FOS 2001: MAN'S FOOD
Go at Your Own Pace Format
Fall 2024
3 Credit Hours

General Information

Instructor

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- Please allow 24 – 48 hrs for a response on weekdays. Any emails received after 5:00 pm on Friday through Sunday will be replied on Monday
- 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 biological characteristics, and how food processing 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 evaluate nutrition and food science topics.

Go at Your Own Pace Format

This self-paced online course allows you to learn at your own pace without strictly following a preset schedule. All course materials and assignments will be available over the first 2 weeks: modules 1 through 7 will be unlocked on the first day, and the rest of the course will be unlocked by the end of Week 2. This course design will give you the flexibility to complete the work on your own time. However, to ensure a structured learning experience, you must complete all requirements within one semester. In addition, to progress through the course, you must 1) visit the module page and 2) complete all assessments for the module.

You have two due dates in this course:

- **October 13, 2024 (Sun)**: Submission deadline for assessments from Modules 1 through 7.
- **December 4, 2024 (Wed)**: Submission deadline for assessments from Modules 8 through 14. This is the final date, and no submission will be accepted after this.

However, I strongly recommend that you adhere to the suggested pacing schedule that you will find later in the syllabus.

Self-Directed Learning

As this is an online class, you are responsible for observing all posted due dates and are encouraged to be self-directed and take responsibility for your learning. Create a schedule for yourself or follow the recommended schedule provided later in this syllabus.

Prerequisites

There are no prerequisites for this course.

Course Structure

This course is delivered 100% online. All students are expected to find and study the course content on the Canvas course page. The course is divided into 14 modules. Each module consists of video lectures, reading assignments, and additional supplementary materials relevant to the module. For each module, there will be a short quiz, which covers the material for that specific module. In addition to quizzes, we have exams and assignments. For details, please refer to "Assessment Details". You are responsible for taking quizzes and exams on time and submitting assignments by the due date. Grades will be posted on Canvas. If you notice any discrepancy, report it 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 the outcomes of experiments.

Student Learning Outcomes

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

1. 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 are 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, 2018. (E-book available through UF All Access).

Keep in mind that UF All Access allows access to the e-book for one term. So, if you prefer keeping the textbook beyond the term or prefer a hard copy textbook, you can opt out of UF All Access and purchase the hard copy from any bookstore. A textbook is required only for reading assignments.

Other supplementary reading materials and videos are provided through the Canvas course page.

Materials and Supplies Fees

There is no supply fee for this course.

Grading, Assessment, and Instructional Methods

Grading

Assessment	Weight
Quizzes (11) (two lowest grades dropped)	20%
Exams (4)	35%
Assignments (2)	25%
Discussion (3)	15%
Participation (pop-up quizzes during video lectures)	5%
Total	**100%**

Note: Extra-credit activity will be added toward final grade as additional 2%.

Grading Scale

Passing grade	A	A−	B+	B	B−	C+	C	C−	D+	D	D−	E
Course Average %	100% to 94.0%	<94.0% to 90.0%	<90.0% to 87.0%	<87.0% to 84.0%	<84.0% to 80.0%	<80.0% to 77.0%	<77.0% to 74.0%	<74.0% to 70.0%	<70.0% to 67.0%	<67.0% to 64.0%	<64.0% to 60.0%	<60.0%

Note 1: A 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

Note 2: Please note I do not round up grades. Requests to do so will not be considered.

Instructional Methods

All lectures are asynchronously delivered online, allowing you to learn at your own pace. You can find the course materials on the Canvas course page. The course is divided into 14 modules, each accessible once you complete the requirements of the previous module. Each module page contains links to video lectures,

presentation slides and handouts, reading assignments, and additional supplementary materials (videos and/or readings) relevant to the module.

To maximize your learning experience, follow these steps for each module:

1. **Begin with the Learning Goals:** Start by reviewing the learning goals for the module to understand the key points and objectives.
2. **Watch the Video Lectures:** Print out the presentation handout before watching the lecture and take notes as you go. The presentation slides provide a summary, but the lecture includes detailed explanations that are crucial for understanding the material.
3. **Engage with Reading and Supplementary Materials:** After the lecture, read the assigned materials or watch any supplementary videos. These resources will deepen your understanding and expand on the topics covered in the lecture.

By following this structured approach, you'll effectively navigate through the course at your own pace, ensuring a comprehensive understanding of each module before moving on to the next.

Assessment Details

This course includes 11 module quizzes, 4 exams, 2 assignments, and 3 discussions. Additionally, there will be pop-up questions during the video lectures to assess your participation. Throughout the course, several optional activities for extra credit will also be provided. You are expected **to complete all work independently**, except for group discussions. Unauthorized collaboration will be considered a violation of the student honor code and be subject to SCCR.

1. **Module assessment quizzes (20%)**

   There are **11** assessment quizzes (including one syllabus review quiz). Each quiz covers lecture content and reading materials (except the first quiz, which covers the syllabus). The quizzes should be taken online via Canvas and will include multiple choice, True/False questions, and matching questions randomly selected from a question pool (7 to 10 questions for each quiz — approximately 80% questions directly from lectures, and 20% from reading assignments). Each quiz is timed and **proctored by Honorlock** and should be completed in **7-10 minutes, depending on the number of questions (~1 min per question)**. You will have **2 attempts** for each quiz, and the higher grade will count towards your final grade.

   The quizzes are **open-note**, allowing you to use class notes, **printed** lecture handouts, or handwritten notes. However, electronic materials or notes are not permitted during the quiz as your browser will be locked down. The use of any electronic device (including smartphone, tablet, second computer, e-notes) or e-textbook is **strictly prohibited.** If you have electronic notes that you want to use, you must print them (I like to save trees, but sorry, no other options here!).

   All quizzes are available from the first day, and you can access them once you complete all requirements from the previous module. Out of the 11 quizzes, the **two lowest grades** will be dropped, and the remaining 9 will count towards your final grade. Since this is a self-paced course, there is **no makeup or due date extension**.

2. **Exams (35%)**

There are **4 exams** in this course, each covering multiple modules but non-cumulative. Exams will include multiple choice, True/False questions, and matching questions randomly selected from a question pool (25 to 45 questions per exam — approximately 80–85% from lectures and 15–20% from reading assignments). Exams are **open-note**, similar to the quizzes, and only printed notes will be allowed.

All exams should be taken online via Canvas and will be **proctored by Honorlock**. Each exam is timed and must be completed in **45 minutes (25 minutes for Exam 4)**. All exams are available from the first day, and you can access them once you complete the requirements from the previous modules. Since this is a self-paced course, there is no **makeup or due date extension**.

IMPORTANT TESTING RULES: READ CAREFULLY

1) Notes: Both quizzes and exams are open-note, and students can use **only printed or hand-written notes**. It is your responsibility to prepare or print these notes in advance. **2) Electronic Device: The use of electronic devices (phone, tablet, laptop) is prohibited**, except for the computer you are using to take the quiz/exam. Honorlock will detect and flag the use of secondary electronic devices. This is a serious violation of the student honor code and may result in a failing grade and other severe consequences, such as a course failure. **3) Testing Environment: Choose a quiet place to take the exam with minimal background noise.** The presence of other people in the same room is not allowed and will be considered a testing violation. Unless you have accommodations from the DRC, the use of headphones or noise from TV, radio, or other music streaming services is prohibited. **4) Focus: Ensure you look directly at your computer screen.** Frequently looking away will flag your testing as suspicious activity, suggesting the use of unauthorized materials. Always stay within the camera frame and adjust your camera so your entire face is visible. **5) Technical Issues:** Technical glitches can happen. If you experience any issues, try to complete the test if possible. Notify me via email afterward. If Honorlock kicks you out, try refreshing and continue the test. You can also contact Honorlock Customer Help during the test through live chat.

3. **Assignments (25%)**

There are 2 assignments in this course designed to help you apply your learning to real-world situations. All assignments should be submitted electronically through Canvas. Detailed instructions and grading rubrics will be provided on the course website in Canvas, and grades and feedback will be posted within 2 weeks of submission. Assignments are available from the first day, and you can access them once you complete the requirements from the previous modules. Since this is a self-paced course, there is **no makeup or due date extension**.

The summary of each assignment is as follows:

1. *Assignment 1 (Meal Analysis):* In this multi-part assignment, you will have an opportunity to analyze your diet and compare it to what is recommended for you (based on your physical characteristics). This assignment has 4 components. (1) Get your dietary recommendation using MyPlate Plan; (2) Record your own diet for a day; (3) Analyze your diet and find a way to improve it further; and (4) Design a single day diet based on the recommendation and your improvement plan. This assignment will be written as a report of 7–8 pages. You must complete all 4 components to get full credit. Detailed instructions and grading rubric are available in Canvas.

2. *Assignment 2 (Product Development Idea):* In this multi-part assignment, you will choose a food product that is currently available on the market and develop an idea to create a new product idea based on this product of choice by revisiting different product development concepts discussed in Module 12 (line extension, repositioning, form/shape changing, reformulation, and re-packaging). This assignment has 3 components. (1) Choose any processed food product and research the product for its ingredients, labeling, unique characteristics including packaging, form, color, and flavor, and its healthy benefits, if any; (2) Take a picture of the product including its Principal Display Panel and Information Panel

and study its labeling carefully; and (3) Develop a new product using food product development principles discussed in Module 12, including line extension, reformulation, repositioning, new packaging, and creating a new form. This assignment will be written as a report of up to 7 pages including all 3 components. You must complete all 3 components to get full credit. Detailed instructions and grading rubric are available in Canvas.

4. **Discussions (15%)**

In this asynchronous online course, peer interaction and engagement are crucial. To foster this, you are required to participate in discussions using Perusall. You will read a posted article and engage in a virtual discussion on a given topic by posting questions or reflections and responding to peers' posts. Your participation will be graded based on the quality of your contributions within Perusall. Effective annotations should deeply engage with points in the articles, stimulate discussion, offer informative questions or comments, and assist others by addressing their questions or confusion. Recognizing that each student will post their annotations at different times due to the "at-your-own-pace" nature of this course, responding to other student's comments are encouraged, but will not be required. Detailed instructions for each group discussion will be provided on the course website in Canvas. Since this is a self-paced course, **there is no makeup or due date extension.**

5. **Participation (5%)**

Active engagement is critical in online learning. Your participation will be assessed through pop-up questions inserted during the video lectures using PlayPosit. These questions review the lecture content, and you will have 2 attempts to answer each question correctly. Participation points will be recorded and counted towards your final grade. Since this is a self-paced course, **there is no makeup or due date extension.**

6. **Activities for extra credits (2% add-on)**

Several optional activities are available in this course to earn extra credit, such as the Honorlock practice quiz, and video quizzes. These activities are designed to help improve your grade. Detailed instructions for each activity will be provided on the course website in Canvas. Extra credit will be reflected in your grade once you complete all course requirements. Since this is a self-paced course, **there is no makeup or due date extension.**

*I do not offer additional assignments to improve grades near the end of the term. Such requests will not be accommodated.

Grading and Feedback Policy

For manually graded assignments, all student assignments submitted by the end of a week (Sunday at 11:59 p.m.) will be graded by the end of the following week (Sunday at 11:59 p.m.). Detailed rubrics are provided for all assignments and discussions in Canvas. Rubrics will be used to grade and provide feedback on your work. This feedback will include the identification of successful areas of your submission as well as areas for improvement.

Quizzes and exams will be scored automatically and immediately. If you would like additional feedback on the quizzes, you can email your instructor to set up a meeting or attend office hours.

Assignments That Are Submitted By…	Will Be Graded By…
Sunday, August 25, 11:59 pm	Sunday, September 1, 11:59 pm
Sunday, September 1, 11:59 pm	Sunday, September 8, 11:59 pm
Sunday, September 8, 11:59 pm	Sunday, September 15, 11:59 pm
Sunday, September 15, 11:59 pm	Sunday, September 22, 11:59 pm
Sunday, September 22, 11:59 pm	Sunday, September 29, 11:59 pm
Sunday, September 29, 11:59 pm	Sunday, October 6, 11:59 pm
Sunday, October 6, 11:59 pm	Sunday, October 13, 11:59 pm
Sunday, October 13, 11:59 pm	Sunday, October 20, 11:59 pm
Sunday, October 20, 11:59 pm	Sunday, October 27, 11:59 pm
Sunday, October 27, 11:59 pm	Sunday, November 3, 11:59 pm
Sunday, November 3, 11:59 pm	Sunday, November 10, 11:59 pm
Sunday, November 10, 11:59 pm	Sunday, November 17, 11:59 pm
Sunday, November 17, 11:59 pm	Sunday, November 24, 11:59 pm
Sunday, November 24, 11:59 pm	Sunday, December 8, 11:59 pm (November 25-29 is Thanksgiving break)
Sunday, December 1, 11:59 pm	Sunday, December 8, 11:59 pm
Wednesday, December 4, 11:59 pm (the day before the reading days)	Wednesday, December 11, 11:59 pm

Make-Up Exam, Due Extension, and Late Submission Policy

As this course is self-paced, students should manage their time effectively and complete all course requirements as instructed. Due to the flexible nature of the course, make-up exams, due extensions, and late submissions will not be allowed under any circumstances. Students should plan their schedules accordingly to ensure they complete all coursework and assessments on time. By adhering to this policy, students will demonstrate their ability to manage their time effectively, which is a crucial skill to be successful in a self-paced course. For any questions or concerns regarding this policy, please contact the instructor well in advance of the course end date.

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

Key Points About Assignment Submissions

- **Self-paced nature:** The course is designed to allow students to work at their own pace. Therefore, it is the responsibility of each student to manage their time and complete all assessments by the deadline.
- **Submission due dates:** All course assessments must be completed and submitted by their due dates. There will be no extensions or make-up exams provided. Any submissions made after the due dates will not be accepted or graded.
  - First deadline – **Oct 13, 2024** (Sun) for all assessments from Modules 1 through 7
  - Second (Final) deadline – **Dec 4, 2024** (Wed) for all assessments from Modules 8 through 14
  NOTE: I strongly recommend that you pace yourself rather than wait close to the due dates to start working on the modules/assignments.
- **Exceptions:** This policy applies to all students, regardless of the reason for missing the deadlines. However, if students cannot complete the coursework by the deadline due to legitimate reasons or under extenuating circumstances, exceptions can be made by the instructors. In this case, students should contact the instructor immediately, and provide **proper documentation** to the instructor.

Communication Policies

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 **delivered to your Gatorlink email**.

In this course, I mostly communicate with students via Canvas announcements 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. Please include **your last name and the course number (FOS2001) in** the subject line of your emails. While TAs and I do our best to reply to your emails as quickly as possible, **please allow 48 hours (excluding the weekends and holidays) to receive a reply.**

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

- E-mails (either direct emailing or through Canvas mail)
- Canvas course page – Q&A forum in Discussion
- Office Hours – The 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, group discussions, and posts in the course Q&A forum. Please read the Netiquette Guide for Online Courses for details.

- Don't say things that you would not say in a face-to-face environment
- Be open to opinions and ideas that differ from yours.

Course Outline and Recommended Self-Pacing Schedule

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

[2]EC: Extra-credit activity which is optional.

Module/Topic	Students' required activities and assessments	Recommended (but not required) date of completion
Course Orientation Students are introduced to the key tools and technology used in this online course and learn course and UF policies related to the course. Lecture: • Course Orientation [7:24] Reading assignment: • Course syllabus	• **Discussion 1: Introduce yourself** • Syllabus Quiz • EC[2]: Honorlock quiz	**August 24**
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.* Lectures: • 1.1 Food Selection Criteria [8:36] • 1.2 Nutritional Assessment [7:48] • 1.3 Nutrition Reference Values [10:50] Reading assignments: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. Chapter 1 (pp. 1–19) • Module 2. Nutrition Assessment and Classification, Nutrition Assessment, Counseling, and Support (NACS), 2nd version, 2016 • DRI Dietary Reference Intakes: Applications in Dietary Assessment. Chapter 1. Introduction and Background. Institute of Medicine (US). Washington (DC), National Academic Press, 2000.	• Module 1 Quiz	**August 31**
Module 2. Composition of Food *Students learn about main nutrients and their chemical properties and functions.* Lectures: • 2.1 Intro to Food Composition [4:43] • 2.2 Water [8:00] • 2.3 Macronutrients: Carbohydrates [11:28] • 2.4 Macronutrients: Lipids [9:48] • 2.5 Macronutrients: Proteins [8:32] • 2.6 Micronutrients: Vitamins & Minerals [3:09] Reading assignment: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. ○ Chapter 3 (pp. 27–60)	• Module 2 Quiz	**September 7**

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.* Lectures: • 3.1 Food Guidance Systems [13:31] • 3.2 Food Guide & Dietary Assessment [9:48] • 3.3 Food Labeling [12:53] Reading assignments: • Dietary Guidelines for Americans 2020–2025, Executive Summary (2020, USDA) • Facts: New and Improved Nutrition Facts Labels (2018, FDA) – uploaded in Dropbox Key Changes of Nutrition Facts Label (2018, FDA) (Video) The Food Label and You (2011, FDA) [28:47]	• **Exam 1 (Modules 1–3)** • **Assignment 1. Meal Analysis**	**September 14**
Module 4. Food Safety *Students learn about different types of food safety hazards and how to effectively control these hazards.* Lectures: • 4.1 Food Safety Overview [14:28] • 4.2 Food Safety Hazards [13:05] – Guest lecture by Dr. Schneider • 4.3 Control of Food Safety Hazards [13:25] – Guest lecture by Dr. Schneider • 4.4 Food Allergies [4:32] Reading assignments: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. Chapter 4 (pp. 61–90) • Most Common Foodborne Illnesses (FDA & American Medical Association) • (Video) Food Safety in Seconds – FDA, 2018 [1:16] (Video) How Does Cross-Contamination Happen? – USDA Food Safety, 2015 [3:11]	• Module 4 Quiz • **Discussion 2: Food Safety**	**September 21**
Module 5. Meat and Poultry *Students learn about the unique chemical and biological properties of meat and poultry, and safe practices to handle them.* Lectures: • 5.1 Meat [17:06] • 5.2 Poultry [8:31] Reading assignments: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. o Chapter 7 (pp. 131–144 and 149–162) – You can skip "Cuts of Meat" (pp. 144–149) o Chapter 8 (pp. 163–174) • Beef from Farm to Table (USDA) at https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/meat/beef-farm-table • Chicken from Farm to Table (USDA) at https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/chicken-farm-table	Module 5 Quiz	**September 28**

Module	Assessment	Date

Module 6. Fish and Eggs
 	
Students learn about the chemical and biological properties of seafood and their processing methods. Students also learn about the various functions of eggs in food production.
 	
Lectures:
• 6.1 Fish and Shellfish [14:53]
• 6.2 Eggs [13:40]
 	
Reading assignments:
• Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019.
   ○ Chapter 9 (pp. 177–186, 193–196)
   ○ Chapter 12 (pp. 236–244, 251–255)
 	
• Seafood safety (2022, FDA) at https://www.fda.gov/food/buy-store-serve-safe-food/selecting-and-serving-fresh-and-frozen-seafood-safely
	• Module 6 Quiz
	• EC[2]: Video quiz I
		October 5

Module 7. Milk and Dairy
 	
Students learn about the unique chemical and biological properties of milk and dairy. Students are also introduced to basic processing steps for these food commodities.
 	
Lectures:
• 7.1 Milk [14:57]
• 7.2 Cheese [12:04]
• 7.3 Yogurt & Ice Cream [14:49]
 	
Reading assignments:
• Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019.
   ○ Chapter 10 (pp. 197–217)
   ○ Chapter 11 (pp. 218–235)
   ○ Chapter 26 (pp.505–517)
	• **Exam 2 (Modules 4–7)**	**October 12**
		
		*October 13 is the deadline for assessments from Module 1 through 7.

Module 8. Vegetables and Fruits
 	
Students learn about the nutrition, chemical, and biological properties of vegetables and fruits.
 	
Lectures:
• 8.1 Vegetables [18:12]
• 8.2 Fruits [15:07]
 	
Reading assignments:
• Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019.
   ○ Chapter 13 (pp. 256–263, 273–283)
   ○ Chapter 14 (pp. 284–289, 298–309)
	Module 8 Quiz	**October 19**

Module 9. Grains
 	
Students learn to compare refined and whole grains and the role of gluten in baked products.
 	
Lectures:
• 9.1 Cereal Grains [9:34]
• 9.2 Flour [10:38]
 	
Reading assignment:
• Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019.
    o Chapter 16 (pp. 326–330, 338–345)
    o Chapter 17 (pp. 346–367)
	• Module 9 Quiz
	• **Discussion 3: Food Myths**
		October 26

Module 10. Fats and Oils *Students learn about the chemical properties of fats and oils and their melting points.* Lecture: • 10.1 Fats and Oils [14:28] Reading assignment: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. o Chapter 22 (pp. 428–441, 446–451)	• Module 10 Quiz • EC^2: Video quiz II	**November 2**
Module 11. Sweets *Students will be to different types of candies and the basic steps of candy-making.* Lecture: • **11.1 Candy & Chocolate [12:41]** Reading assignment: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. • Chapter 25 (pp. 489–504)	o **Exam 3 (Modules 8–11)**	**November 9**
Module 12. Food Product Development (Guest lecture by Dr. Renee Goodrich-Schneider) *Students will learn about the main steps of developing a new food product and what each step is about.* Lectures: • 12.1 Value-added Food Products [18:18] • 12.2 Product Development Process [18:49] Reading assignment: • Food Product Innovation: A background paper, 2006. Food and Agriculture Organization of the United Nations. • Introduction to Food Product Development, Iowa State University Digital Press (https://iastate.pressbooks.pub/foodproductdevelopment/chapter/chapter-1/)	• Module 12 Quiz • **Assignment 2. Develop your product idea**	**November 16**

Module 13. Food Processing (Guest lectures by Dr. Andrew MacIntosh) *Students are introduced to different processing techniques and learn about the basic principles of each technique.* Lectures: • 13.1 Food Processing – Part I [24:53] • 13.2 Food Processing – Part II [21:15] Reading assignment: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. o Chapter 28 (pp. 540–554)	• Module 13 Quiz	**November 23**
Module 14. Careers in Food Science and Nutrition (Guest lectures by Dr. Charlie Sims and Dr. Laura Acosta) *Students learn about nutrition and food science as an academic discipline and different career choices under these two disciplines.* Lectures: • 14.1 Food Science [7:43] • 14.2 Nutrition and Dietetics [10:21] Reading assignment: • Understanding Food: Principles and Preparation, 6th Ed., Amy Brown, Cengage, 2019. o Chapter 30 (pp. 570–585)	• **Exam 4 (Modules 12–14)**	**December 4** ***December 4 is the deadline for assessments from Module 8 through 14.**

Additional Course Policies

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/.

AI Generative Tools Policy

The use of generative AI tools such as ChatGPT, Copilot, Grammarly, and Quillbot is allowed with restrictions. Students **must receive approval** from the instructor for the use of AI tools and will **receive additional work** that they must complete. Any students who would like to use an AI tool must make a **written** request to the instructor, explaining 1) which AI tool(s) they plan to use; 2) why they need to use the AI tool(s); and 3) how they will use the AI tool(s) in their assignment. Then, the instructor will either approve or deny the request within 48 hrs with the additional requirements for the use of AI tool(s). Normally, these additional requirements include, but are not limited to, the submission of the student's original work, prompts used, and AI-generated content(s). Unauthorized use of generative AI tools will be considered as cheating under UF Student Honor Code 4.040(3)(a), and thus will result in a failing (0%) grade.

Minimum Technology Requirements

The University of Florida expects students entering an online program to acquire computer hardware and software appropriate to their degree program. Most computers are capable of meeting the following general requirements. A student's computer configuration should include:

- Webcam
- Microphone
- Broadband connection to the internet and related equipment (cable/DSL modem)
- Microsoft Office Suite installed (provided by the university)

Minimum Technical Skills

To complete your tasks in this course, you will need a basic understanding of:

- Operating a computer and using word processing software
- Using the learning management system
- Using email with attachments
- Creating and submitting files in commonly used word processing program formats
- Downloading and installing software
- Using spreadsheet programs
- Using presentation and graphics programs
- Using apps in digital devices
- Using web conferencing tools and software

Minimum Digital Literacy Skills

Furthermore, you should be able to:

- Use online libraries and databases to locate and gather appropriate information. The UF library's catalog, UF Library Primo, can be used to locate items.
- Use computer networks to locate and store files or data.
- Use online search tools for specific academic purposes, including the ability to use search criteria, keywords, and filters.
- Analyze digital information for credibility, currency, and bias (e.g., disinformation, misinformation).
- Properly cite information sources.
- Prepare a presentation of research findings.

UF Policies

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 https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code.

Plagiarism

The Student Honor Code and Student Conduct Code states that:

"A Student must not represent as the Student's own work all or any portion of the work of another. Plagiarism includes but is not limited to:

- Stealing, misquoting, insufficiently paraphrasing, or patch-writing.
- Self-plagiarism, which is the reuse of the Student's own submitted work, or the simultaneous submission of the Student's own work, without the full and clear acknowledgment and permission of the Faculty to whom it is submitted.
- Submitting materials from any source without proper attribution.
- Submitting a document, assignment, or material that, in whole or in part, is identical or substantially identical to a document or assignment the Student did not author."

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.

Zoom

Zoom is an easy-to-use video conferencing service available to all UF students, faculty, and staff that allows for meetings of up to 100 participants. You can find resources and help using Zoom at the University of Florida's Zoom website.

Students Requiring Accommodations for Students with Disabilities:

Students requiring 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 log out when you are finished using the system

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

Privacy and Accessibility Policies

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

- Adobe
    - [Adobe Privacy Policy](#)
    - [Adobe Accessibility](#)
- Honorlock
    - [Honorlock Privacy Policy](#)
    - [Honorlock Accessibility](#)
- Instructure (Canvas)
    - [Instructure Privacy Policy](#)
    - [Instructure Accessibility](#)
- Microsoft
    - [Microsoft Privacy Policy](#)
    - [Microsoft Accessibility](#)
- OpenAI
    - [OpenAI Privacy Policy](#)
    - [OpenAI Accessibility](#)
- Perusall
    - [Perusall Privacy Policy](#)
    - [Perusall Accessibility](#)
- PlayPosit
    - [PlayPosit Privacy Policy](#)
    - [PlayPosit Accessibility](#)
- Sonic Foundry (Mediasite Streaming Video Player)
    - [Sonic Foundry Privacy Policy](#)
    - [Sonic Foundry Accessibility](#) (PDF)
- YouTube (Google)
    - [YouTube (Google) Privacy Policy](#)
    - [YouTube (Google) Accessibility](#)
- Zoom
    - [Zoom Privacy Policy](#)
    - [Zoom Accessibility](#)

Campus Resources for Students

Technical Difficulties

For help with technical issues or difficulties with Canvas, please contact the UF Computing Help Desk at:

- UF Help Desk
- 352-392-HELP (4357)
- Walk-in: HUB 132

Any requests for make-ups (assignments, exams, etc.) due to technical issues should be accompanied by the ticket number received from the UF Computing Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You should email your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

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.
- Whole Gator (available through Campus Resources Tab in Canvas): Visit https://one.uf.edu/whole-gator/topics

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 for Online Students: https://distance.ufl.edu/student-complaint-process/

Tips for Success

Taking a course online can be a lot of fun! Here are some tips that will help you get the most of this course while taking full advantage of the online format:

- Schedule "class times" for yourself. It is important to do the coursework on time each week. You will receive a reduction in points for work that is turned in late!
- Read ALL of the material contained on this site. There is a lot of helpful information that can save you time and help you meet the objectives of the course.

- Print out the Course Summary located in the Course Syllabus and check things off as you go.
- Take full advantage of the online discussion boards. Ask for help or clarification of the material if you need it.
- Do not wait to ask questions! Waiting to ask a question might cause you to miss a due date.
- Do your work well before the due dates. Sometimes things happen. If your computer goes down when you are trying to submit an assignment, you'll need time to troubleshoot the problem.
- To be extra safe, back up your work to an external hard drive, thumb drive, or through a cloud service.