

FOS 2001.B Man's Food

Course Syllabus

Instructor Information

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Office Hours: By appointment

Course Communication

The instructor will respond to students' inquiries within 24 hours on workdays and within 48 hours on weekends.

Critical announcements for the course are conducted via Canvas and your UF email account. No other emails accounts will be used for course communication.

Course Overview

The course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering, and microbiology of food. Students will learn how food affects our health and how food production and consumption affects the environment while developing a vocabulary of terms that will enable them to understand, discuss, and evaluate nutrition and food science topics.

The overall goals of the course are to ensure that you have:

- The desire to learn about nutrition and food.
- Interest in applying food health and safety to your lifestyle.
- Knowledge to improve your health and well-being at home and in the work force.
- Curiosity about evaluating your nutritional status.
- The ability to integrate nutrition and food science as important biological and chemical principles.
- A knowledge base necessary for making value judgments concerning issues in nutrition and food science.

General Education Objectives and Learning Outcomes

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.

Upon completion of this course, students will be able to:

- Explain and practice the Scientific Method and hypothesis testing as it relates to your nutritional status and food intake.
- Examine the foundations of human nutritional requirements by understanding the functions of the nutrients.
- Apply your knowledge of nutritional requirements to US and global populations.
- Analyze interactions of macro and micro nutrients as it relates to metabolism.
- Examine the processes associated with the digestion and absorption of food.
- Describe the classification, quality, bio-chemical reactions, and sources of macro and micro nutrients.
- Describe the safety issues, chemical and biological, affecting foods and those processes used to protect consumers food.
- Conceptualize the processing and methods used in new food development.
- Evaluate resources that provide information about nutrition, food sciences, and food safety.

At the end of this course, students will be expected to have achieved the following learning outcomes in content, communication, and critical thinking:

Content: *Students demonstrate competence in the terminology, concepts, theories and methodologies used within the discipline.* Students will be able to describe basic nutrition, food safety and food sciences terms, classification of nutrients and their role in the body, and relevance of particular nutrients to human health. They will achieve this outcome by completing assignments 3 and 4, successfully participating in all exams and in selected module assessments. Content related to digestion and absorption will be evaluated by exam 2, module 8 assessment. Competency related to topics of food and culture, disparities, and food distribution will be assessed by assignment 3 as well as exam 1.

Critical Thinking: Students analyze information carefully and logically from multiple perspectives, using discipline-specific methods, and develop reasoned solutions to problems. There are three set of assignments which help students develop critical thinking skills. Assignment 1 progresses from choosing a controversial topic, researching each side of the controversy, summarizing the findings, reflecting on this basis to formulate discipline specific personal opinions to the last part, where each student evaluates a peer's approach in creating opinions. In assignments 2 and 3 students will use the scientific method. First students learn what the scientific method is then

create a hypothesis, enter and analyze provided data, prove or disprove the hypothesis, and reflect on the health consequences related to specific food patterns.

The last set of assignments, 4A and 4B, gives students practice in conducting food sensory testing to experience and practice a research-based approach to new food development.

Communication: Students communicate knowledge, ideas, and reasoning clearly and effectively in written and oral forms appropriate to the discipline.

Students practice three methods of communication which are assessed by the instructor and one written communication evaluated both by peers and the instructor. Assignment 1 measure students' ability to extract, summarize and effectively present information on a controversial topic in an essay format (instructor graded and feedback provided). In the second part of the assignment, peers comment on the effectiveness of the collected resources and the persuasiveness.

Verbal communication is practiced and evaluated in-class activity. Students need to demonstrate the understanding of selected nutrition and food sciences related topics and apply that knowledge in video recording.

Graphic forms of communication are practiced and evaluated in the assignment where students are required to set up a sensory evaluation test. A major part of the final report of assignment 4B is created as a series of images with accompanying the text.

Course Materials

The required materials for the course are provided by Pearson Publisher.

Pearson materials – the access code to use e-text/e-book, MyDiet Analysis program, MyLab and Mastering assignments, etc.

- Standalone Access Card -- for Nutrition & You, 4/E; ISBN - 9780134388649.
- To purchase the access online, click on "MyLab and Mastering" tab on the left, open "yellow" box of MyLab and Mastering, and follow the prompts (Instructions)Preview the document
- The best way to contact support is at <https://support.pearson.com/getsupport/s/contactsupport> (Links to an external site.)Links to an external site.
- The course required e-book is part of the access code; however, if you would like to purchase a paper book it is Nutrition & You by Joan S. Blake, 4th edition. The e-text and the paper copy of the book are identical.

Course Outline

The course is divided into 15 weekly modules. Each module contains lectures, reading materials, and additional resources. Before you are allowed to advance to the next module it is mandatory to take a module assessment. Exams are scheduled after module 5, 10 and 15. Each module assessment covers only material for that particular module and questions will concentrate on the main issues included in the learning objectives. Feedback on the quiz will be provided only once immediately following the quiz.

In addition to the weekly module assessments and the exams, you are also responsible for assignments and class activity. All assessments have specific due dates tied to the modules.

Important: All assessments have to be submitted on Canvas there is no option to submit any work in person or by email.

Highly recommended Internet platforms to use with Canvas and for the exams: Google Chrome and Mozilla Firefox.

Other browsers such as Safari and Internet Explorer can cause crashes and should not be used.

If possible use wired connection during exams and quizzes and when submitting assignments and class activities.

Performance Policy

This Flexible Learning course has been developed with the same rigorous standards of content as a campus course. Expectations for your performance as a Flexible Learning student are as high as they would be if you were taking this course in a classroom.

Participation Policy

Students are required to participate in all course activities and submit all assignments posted on the website.

Exam Rules

This course relies on technology – UF system and the student's system; it is the student's responsibility to have a reliable operating system including Internet or WiFi.

All students can take exams anywhere there is a reliable Internet system.

For UF students, [UF computer facilities](#) (Links to an external site.)Links to an external site. on-campus that you may use if you are concerned about your computer and/or the Internet.

Exams are timed – 50 min and proctored (ProctorU). The clock is on the UF Server, and, once you begin the exam, it continues to run even if your system crashes, so try logging back in and call UF Help Desk at (352) 392-4357 for help.

Note: You will **not** get an automatic makeup for Internet or system issues other than a UF Canvas or Server problem. A UF Canvas or server issue will have a major impact on the majority of students. Bottom line – if your system crashes, you will get the score you have at that time.

In the event of a crash, quickly shut down your system and log back in (the clock for the exam continues to run as it is on the UF server).

Second, contact the UF HELP Desk at 392-HELP (4357); any time you contact UF Help Desk take a ticket number. [UF Help Desk Hours.](#) (Links to an external site.)Links to an external site.

Please remember that a ticket from UF Help Desk does not automatically guarantee a makeup, but if you do not have one, we cannot follow on your claim.

I will check with UF IT about UF Canvas and server issues.

Information about proctoring services (ProctorU) is posted on Canvas. You have to register with the service prior to syllabus bonus quiz, but only the bonus quiz and exams are proctored.

If you register less than 72 hours in advance, there is an additional fee and again a higher fee if you register the day of the exam. It is 72 hours to the hour, not just 3 days.

Tasks

All times are Eastern Time (ET)

Exams	Availability	Special Instructions
Exam 1	After completing module 5 you are eligible to take exam 1	You will be able to access module 6
Exam 2	After completing module 10 you are eligible to take exam 2	You will be able to access module 11
Exam 3	After completing module 15 you are eligible to take exam 3	This was your last exam

Deadlines of assignments and class activities are given in module.

Assignments	Special Instructions
Assignment 1A: Controversial issue (28pts)	"Turnitin" submission
Assignment 1B: Point of view self-reflection (8pts)	You will be assigned two assignment 1A essays to read and self-reflect.
Assignment 2: Scientific method quiz (5pts)	
Assignment 3: Your hypothesis and two different food patterns. (34pts)	You will need to use the MyDiet Analysis Program for this assignment, submitted in pdf format. "Turnitin" submission
Assignment 4A: Taste panel quiz (5pts)	
Assignment 4B: Taste panel experiment (28pts)	You need 3 participants to complete this assignment, submitted in pdf format

Class Activity	Modules	Post due date, no later than
"Spot the safety issue" (3pts)	Module 13	Due with that specific module and before you can advance to the next module

Module Quizzes	Modules	Special Instructions
All module assessments (7pts each)	Modules 1&2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, and 15	Required to advance to the next module

Grading Policies

Grades will be according to:

- 3 Exams (3x50pts each = 150pts)
- During the exams, you shall not use any resources. Use of any electronic devices, books, notes, friends, hired help, etc., will be considered cheating and may result in consequences including expulsion.
 - All exams will be posted/taken on Canvas. You have to schedule time of the exam with ProctorU. The proctor from the service will enter a password that will allow you to start the exam.
 - Exams are timed and proctored: 50 questions in 50 min.
- Assignments: (108pts)
 - Information about assignment will be posted on Canvas > FOS2001 > Assignments
 - Assignments are usually graded on Fridays, therefore, you may expect a grade for each assessment within a week.
- Class activity (1x3pts each = 3pts)
- Weekly module assessments (14x7pts each = 98pts)
- Total points for all assessments: 359pts.
- Bonus assignment: There is only one and it is your syllabus quiz (5pts). The bonus points are in addition to 359 points that you can earn on regular assessments.

Course Rules

Course and exam rules are outlined in this section.

- All assignments, exams, etc., are submitted only if they were uploaded to Canvas. They will not be accepted as hard copy or email. If the assessment is not submitted on Canvas, it will result in a zero grade.
- If you do not take a weekly module assessment or an exam you cannot progress in the course.
- After your grade is posted you have one (1) week to contact your instructor with any questions. After that week, the grade is final, and there will be no more discussion about it.
- FINAL GRADES are not negotiable – you get what your total points reflect on Canvas.

Grading Scale

Your grades will be posted on Canvas. Grades are based on total points. You need to have the following total points for the letter grade. Please remember that 322pts is still A-, and it will not become 323pts overnight. It is true for all the other grades/points. All assessments' grades are given in no less than 0.5pt increments.

Minimum points for a grade

Letter grade	
A	323
A-	311
B+	299
B	287
B-	275
C+	263
C	251
C-	239
D+	227
D	215
D-	203
E	Below 203

For information on current UF policies for assigning grade points, refer to the UF [Grades and Grading Policies](#).

Each program has a process for resolving student complaints within its academic and administrative departments at the program level. Go to the [Distance Learning website](#) for details.

Policy on Submitting Assignments

The course expires 16 weeks after your enrollment. Complete all modules in the order they are presented on the course website; do not skip modules. All assignments must be submitted at least 2 weeks prior to the course expiration date.

Course Schedule

The table below provides the only general outline of the course. For more specific information, please refer to detailed course schedule (posted in Modules) or follow to each weekly module individually.

Module	Topics	Required Readings
1 & 2	Overview of Man’s Food – main ideas of nutrition, food sciences, and food safety	Chap. 2 Healthy People and Dietary Guidelines
3	Cultures, ethnicity, and food in the U.S. Global issues of food and nutrition	Chap. 16 Raiten DJ et al. 2011
4	Classifications of nutrients Water	Chap. 8 Popkin BM et al. 2010
5	Carbohydrates Guest lecture by Dr. W. Dahl	Chap. 4
6	Fats Guest lecture by Dr. G. Baker	Chap. 5
7	Proteins	Chap. 6
8	Digestion and absorption	Chap. 3
9	Energy and calorie Guest lecture by Ms. L. Acosta, RD, CSSD, LDN	Chaps. 10 and 11
10	Vitamins and minerals Guest lecture by Dr. K. West MD, RD Guest lecture about Dr. M. Knutson	Chaps. 7 and 8
11	Life stages and nutrition Guest lecture by Dr. L. Bobroff	Chaps. 14 and 15
12	Science of food and food development Guest lecture by Dr. C. Sims Guest lecture by Dr. R. Goodrich-Schneider Biotechnology	Ramachandraiah K, et al 2015; Hefferon KL. 2015; Buiatti M, et al. 2013
13	Food safety Guest lecture by Dr. K. Schneider	Chap. 13

14	Food preservation Food allergies and food sensitivity	Chap. 13 McWilliams M. Food preservation. 2008 Stefka AT, et al. 2014
15	Alcohol Phytochemicals	Chap. 9

Netiquette

All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions, and chats. Please read the [Netiquette Guide for Online Courses](#).

Students with Disabilities Accommodation

Students with disabilities requesting accommodations should first register with the [Disability Resource Center](#) (352-392-8565; 001 Reid Hall) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting an accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

NOTE: When you obtain your letter, please send it directly to your instructor.

The Flexible Learning office should be notified of any special accommodations required by the student when they begin their course.

Course Technology

Students must use their Gatorlink email account for this course. Students are recommended to check their email account DAILY for the duration of the course. Access to and on-going use of a computer with Internet access is required for all students. Competency in the basic use of a computer is required. At times, computers crash and Internet connections fail. It is in your best interest NOT to wait until the last minute to complete assignments.

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.

Academic Honesty

UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” [The Honor Code](#) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

Online Course Evaluation Process

Students are expected to provide feedback on the quality of instruction in this course by completing course surveys.

Should you have any complaints with your experience in this course please visit the [UF Distance Learning website](#) to submit a complaint.

Course Deadline and Extension Policy

Students are allowed 16 weeks, from their date of enrollment, to complete and submit their coursework. If the student has not submitted at least 50% of their coursework and has an extenuating circumstance preventing them from submitting the coursework, a failing grade of “E”, “E0” or “E1” will be issued and recorded to the UF Registrar.

If the student has made sufficient academic progress, which is defined as completing and submitting at least 50% of the coursework and have an extenuating circumstance, the student may petition the instructor for a course extension before the course expires. Each course extension request will be administratively evaluated. Instructors are not required to allow extensions. If a student does receive an extension, an incomplete grade of an “I” will be assigned as an interim grade. When the course is completed, the instructor will initiate the change of grade. After that, the “I” grade will be changed to the student’s final course grade on their transcript.

Tuition Refund Policy

A tuition refund will be granted after a Flexible Learning student submits a written request to cancel their course within 30 days of enrollment. Refund requests may be made by fax, e-mail, or U.S. mail. All requests will receive a written response in the form of a detailed receipt. No refunds are granted after 30 days. If a credit card was used to pay for tuition, the refund will be in the form of credit to that card.

Dropping a Course

To drop a course, you need to email the Flexible Learning office at learn@dce.ufl.edu with a request to drop within 14 weeks of the date of enrollment. In addition to their own request by email, UF students must have advisor approval to drop a flexible learning course. An advisor can email learn@dce.ufl.edu with the student's name, the course that they want to drop, and confirmation of permission to do so. It is the student's responsibility to verify that all drop requests have been received by the Flexible Learning office within the allotted time. The course grade will appear as "W" on a UF transcript.

Students with disabilities who need to drop a course due to disability-related reasons are permitted to petition for additional drops. Find more information by contacting the [Disability Resource Center](#).

Full-Term Withdrawals: All full-term withdrawals must follow University of Florida policies/procedures. An approved withdrawal form must be submitted to the [Dean of Student's Office](#) for review and final approval. Students must also notify the Flexible Learning of this request by learn@dce.ufl.edu.

It is the responsibility of the student to notify Flexible Learning of their approved medical or retroactive withdrawal so the students' record is updated. [Email](#) to our office a copy of the approval.

How to Request a UF Transcript

To receive an official transcript, the student must complete a [transcript request form through the Registrar](#). The University of Florida assures the confidentiality of all your educational records in accordance with State University System Rules, State Statutes, and the Family Educational Rights and Privacy Act. Grades are not given over the telephone.

Help Resources

Technical Help

For issues with technical difficulties for E-learning in Canvas, please contact the UF Help Desk:

- Location: HUB 132
- Email: helpdesk@ufl.edu
- Phone: (352) 392-HELP - select option 2
- Website: ss.at.ufl.edu/help

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

Questions about Flexible Learning

If you have any questions about the course, please contact the instructor. If you have administrative concerns (e.g., paying for the course, receiving the textbook, etc.), please contact the Flexible Learning Office.

UF Flexible Learning Office Contact Information

Email: learn@dce.ufl.edu

Phone: (352) 392-1711

Fax: (352) 392-6950

Website: flexible.dce.ufl.edu

Other Resources

Students experiencing crises or personal problems that interfere with their general well-being are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

1. [University Counseling & Wellness Center](#), 3190 Radio Road, 352-392-1575
 - Counseling Services
 - Groups and Workshops
 - Outreach and Consultation
 - Self-Help Library
 - Wellness Coaching
2. [U Matter We Care](#)
3. [Career Resource Center](#), First Floor JWRU, 392-1601

Disclaimer

This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.