FOS 2001 - MAN'S FOOD

Fall 2023

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

Virtual Office hours: M/W 9:30 to 10:30 am, https://ufl.zoom.us/j/2231135293

All other times – by appointment only

Primary General Education Designation: Biological Sciences (B)

(Note: A minimum grade of C is required for general education credit)

Course Description:

This course provides basic knowledge of two disciplines: Food Science and Nutrition. The course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering, and microbiology of food. 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 including their chemical and biolological characteristics, 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, while learning a vocabulary of nutrition and food science terms that enable them to understand, discuss and evaluation nutrition and food science topics.

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/480656. 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.

General Education Objectives:

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.

Student Learning Outcomes:

By the end of the course, students should be able to:

- Identify and explain a vocabulary of nutrition and food science terms and their definitions
 (B/Content assessed through quizzes, participation, and exams)
- 2. Identify basic nutrient groups and determine, name foods which are a good source of each nutrient group, and explain how to select healthy and nutritious food (B/Critical Thinking assessed through exams, assignments, group discussion)
- 3. Compare different food commodities and their distinct chemical and biological properties (B/Content assessed through quizzes, participation, and exams)
- 4. Identify and explain practices to keep food safe during preparation and cooking (Course-specific assessed through quizzes, exams, and assignments)
- 5. Analyze how nutrition and food science is integrated with biological and chemical principles, and find and explain examples (B/Critical Thinking and Communications assessed through assignments and group discussion)
- 6. Examine career choices in food science and nutrition (Course-specific assessed through participation and assignments)
- 7. Assess current issues in scientific reporting on nutrition and food science research, survey and develop scientific reports in nutrition and food science (B/Communications assessed through assignments and group discussion)

Textbook (Required in full):

"Understanding Food: Principles and Preparation", 6th Ed., Amy Brown, Cengage, 2019. (E-book available through UF All Access).

Keep in mind UF All Access allows the access to the e-book 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. Textbook is required only for reading assignments.

Other supplementary reading materials and videos are provided through Canvas course page. Materials and Supplies Feeds: N/A

Grading:

Assessment	Weight
Quizzes (12) (two lowest grades dropped)	20%
Exams (4) (lowest grade dropped)	35%
Assignments (2)	25%
Group discussion (3)	15%
Participation (pop up quizzes during video lectures)	5%
Total	100%*

^{*}Extra-credit activity will be added toward final grade as additional 2%

Grading scale^{a, b}:

Passing	Α	А-	B+	В	B-	C+	С	C-	D+	D	D-	E
grade												
Course	100%	<94%	<90%	<87%	<84%	<80%	<77%	<74%	<70%	<67%	<64%	<60
Average %	to											
/0	94%	90%	87%	84%	80%	77%	74%	70%	67%	64%	60%	

^aA minimum grade of C is required for general education and minor credit. Grade of C- or lower is not a qualifying grade for minor or Gen Ed credit. Further information on UF's grading policy is available at: https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies

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

^bPlease note I <u>do not round up grades</u>. Requests to do so will not be considered.

Assessment Details:

There are 12 weekly quizzes, 4 exams, 2 assignments, and 3 group discussions 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. It is assumed you will **complete all work indenpenly** except group discussion. Any unauthorized collaboration will be considered as violation of student honor code and be subject to SCCR.

1) Module assessment quizzes (20%): 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 – 6-7 questions directly from lectures, and 3-4 questions from reading assignments; except Syllabus quiz that you have 15 quiz questions enriefly about syllabus). Each quiz will be timed and proctored by Honorlock, and should be completed in 15 min. You will have 2 attempts for each quiz, and the higher grades will be used as your final grade. The quizzes are open-note, so you can use notes for the quiz which include class notes, printed lecture handouts, or your own handwritten notes; however, you will not be able to get access to any electronic materials during the quiz since your browser will be locked down. So textbook is not allowed (I knot some of you use hard copy, but to be fair to those using e-books, I will not allow the textbook). If you have taken any notes electronically and like to use them for quiz, then you must print them out or create your own notes. All quizzes will be open on Thursday and close on Friday (it will be closed at 11:59 pm on Fri), and it must be takend within this 48-hr period. 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.

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 take the 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 and show your ID. 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).

2) Exams (35%): There are 4 exams. Each exam covers multiple modules (but non-cumulative) and contains multiple choice and True/False questions. Exams are closed-note and closed-book tests and will be proctored by Honorlock. All exams should be taken online via Canvas. Each exam will be timed and should be completed in 50 min. Exams will be open on Thursday and should be taken by Friday (it will be closed at 11:59 pm on Friday). I will drop the lowest grade and count the other 3 exams toward the final grade. Taking an exam late with penalty is NOT allowed, and any make up or schedule change must be discussed with the instructor in advance. For details on exam schedule, please refer to the course outline.

(IMPORTANT) Exam Rules are 1) Neither notes nor textbook will be allowed. Using any note (whether diginal or in paper) during the exam will be considered as violation of testing rule and consequently, violation of honor code, and will result in failing grade and immediately reported to SCCR. 2) 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 in failing grade and other consequences.

- 3) Assignments (25%): 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 instruction and grading rubric for each assignment will be provided in the course website in Canvas. For specific due dates for each assignment, please see the schedule below. All assignments should be submitted electronically through Canvas.
- 4) *Group Discussion (15%):* Since this is asynchronous online course, students have limited interaction with their peers. To increase peer interaction and engagement, students will be required to participate in a group discussion using Canvas. Each group will be asked to have discussion on a given topic by posting a question or post-lesson reflection and responding to peer's posting. Detailed instruction for group discussion will be provided in the course website in Canvas.
- 5) Participation (5%): 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 (2% add-on): 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 video quiz. 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.

^{*}I do not create any additional assignment to improve students' grade near the end of term. Such request will not be honored.

Make-Up Exam Policy (For Quiz and Exam)

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. Since both quizzes and exams are administered with multi-day time window (Thu-Fri), you already have flexibility in your scheduling and thus I offer make-up on a limited basis.

There is **no make-up for quizzes** (instead, I will drop the two lowest grades). If you miss any, 0 grade from missing will be dropped as your lowest. **For exams**, make-ups will be considered **for legitimate reasons or under extenuating circumstances only with proper documentation**. Acceptable reasons include illness, serious family emergencies, jury duties, and participation in official university activities (e.g. athletic competition). Make-up exam request must be made **prior to the scheduled exam date whenever possible or within 2 days from the scheduled exam**. Any request made after 2 days will not be honored (except medical emergency with proper proof).

Keep in mind there is **no make-up for extra-credit quiz**.

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/.

Late Submission and Due Extension Policy (For Assignments and Discussion Posting)

For assignments and discussions, you can request due extension <u>for legitimate reasons or under</u> <u>extenuating circumstances only with proper documentation (see footnote below)</u>. Due extension request must be made <u>prior to the scheduled exam date whenever possible or within 2 days from the due</u>, and depending on the situation, 1-7 days of extension will be given. Any request made after 2 days the due will not be honored (except medical emergency - see footnote below)

If the arrangement for due extension is not made, **late penalty of 10% deduction each day** will be automatically applied.

Keep in mind there is **no due extension for extra-credit assignments**.

Course Communication

Important announcements related to the course will be made through **Canvas Announcements**. If you do not want to miss any announcements, please ensure that your Canvas profile is set to receive notifications. This way, any announcement created will be <u>delivered to your Gatorlink email</u>.

In this course, I mostly communicate with students via Canvas Announcement and 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 TAs and I do our best to reply to your emails as quickly as possible, please allow 48 hours to receive a reply.

¹ Medical excuses or any sensitive information should be addressed through <u>Disability Resource Center</u> (DRC) or <u>Dean of Students Office</u>. Please do NOT send any sensitive/medical information directly to the instructor. If you have any question or concern, talk to the instructor.

Students will have multiple channels to communicate with instructor and TAs:

- E-mails (either direct emailing or through Canvas mail)
- Canvas course page Q&A forum in Discussion
- Office Hours Instructor and TAs offer virtual office hours
- Individual zoom conference meeting scheduled on request

Netiquette:

All members of the class are expected to conduct themselves in a professional and respectful manner and follow rules of common courtesy in all email messages, threaded discussions, and chats. Please read the Netiquette Guide for Online Courses.

Tentative Course Outline

Week (Dates)	Module /Topic	Students' required activities, exams, quizzes ¹
1 (Aug 23)	Course Introduction Students are introduced to the key tools and technology used in this online course and learn course and UF policies related to the course.	 Discussion 1: Introduce yourself (Due: Sep 5) Syllabus Quiz (Aug 24 to Sep 1) EC²: Honorlock quiz (Aug 23 to Sep 13)
2 (Aug 28)	Module 1. Importance of Food Selection Students are introduced to the factors affecting food choices and learn about basic nutrition terms and dietary reference values and how to assess their diet adequacy.	Module 1 Quiz (Aug 31 to Sep 1)
3 (Sep 4)	Module 2. Composition of Food Students learn about main nutrients and their chemical properties and functions.	Module 2 Quiz (Sep 7-8)
4 (Sep 11)	Module 3. Dietary Guidance and Assessment Students are introduced to food guidance systems and tools for personal dietary assessment and learn how to understand nutrition information on food labels.	 Exam 1 (module 1-3; Sep 14-15) Assignment 1. Meal Analysis (Due: Sep 27)
5 (Sep 18)	Module 4. Food Safety (including guest lectures by Dr. Schneider) Students learn about different types of food safety hazards and how to effectively control these hazards.	 Module 4 Quiz (Sep 21-22) Discussion 2: Food Safety (Due: Sep 25)
6 (Sep 25)	Module 5. Meat and Poultry Students learn about unique chemical and biological properties of meat and poultry, and safe practices to handle them.	Module 5 Quiz (Sep 28-29)

7	Module 6. Fish and Eggs	•	Module 6 Quiz (Oct 5-6)
(Oct 2)	Students learn about chemical and biological properties of seafood and their processing methods. Students also learn about various functions of eggs in food production	•	EC ² : Video quiz I (Oct 2-6)
8	Module 7. Milk and Dairy	•	Exam 2 (module 4-7; Oct 12-13)
(Oct 9)	Students learn about unique chemical and biological properties of milk and dairy. Students are also introduced to basic processing steps for these food commodities.		
9	Module 8. Vegetables and Fruits	•	Module 8 Quiz (Oct 19-20)
(Oct 16)	Students learn about nutrition, chemical and biological properties of vegetables and fruits.		
10	Module 9. Grains	•	Module 9 Quiz (Oct 26-27)
(Oct 23)	Students learn to compare refined and whole grains and the role of gluten in baked products.	•	Discussion 3: Food Myths (Due: Oct 30)
11	Module 10. Fats and Oils	•	Module 10 Quiz (Nov 2-3)
(Oct 30)	Students learn about chemical properties of fats and oils and their melting points.	•	EC ² : Video quiz II (Oct 30-Nov 3)
12	Module 11. Sweets	•	Exam 3 (module 8-11; Nov 9-13) ³
(Nov 6)	Students will be to different types of candies and basic steps of candy-making.		
13	Module 12. Food Product Development (Guest lecture	•	Module 12 Quiz (Nov 16-17)
(Nov 13)	by Dr. Renee Goodrich-Schneider)	•	Assignment 2. Develop your
	Students will learn about the main steps of developing a new food product and what each step is about.		product idea (Due Dec 1)
14	No New Module opens (Research	tim	e for Assignment 2)
(Nov 20)			
15 (Nov 27)	Module 13. Food Processing (Guest lectures by Dr. Andrew MacIntosh)	•	Module 13 Quiz (Nov 30-Dec 1)
	Students are introduced to different processing techniques and learn about the basic principles of each technique.		
16	Module 14. Careers in Food Science and Nutrition	•	Exam 4 (module 12-14; Dec 11-12) ⁴
(Dec 4)	(Guest lectures by Dr. Charlie Sims and Dr. Laura Acosta)		
	Students learn about nutrition and food science as academic discipline and different career choices under these two disciplines.		

¹Details on each requirement are shown in the table below.

²EC: Extra-credit activity which is optional.

³Exam 3 schedule (Thu to Mon) is different from other exams due to holiday (Veterans Day).

⁴Exam 4 schedule (Mon to Tue) is different from other exams to avoid reading days.

Quiz, Exam, Assignment, and Discussion Schedule

Туре	Materials	Opening Date /	Closing Date /		
	Covered	Posting Date	Submission Due		
Syllabus Quiz	Syllabus	Aug 24	Sep 1		
Assessment Quiz*	Module 1	Aug 31	Sep 1		
	Module 2	Sep 7	Sep 8		
	Module 4	Sep 21	Sep 22		
	Module 5	Sep 28	Sep 29		
	Module 6	Oct 5	Oct 6		
	Module 8	Oct 19	Oct 20		
	Module 9	Oct 26	Oct 27		
	Module 10	Nov 2	Nov 3		
	Module 12	Nov 16	Nov 17		
	Module 13	Nov 30	Dec 1		
Exam 1	Module 1-3	Sep 14	Sep 15		
Exam 2	Module 4-7	Oct 12	Oct 13		
Exam 3**	Module 8-11	Nov 9	Nov 13		
Exam 4***	Module 12-14	Dec 11	Dec 12		
Assignment 1	Module 1-3	Sep 11	Sep 27		
Assignment 2	Module 1-13	Nov 13	Dec 1		
Discussion 1: Self-introduction	N/A	Aug 23	Sep 5		
Discussion 2: Food Safety	Module 4	Sep 18	Sep 25		
Discussion 3: Food Myths	Module 1 - 9	Oct 23	Oct 30		
Extra credit: Honorlock quiz	N/A	Aug 23	Sep 1		
Extra credit: Video quiz I	Module 6	Oct 2	Oct 6		
Extra credit: Video quiz II	Module 10	Oct 30	Nov 3		
*No modulo assassament quiz on t		<u> </u>	<u> </u>		

^{*}No module assessement quiz on the exam week

^{**}Please note the change. Since Nov 10 (Fri) is holiday, the closing day is Nov 13 (Mon).

^{***} Please note that Exam 4 opens on Mon and closes on Tue to avoid testing on reading days.

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/.

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 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 class sessions.

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

- Instructure (Canvas)
 - o Privacy Policy
 - Accessbility
- 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 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/