

FOS 2001 – Man’s Food Course Syllabus

Flexible Learning

3 Credit Hours

This course expires 16 weeks from the date of your enrollment.

ABOUT THE COURSE

Instructor Information:

Dr. Agata Kowalewska, RD; Food Science and Human Nutrition Department

Address: Main UF Campus, McCarty Hall D, room G025, Gainesville 32611; [map](#)

Phone: (352) 273-3473

Email: agatak@ufl.edu

Office Hours: by appointment

Course Communication:

Instructor will respond to students’ inquiries within 24 hours on work days 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 Description:

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.

Course Overview:

This course is designed for science and non-science individuals interested in the nutrition, biology, chemistry, engineering and microbiology of food. It is designed for all who want to know how food affects our health and how food production and consumption affects the environment. This course provides you with a vocabulary of nutrition and food science terms that will enable you to understand, discuss, and evaluate nutrition and food science topics. After you take the course you should come away with an ability to understand and converse about general nutrition and food science information presented in scientific journals, magazines, media, etc. The knowledge will add to your academic and professional development and will help you to become an educated and informed consumer.

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, 4, and 5, successfully participating in all exams and in selected

weekly quizzes. Content related to digestion and absorption will be evaluated by exam 2, weekly quiz 5 and class activity post in week 5. Competency related to topics of food and culture, disparities, and food distribution will be assessed by assignment 4 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 2-4 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, 5A and 5B, 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 activities. Students need demonstrate 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 5B is created as a series of images with accompanying text.

Course Materials:

The required materials for the course are provided by two different publishers, Pearson and Kendall/Hunt Publishers.

NOTE: You need both, Pearson and Kendall/Hunt, not one or the other.

- Pearson materials – access code to MyDiet Analysis program

- MDA access card ISBN: 0321733908.
- Course ID: agataolga:fos2001flex
- To purchase the access online visit [Pearson webpage](#)
- Kendall/Hunt materials – e-book
 - *Nutrition, Real People Real Choices*; 2016, 3rd Editors: C.D. Allred, N.C. Turner, and K.S. Geismar (ebook) ISBN: 9781524900366.
 - [Kendall Hunt Publishing Company website](#)

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 quiz. Exams are scheduled after module 5, 10 and 15. The three modules do not have quizzes but you cannot advance to module 6 if you do not take exam 1 and similar with module 11. Each quiz 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 weekly quizzes and exams you are also responsible for assignments and class activities. 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 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 wire connection during exams, quizzes and when submitting assignments and class activities. All dorms on UF Campus have been upgraded to offer wire connection.

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.

[UF computer facilities](#) on-campus that you may use if you are concerned about your computer and/or Internet.

Exams are timed – 50 min and proctored (ProctorU). The clock is on the UF Server and once you begin 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 352-392-4357; anytime you contact UF Help Desk take a ticket number. [UF Help Desk hours.](#)

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 AT 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

Critical Dates: All times Eastern Standard Times (EST)

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. (27pts)	You will need to use the MyDiet Analysis Program for this assignment, submitted in pdf format
Assignment 4: Diet quality and health (30pts)	“Turnitin” submission
Assignment 5A: Taste panel quiz (5pts)	
Assignment 5B: Taste panel (34pts)	You need 3 to 6 participants to complete this assignment, submitted in pdf format

Class activity	Modules	Post due date, no later than
Digestion of starch (3pts)	Module 5	Due with that specific module and before you can advance to the next module
“Dissolution” test (3pts)	Module 10	Due with that specific module and before you can advance to the next module
“Spot the safety issue” (3pts)	Module 13	Due with that specific module and before you can advance to the next module

Module quiz	Modules	Special Instructions
All quizzes (3pts each)	Modules 1&2, 3, 4, 6, 7, 8, 9, 11, 12, 13, and 14	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 from UF.

- All exams will be posted/taken on Canvas. You have to schedule time of the exam with ProctorU. 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: (137pts)
 - Information about assignment will be posted on **Canvas > FOS2001 > Assignments**
- Class activities (3x3pts each = 9pts)
- Weekly quizzes (11x3pts each = 33pts)
- Total points for all assessments: 329pts.
- Bonus assignment: There is only one and it is your syllabus quiz (5pts). The bonus points are in addition to 329 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 on Canvas. They will not be accepted as hard copy or email. If assessment is not submitted on Canvas, it will result in a zero grade.
- If you do not take a weekly quiz 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 301pts is still A- and it will not become 302pts overnight, it is true for all the other grades/points. All assessments' grades are given in no less than 0.5pt increments.

Letter grade	Minimum points for a grade
A	302
A-	291
B+	280
B	269
B-	258
C+	247
C	236
C-	225

D+	214
D	203
D-	192
E	Below 192

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 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 and 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 US Global issues of food and nutrition.	Chap. 1 Raiten DJ <i>et al.</i> 2011.
4	Classifications of nutrients Water	Chap. 8 Popkin BM <i>et al.</i> 2010
5	Carbohydrates Guest lecture by Dr. W. Dahl	Chap. 3
6	Fats Guest lecture by Dr. G. Baker	Chap. 4
7	Proteins	Chap. 5
8	Digestion and absorption	Chap. 6
9	Energy and calorie Guest lecture by Ms. L. Acosta, RD, CSSD, LDN	Chaps. 7 and 14
10	Vitamins and minerals Guest lecture by Dr. K. West MD, RD Guest lecture about Dr. M. Knutson	Chaps. 9 and 10
11	Life stages and nutrition	Chaps. 12 and 13

	Guest lecture by Dr. L. Bobroff	
12	Science of food and food development Guest lecture by Dr. C. Sims Guest lecture by Dr. R. Goodrich-Schneider Biotechnology	Ramachandraiah K, <i>et al</i> 2015; Hefferon KL. 2015; Buiatti M, <i>et al.</i> 2013
13	Food safety Guest lecture by Dr. K. Schneider	Chap. 17
14	Food Preservation Food allergies and food sensitivity	McWilliams M. Food preservation. 2008 Stefka AT, <i>et al.</i> 2014
15	Alcohol Phytochemicals	Chap.16

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 accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

NOTE: When you obtain your letter, please sent 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.

Campus Help Resources

Students experiencing crises or personal problems that interfere with their general wellbeing 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.

- *University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575*

[UF Counseling & Wellness Center](#)

- Counseling Services
 - Groups and Workshops
 - Outreach and Consultation
 - Self-Help Library
 - Wellness Coaching
- [U Matter We Care](#)
 - [Career Resource Center](#), First Floor JWRU, 392-1601,

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Online Course Evaluation Process

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at [Gator Rater results webpage](#).

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

Course Deadline and Extension Policy

Each student is allowed 16 weeks from the time of their enrollment to complete a course. If the time is about to expire, the student will be assigned a failing grade ("E"). Students have the option to request an extension if they have made sufficient academic progress (defined as completing at least 50% of the course) and have extenuating circumstances (i.e., medical, etc.) that have prevented them from completing the course. Each extension petition must be made in writing and will be administratively evaluated by the instructor.

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. A refund is issued on course materials at the time of cancellation if they are returned within 30 days of sale and are in their original condition. 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

In order to drop a Flexible Learning course, students must send a written request by e-mail, fax, or mail to the Office of Flexible Learning. After 30 days, no refunds are given and the student will receive a W on their transcript.

Transfers

Students may transfer from one Flexible Learning course to another within 30 days of enrollment. This request must be in writing and sent by fax, e-mail, or U.S. mail. Any difference in tuition will be collected or refunded. There is a \$50.00 transfer fee. After the transfer has taken place, the original enrollment and expiration dates still apply.

How to Request a UF Transcript

The student can view their grades by logging into [MyUFL](#) with their Gatorlink login and by selecting Student Admin. 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: [e-Learning 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 Flex Learning Office Contact Information

Email: learn@dce.ufl.edu

Phone: (352) 294-3896

Fax: (352) 392-6950

Website: [Flexible Learning](#)

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.