FOS 2001 – MAN'S FOOD

Instructor:

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Office hours: M/T/R 8:30 to 10:00 am, all other times – by appointment.

Course Description:

This course provides basic knowledge of two disciplines: Food Science and Nutrition. Students will be introduced to various aspects of food, including its biology, chemistry, processing, safety, and nutrition. Students will learn about the unique properties of food, and how the processing of food affects its properties. Students will also learn how the consumption of food affects our health. Students will examine different food commodities and how their properties affect their safety and quality.

General Education Objectives:

This course satisfies a UF general education requirement in Biological Sciences. Biological science courses provide instruction in the basic concepts, theories and terms of the scientific method in the context of the life sciences. Courses focus on major scientific developments and their impacts on society, science and the environment, and the relevant processes that govern biological systems. Students will formulate empirically-testable hypotheses derived from the study of living things, apply logical reasoning skills through scientific criticism and argument, and apply techniques of discovery and critical thinking to evaluate outcomes of experiments.

Course Goals:

By the end of the course, students should

1. Be familiar with a vocabulary of nutrition and food science terms and their definitions
2. Know how to select healthy and nutritious food
3. Describe different food commodities and their distinct chemical properties
4. Be familiar with practices to keep food safe
5. Understand nutrition and food science is integrated with biological and chemical principles
6. Be familiar with career choices in food science and nutrition
7. Understand scientific reporting on research and/or issues in nutrition and food science

Prerequisites: None

Required Textbook: "Understanding Food : Principles and Preparation", 6th Ed., Amy Brown, Cengage Learning, 2019. Either hard copy or e-book is fine for this course.

Instructional Methods:

This course is delivered 100% online. All students are expected to find the course materials at the course webpage. The course is divided into 14 modules. You can study these modules at your own pace, but the course **must be completed within 16 weeks** from the date of your enrollment. All course materials and assignments are available 24 hours a day.

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 assessment quiz, which covers material for that specific module. In addition to quizzes, we have exams and assignments. For details about quizzes, exams and assignments, please refer to "Assessment Details".

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 video lecture recordings. Each recording is approximately 10-20 min length. I recommend to print out the presentation handout prior to watching the lectures and take notes while you watch them. Presentation slides is a simple summary of what is being explained in the lecture. Much more than what is in the slide is explained in the lecture, and it will be helpful to take notes while you watch the video.

Then, read the assigned chapters from the textbook, and read other documents or watch the videos that are posted as supplementary materials (if any). The textbook will provide details and support the lecture. And any supplementary materials will offer examples of what we learned from the lecture, and expand your scope of learning. Next, proceed to the assessment quiz. The quizzes are designed to assess your understanding of the lecture materials.

Other than assessment quizzes, we have 3 exams scheduled after module 4, 9, and 14. You have to take the exams to advance to the next module. Similar to quizzes, all exams are open-note. However, all exams will be proctored using an online proctoring system, Honorlock. In addition, there are two assignments in this course. As this is flexible learning course, there is no specific due date for each assignment. However, all assignment must be submitted at least 1 week prior to the course expiration date.

What is most important is not rush through the course. While you can study at your own pace, it is highly recommended to establish a regular study schedule and make steady progress.

Grading Criteria:

Assessment	Points
Quizzes (15), 10 pts each (lowest grade dropped)	140
Exams (3), 80 pts each	240
Assignments (2), 60 pts each	120
Total	**500**

Grading Scale:

Grading scale	
A	450 to 500 points
B+	435 to 449 points
B	415 to 434 points
B-	400 to 414 points
C+	385 to 399 points
C	365 to 384 points
C-	350 to 364 points
D+	335 to 349 points
D	315 to 334 points
D-	300 to 314 points
E	< 300 points

Assessment Details:

(1) *Assessment quizzes:* There are 15 quizzes worth 10 points each (140 points total - I will drop the lowest grade). A quiz will be given for each module, and we will have a syllabus quiz. Each quiz covers the lecture contents and reading materials. The quizzes should be taken online via the Canvas course page. The questions will be multiple choice or True/False questions selected from a question pool (10 questions for each quiz). The quizzes are **open-note,** so you can use class notes or lecture handouts. Each quiz will be timed and should be completed in 20 min. You will have 2 attempts for each quiz, and the higher grades will be used as your final grade. The second attempt is optional. It is only to give you a chance to improve your grade/study more if you did not do well on your first attempt. It is important that you read and watch the lecture for the covered module before taking the quiz. All quizzes must be taken **at least 2 weeks prior to the course expiration date**. For details, please refer to the course outline.

(2) *Exams:* There are 3 exams, worth 80 points each (240 points total). Each exam covers multiple modules and contains multiple choice and True/False questions. They are **open-note**[1] exams, but, unlike quizzes, will be **proctored by Honorlock**. All exams should be taken online via the Canvas course website. Each exam will be timed and should be completed in 60 min. All exams must be taken **at least 2 weeks prior to the course expiration date**. For details on exam schedule, please refer to the course outline.

[1]Only **pre-printed copy of lecture notes or presentations will be allowed** for the exam. Honorlock will prevent you for opening other tabs, windows, or applications during the exam so that you cannot look up the information from the computer during the exam. All notes for taking exams must be printed in advance to the exam.

Honorlock will proctor your exams this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webcam, and a stable Internet connection.

To get started, **you will need Google Chrome and to download the Honorlock Chrome Extension**. You can download the extension at www.honorlock.com/extension/install. When you are ready to test, log into Canvas, go to your course, and click on your exam. Clicking "Launch Proctoring" will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact them by live chat, phone (844-243-2500), and/or email (support@honorlock.com).

(3) *Assignments:* There are 2 assignments (60 points each) in this course. These assignments are related to course materials, and you will learn how to apply your learning to real-word situations. Detailed instructions for each assignment will be provided in the course website in canvas. The course expires 16 weeks after your enrollment. All assignments must be submitted electronically through Canvas **at least 2 weeks prior to the course expiration date**.

Course Policies:

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.

Course Completion Policy: Students are allotted **16 weeks** to complete the course from the date of their enrollment. If a student fails to complete the course before the expiration date, a failing grade (E, E0 or E1) will be issued and recorded to the UF registrar.

- All quizzes, exams, and assignments must be completed and submitted for grading **a minimum of two weeks before the course expiration date**. This is to ensure the grades will be posted in plenty of time for transcripts.
- The policy is to submit up to 2 assignments per week, with as the maximum.

Course Outline:

Module	Module /Topic	Assignments, exams, quizzes[2]
	Course Introduction	Extra-credit activity: Introduce yourself Quiz 1
1	Importance of Food	Extra-credit activity: Honorlock quiz Quiz 2
2	Composition of Food	Quiz 3
3	Food and Nutrition	Quiz 4 Assignment 1. Meal Analysis
4	Food Safety	Quiz 5 Exam 1 (module 1-4)
5	Meat and Poultry	Quiz 6
6	Fish and Eggs	Quiz 7 **Mid-Term survey**
7	Milk and Dairy	Quiz 8
8	Vegetables and Fruits	Quiz 9
9	Grains	Quiz 10 Exam 2 (module 5-9)
10	Fats and Oils	Quiz 11
11	Sweets	Quiz 12 Assignment 2. Design your product/recipe
12	Food Development	Quiz 13
13	Food Processing	Quiz 14 **End-of-Term survey**
14	Careers in Food Science and Nutrition	Quiz 15 Exam 3 (module 10-14)

[2] You must take the module assessment quiz to advance to the next module. Also, to advance to module 5 and 10, you should take Exam 1 and 2, respectively. While there is no specific due for Exam 3, and two assignments, they must be completed and submitted **a minimum of TWO weeks before the course expiration date**. If a student fails to complete them before the expiration date, zero grade will be issued.

Academic honesty:

You are required to abide by the Student Honor Code. Any violation of the academic integrity including cheating and plagiarism will result in a minimum academic sanction of failing grade on the assignment or exam/quiz. Any alleged violations of the Student Honor Code will result in a referral to Student Conduct and Conflict Resolution. Please review the Student Honor Code and Student Conduct Code at https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/.

Plagiarism:

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

1. Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.
2. Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student. Source: Regulations of the University of Florida, UF-4.041. For more information, view the Student Honor Code and Student Conduct Code: Scope and Violations document.

For a violation or violations of the Honor Code, a student may receive any of the sanctions that can be imposed for Student Conduct Code violations, including but not limited to conduct probation, suspension and expulsion as well as any educational sanctions. In addition, students may receive the following:

1. Assignment grade penalty. The student is assigned a grade penalty on an assignment including but not limited to a zero.
2. Course grade penalty. The student is assigned a grade penalty in the entire course including but not limited to an "E".

Disability Accommodations:

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 by an email to the instructor (sahn82@ufl.edu) and the Flexible Learning office (lessons@dce.ufl.edu)**. Students with disabilities should follow this procedure as early as possible in the semester.

Student Complaints:

Each online distance learning program has a process for, and will make every attempt to resolve, student complaints within its academic and administrative departments at the program level. If you are unsure about who to contact at the program level please email distance@dce.ufl.edu and a member of

the distance learning staff will forward your complaint to the appropriate UF administrative authority. Further information can be found at: https://distance.ufl.edu/student-complaint-process/.

Technology requirements:

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.

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

- learning-support@ufl.edu
- (352) 392-4357 - select option 2
- lss.at.ufl.edu

** 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.

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.

Security:

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

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/.

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.

Resources for Students:

Resources are available at distance.ufl.edu for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

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.

FLEXIBLE LEARNING POLICIES

COURSE DEADLINE 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 percent or more of their coursework the coursework, a failing grade of "E", "E0" or "E1" will be issued and recorded to the UF Registrar.

COURSE CANCEL:
A tuition refund may be granted after a student submits a written request within 30 days of enrollment to the Flexible Learning Office. This request must be in writing by learn@dce.ufl.edu. If a credit card was used, the refund will be credited a back to the card. No refunds are granted after 30 days.

COURSE DROP:
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 by emailing a copy of the approval (learn@dce.ufl.edu) so the students' record is updated.

UF OFFICIAL TRANSCRIPTS

Flexible Learning *advises* that you review your "unofficial transcript" first to ensure your grade(s) is/are posted, prior to ordering the "official transcript". You can order your official transcript from the UF registrar office (https://registrar.ufl.edu/services/transcripts.html).

1. If you are unable to order your official transcript online, please contact the UF Office of the University Registrar. In addition on more information on mailing in a transcript request form by remitting a check or money order. Official Transcripts FAQs.
2. The Registrar's Office hours are Monday-Friday, 8:00 a.m. to 5:00 p.m. and their phone number is 352-392-1374. Persons with hearing impairments can call FRS # 1-800-955-8771 (TDD).

UF Flexible Learning Contact Information

Email: learn@dce.ufl.edu
Phone: 352-294-6300
Toll free: 800- 327-4218
Website: UF Flexible Learning

Office Hours:
Monday-Friday, except Holidays
8:00am-5:00pm EST