

FOS 2001 – MAN'S FOOD

Fall 2022

3 Credit Hours

Instructor:

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Office hours (Virtual): MW 9:30 to 10:30 am. All other times – by appointment only

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/454237>. 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.*

Keep in mind Cengage MindTap purchase allows the access to the e-book test for one term. So if you prefer keeping the textbook beyond the term or prefer hard copy textbook, you can opt out from UF AllAccess and purchase the hard copy from any book store. In this course, we will not use any publisher materials for quizzes or exams. Textbook is required only for reading assignment purposes.

Grading:

Assessment	Weight
Quizzes (12), (two lowest grades dropped)	25%
Exams (3)	40%
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

*Grading scale is based on rounded up average. There is no curb in this course.

Instruction Method:

All lectures are asynchronously delivered online. Students are expected to find the course materials at the canvas course page. The course is divided into 14 modules. Each week, students will get access to a new module page that contains materials for the given week. Each page consists of a link to video lectures, presentation slides and handouts, reading assignments, and additional supplementary materials (videos and/or readings) relevant to the module.

The best way to study the course materials in each module is to begin with the learning goals. It will help you understand the important learning points for that specific module. Next, watch the video lecture. I recommend you print out the presentation handout prior to the lecture and take notes while you join. Presentation slides show a simple summary of what is being explained in the lecture. Much more details are explained in the lecture, and it will be helpful to take notes while you watch the video.

Then, read the assigned reading materials or watch the videos that are posted as supplementary materials (if any). These materials will provide details and support the lecture, and expand your scope of learning.

Assessment Details:

There are 12 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 **12** assessment quizzes (including one syllabus review quiz), and 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. 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 12 quizzes, I will drop two lowest grades and count the other 10 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.

- 3) **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** exams, a will be **proctored by Honorlock**. All exams should be taken online via the Canvas. 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 (closed at 11:59 pm on Mon). For details on exam schedule, please refer to the course outline.

(IMPORTANT) Exam Rules are 1) Only lecture notes (handouts or your own note) will be allowed. No textbook is allowed. Since our textbook is e-textbook, you will not be able to get access to the textbook during the exam. **2) Lecture notes or presentations should be 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 your own notes taken during the lecture. So if you take notes digitally, you will not be able to use them during the exam (unless you find a way to print them out in advance). Plan accordingly. **3) Use of electronic devices (phone, tablet, laptop) is prohibited** (other than the computer you are using for the exam) during the exam. Honorlock detects the use of secondary electronic device and will flag your exam. Use of the electronic device is serious violation of student honor code and will be treated as such, potentially resulting failing grade and other consequences.

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 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).

- 4) **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-world 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.
- 5) **Participation:** It is critical for students to be actively engaged 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 attempts to correctly answer each question. The points will be recorded and counted towards the final grade as participation points.
- 6) **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, 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. These optional activities must be submitted on time, and will NOT be extended for any reason.

Make-Up Exam and Late Submission Grading Policy:

Open and closing dates for quizzes/exams and due dates for assignments/discussions are listed below in the course outline. 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 two lowest grades).

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 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
1 (Aug 24)	Course Introduction	<ul style="list-style-type: none">● EC²: Introduce yourself● Syllabus Quiz
2 (Aug 29)	Module 1. Importance of Food	<ul style="list-style-type: none">● Module 1 Quiz● EC²: Honorlock quiz
3 (Sep 5)	Module 2. Composition of Food	<ul style="list-style-type: none">● Module 2 Quiz
4 (Sep 12)	Module 3. Dietary Guidance and Assessment	<ul style="list-style-type: none">● Module 3 Quiz● Assignment 1. Meal Analysis (Due Oct 3)
5 (Sep 19)	Module 4. Food Safety (including guest lecture by Dr. Schneider)	<ul style="list-style-type: none">● Exam 1 (module 1-4)● EC²: Inside your fridge/pantry- Part I
6 (Sep 26)	Module 5. Meat and Poultry	<ul style="list-style-type: none">● Module 5 Quiz

7 (Oct 3)	Module 6. Fish and Eggs	<ul style="list-style-type: none"> Module 6 Quiz
8 (Oct 10)	Module 7. Milk and Dairy	<ul style="list-style-type: none"> Module 7 Quiz
9 (Oct 17)	Module 8. Vegetables and Fruits	<ul style="list-style-type: none"> Module 8 Quiz
10 (Oct 24)	Module 9. Grains	<ul style="list-style-type: none"> Exam 2 (module 5-9)
11 (Oct 31)	Module 10. Fats and Oils	<ul style="list-style-type: none"> Module 10 Quiz
12 (Nov 7)	Module 11. Sweets	<ul style="list-style-type: none"> Module 11 Quiz Assignment 2. Design your product/recipe (Due Dec 5)
13/14 (Nov 14/21)	Module 12. Food Product Development (Guest lecture by Dr. Renee Goodrich-Schneider)	<ul style="list-style-type: none"> Module 12 Quiz
15 (Nov 28)	Module 13. Food Processing (Guest lecture by Dr. Andrew MacIntosh)	<ul style="list-style-type: none"> Module 13 Quiz EC²: Inside your fridge/pantry- Part II
16 (Dec 5)	Module 14. Careers in Food Science and Nutrition (Guest lecture by Dr. Charlie Sims and Ms. Laura Acosta)	<ul style="list-style-type: none"> Exam 3 (module 10-14)

¹Details on each requirement are shown in the table below

²EC: Extra-credit activity

Quiz, Exam, Assignment, and Discussion Schedule

Type	Materials Covered	Opening Date / Posting Date	Closing Date / Submission Due
Syllabus Quiz	Syllabus	Aug 25	Aug 28
Assessment Quiz*	Module 1	Sep 1	Sep 4
	Module 2	Sep 8	Sep 11
	Module 3	Sep 15	Sep 18
	Module 5	Sep 29	Oct 2
	Module 6	Oct 6	Oct 9

	Module 7	Oct 13	Oct 16
	Module 8	Oct 20	Oct 23
	Module 10	Nov 3	Nov 6
	Module 11	Nov 10	Nov 13
	Module 12**	Nov 17	Nov 27
	Module 13	Dec 1	Dec 4
Exam 1	Module 1-4	Sep 21	Sep 26
Exam 2	Module 5-9	Oct 26	Oct 31
Exam 3	Module 10-14	Dec 7	Dec 12
Assignment 1	Module 1-3	Sep 12	Oct 3
Assignment 2	Module 1-12	Nov 7	Dec 5
Extra credit activity 1 (Self-introduction)	N/A	Aug 24	Aug 31
Extra credit activity 2 (Honorlock quiz)	N/A	Aug 24	Sep 20
Extra credit activity 3 (Inside your fridge/pantry I)	Module 4	Sep 19	Sep 26
Extra credit activity 4 (Inside your fridge/pantry II)	Module 13	Nov 28	Dec 5

**No module assesment quiz on the exam week*

***Module 12 quiz has extended time due to Thanksgiving Break*

Course Communication

Important announcements related to the course will be made through Canvas Announcements. This will also generate an email that will be delivered to your Gatorlink email. Weekly announcement will be sent out on every Monday, and the reminder for assessment quiz and exam will be sent out on the day they become available. Please make sure to read these weekly announcements. It contains very important information.

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.

Online Security and Privacy:

Remember that your password is the only thing protecting you from pranks or more serious harm.

- Don't share your password with anyone
- Change your password if you think someone else might know it
- Always logout when you are finished using the system

This course offers pre-recorded video lectures so there will not be any recording of live class sessions.

For information about the privacy policies of the tools used in this course, see the links below:

- Instructure (Canvas)
 - [Privacy Policy](#)
 - [Accessibility](#)
- Zoom
 - [Privacy Policy](#)
 - [Accessibility](#)
- Honorlock
 - [Privacy Policy](#)
 - [Accessibility](#)

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 <https://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/>