

## 2016-1-NFS400H1S: Functional Foods and Nutraceuticals-Course Syllabus

**Course description:** This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation.

### Learning Objectives:

By the end of the course you should be able to:

- 1) Define functional foods and nutraceuticals
- 2) Describe the research on the health benefits of functional foods and nutraceuticals, identifying strengths, limitations, and future directions
- 3) Describe the Canadian regulations with respect to functional foods and nutraceuticals.
- 4) Develop skills in teaching and oral communication by giving a presentation on the topic of functional foods.

### Prerequisites:

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

### Instructor and contact information:

Dr. Debbie Gurfinkel: [debbie.gurfinkel@utoronto.ca](mailto:debbie.gurfinkel@utoronto.ca)

Office hours: Fridays: 1-5 pm Fitzgerald Building FG142 150 College St from January 15 to Apr 8 inclusive, except Friday Jan 29 when hours are 3:30 to 5 PM.

If the Friday time slot is not suitable please e-mail to set up an appointment at another time.

**Course time, location, website:** Monday: 2-5 pm FG103

Course website available on your Portal page in Blackboard.

**Textbook:** There is no required textbook for this course.

### Course schedule:

Week	Topic
Jan 11	Course Overview Functional foods; natural health products; nutrition research
Jan 18	Discussion of assignments & group presentations Searching the literature Group Introductions & Preparation Time
Jan 25	Natural Health Products Group Work Preparation Time
Feb 1	Functional Foods, Nutrition Labeling, and Health Claims Group Work Preparation Time
Feb 8	Functional Foods & Nutraceuticals: Case Study: Zinc Group meetings with Dr G – preliminary outline
Feb 15	NO CLASS: Reading Week
Feb 22	Group Presentation-Preparation Time Group meetings with Dr G – final outline & preliminary PowerPoint slides <b>Assignment 1 due</b>
Feb 29	Group Presentation- Preparation Time Group meetings with Dr G –Discussion of MCQ
Mar 7	Group Presentations Submission of all PowerPoint slides on Blackboard by 9 AM
Mar 14	Group Presentations
Mar 21	Group Presentations

	<b>Assignment 2 due</b>
Mar 28	Group Presentations
Apr 4	Group Presentations

**Assessment:**

Assessment	Weight	Due Date
Assignment 1	25	Feb 22 online by 2 PM on Blackboard and Turnitin.
Assignment 2	30	Mar 21: Hard copy due at the beginning of class; Turnitin due online by 11:59 pm.
Group Presentation	35	Mar 7-submission of PowerPoint slides online by 9 AM Mar 7,14,21,28, Apr 4-oral presentations
Group Evaluation	2.5	Mar 7,14,21,28, Apr 4
Presentation quizzes	5 (1% X 5)	Mar 7,14,21,28, Apr 4
Self-reflection on group work	2.5	Online Apr 8 at 9 AM
Total	100	

**Presentation and Evaluation Schedule:**

Date	Group Presenting	Group Evaluating
Mar 7	1	10
Mar 7	2	9
Mar 14	3	8
Mar 14	4	7
Mar 21	5	1
Mar 21	6	2
Mar 28	7	3
Mar 28	8	4
Apr 4	9	5
Apr 4	10	6

**Turnitin:**

*In this course, students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site.*

All students are expected to submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in a grade of **ZERO** for the assignment. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr. Gurfinkel for a short **oral test** during which you will be asked questions about the process of writing of your assignment and your knowledge of its content. Your mark may be modified based on how well you answer these questions.

Instructions on how to access **Turnitin** will be posted on Blackboard.

**Electronic communication with instructor:**

A discussion board will be set up on Blackboard where students can ask questions about the lecture material. Students are asked to limit the use of e-mail to specific questions about their assignments or subjects of a more personal nature.

**Student e-mail:**

You are responsible for ensuring that your U of T e-mail is set up AND properly entered in ROSI. If you do not enter your email account properly in ROSI, you will NOT be able to receive emails from your instructor as @utoronto.ca addresses are the only addresses used by Blackboard. You are also responsible for checking your U of T email account on a regular basis. Failure to do so is not an acceptable excuse for missing important messages.

**Class-wide mailings:**

Occasionally instructors will send a mass mailing to all students via Blackboard. Forwarding your utoronto.ca to a hotmail, Gmail, yahoo account etc is NOT advisable. In some cases, these mailings may be interpreted as spam and be rejected or diverted to your junk mail folder. This could result in you missing an important message. Check your university e-mail directly from the university website.

**Announcements:**

Announcements are posted on the course website and it is the student's responsibility to check there regularly. These announcements include reminders of important dates and course activities.

**Important information about group work:**

Group work is a very important part of this course and students are expected to attend all group work sessions. If scheduling conflicts will necessitate repeated absences from class the student is urged to consider seriously whether this course is suitable for them.

**Policy regarding late submission of assignments:**

Assignment 1 is submitted online through Blackboard and Turnitin by Monday **Feb 22** at 2 PM

A HARD COPY of assignment 2 is due at the beginning of class on **Mar 21**. Turnitin: Mar 21: 11:59 PM

Note: The hard copy of your assignment is the only version which will be graded. Submitting your assignment to Turnitin or by e-mail as "proof" of its timely completion is NOT acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness, personal distress or similar unforeseen circumstances. Please contact Dr G IMMEDIATELY by e-mail to be granted assignment extensions. Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT considered compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you are uncertain if you have compelling reasons for an extension or if you are unable to contact Dr. G for an extension prior to the due date, then you should:

- 1) FIRST hand in as much of the assignment as you possibly can on the due date and THEN
- 2) Make an appointment to meet with Dr G to discuss your situation. All discussions are kept confidential.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr. G, whatever your circumstances. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation.

Written documentation (e.g. U of T medical certificate for medical reasons

<http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx>) or a brief verbal or written statement, explaining your absence, is required.

Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar and may be asked for additional documentation. All discussions are confidential.

## POLICY REGARDING LATE SUBMISSION TO TURNITIN:

Submit your assignments 1 & 2, in their entirety, to Turnitin by the deadlines stated above. If you miss this deadline, please submit as soon as possible. No marks will be deducted, but your grade will not be posted on Blackboard until this submission is complete. AND if your grade is not posted on Blackboard it is **effectively equivalent to getting a zero**.

### **Policy regarding assignment re-reads:**

If you find any addition or calculation errors in your assignments show this to Dr G as soon as possible. These errors can be corrected quickly. If you have more substantive concerns about the grading, you may request a re-read but you must follow precisely the instructions below:

For **assignment 1** a link on Blackboard will be made available where you can submit a request for a re-read. Indicate which question or questions you would like reviewed and clearly indicate where you feel you were not given credit for information you included in your answer. Dr G will not do the re-read if this procedure has not been followed. Your mark can go up, down, or stay the same. Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. Gurfinkel's decision is final.

For **assignment 2** submit the original hard copy and marking rubric. Indicate your concerns in writing on a separate sheet of paper. If you feel you were not given credit for an idea, clearly highlight or underline the sentences that express these ideas and explain why you think you merit additional credit. Dr G will not do the re-read if this procedure has not been followed. Your mark can go up, down, or stay the same. Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. Gurfinkel's decision is final.

**Deadlines for rereads:** One week after the assignments are returned, unless otherwise indicated.

## ACADEMIC INTEGRITY:

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm>

Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

## ACCESSIBILITY NEEDS:

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://studentlife.utoronto.ca/accessibility>

## HELP WITH ACADEMIC SKILLS:

**Academic Success Centre:** The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at: <http://www.asc.utoronto.ca/>

**English Language Learning:** This centre provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at:

<http://www.artsci.utoronto.ca/current/advising/ell>

**Writing Centres:** Writing Centres provide assistance with writing assignments for all students. Check out available services at: <http://www.writing.utoronto.ca/writing-centres>