 1-19)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 5   | F, July 2  | Week 2      |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 6   | M, July 5  | HOLIDAY – NO CLASS |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 7   | T, July 6  | Module 3: Composition of Food | Chapter 3  
(pp. 27-60)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 8   | W, July 7  |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 9   | H, July 8  | Module 4: Dietary Guidance & Assessment | See Canvas  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 10  | F, July 9  | Week 3      |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 11  | M, July 12 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 12  | T, July 13 | Module 5: Food Safety | Chapter 4  
(pp. 61-90)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 13  | W, July 14 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 14  | H, July 15 | Module 6: Meat & Poultry | Chapter 7 and Chapter 8  
(pp. 131-176)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 15  | F, July 16 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 16  | M, July 19 | Module 7: Fish & Eggs | Chapter 9 and Chapter 12  
(pp. 177-196 and pp. 236-254)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 17  | T, July 20 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 18  | W, July 21 | Module 8: Milk & Cheese | Chapter 10 and Chapter 11  
(pp. 197-235)  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 19  | H, July 22 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |
| 20  | F, July 23 |  
March 2023  
Florida  
University of Florida  
Institute of Food and Agricultural Sciences |

**Week 4**

**Exam 1**

**Assignment 1 DUE**
<table>
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<tr>
<th>Week 5</th>
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<tbody>
<tr>
<td>21 21 M, July 26</td>
<td>Module 9: Fruits &amp; Vegetables</td>
<td>Chapter 13 and Chapter 14 (pp. 256-309)</td>
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<tr>
<td>22 22 T, July 27</td>
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<tr>
<td>23 23 W, July 28</td>
<td>Module 10: Grains &amp; Flours</td>
<td>Chapter 16 and Chapter 17 (pp. 326-368)</td>
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<td>24 24 H, July 29</td>
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<tr>
<td>25 25 F, July 30</td>
<td>Module 11: Food Industry – Regulations &amp; Product Development</td>
<td>Chapter 29 (pp. 555--568)</td>
<td>ASSIGNMENT 2 DUE</td>
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<tr>
<th>Week 6</th>
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<tbody>
<tr>
<td>26 26 M, August 2</td>
<td>Guest Lecture: Food Product Development Dr. Goodrich-Schneider, Professor</td>
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<td>27 27 T, August 3</td>
<td>Module 12: Careers in Food Science &amp; Nutrition Guest Lecture: Careers in FSHN Herschel Johnson, FSHN Manager of Student Services</td>
<td>Chapter 30 (pp. 570-585)</td>
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<td>28 28 W, August 4</td>
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<tr>
<td>29 29 H, August 5</td>
<td>Guest Lecture: Careers in Food Science &amp; Italy Study Abroad Dr. Sims, Associate Professor</td>
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<tr>
<td>30 30 F, August 6</td>
<td>EXAM 3</td>
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**Disclaimer:** This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.

Last updated: June 23, 2021