

## 2019-1 NFS284H1S Basic Human Nutrition

### 1) Course Description:

An introductory course to provide the fundamentals of human nutrition, to enable students to understand and think critically about the complex interrelationships between food, nutrition, health and environment.

### 2) Recommended Preparation:

BIO120H1, BIO130H1, CHM138H, CHM139H/CHM151Y/CHM135H, CHM136H

### 3) Learning objectives:

By the end of this course you will be able to:

- a) assess the quality of your diet and use Canada's Food Guide to plan healthy meals.
- b) describe the types of studies used in nutrition research and recognize their strengths and limitations
- c) explain the functions of essential nutrients
- d) describe the relationship between diet and chronic disease

### 4) Course Staff:

**Instructor:** Debbie Gurfinkel:

**e-mail:** [debbie.gurfinkel@utoronto.ca](mailto:debbie.gurfinkel@utoronto.ca)

**Phone:** 416-978-3621

**Office:** MS 5267, Medical Sciences Building, 1 King's College Circle.

**Office Hours:** Fri 1-5 pm Jan 11 to Apr 5, 2019 inclusive, no appointment necessary.

If you cannot make Friday hours, please e-mail for an appointment at another time.

**Instructor:** Thomas Wolever:

**e-mail:** [thomas.wolever@utoronto.ca](mailto:thomas.wolever@utoronto.ca)

By appointment.

### 5) Course Time, Location, and Website:

Lectures: Monday 11 AM – 1 PM & Wed 12-1 PM: MS2158

Course website: available on Quercus

### 6) Textbook:

Copies of the textbook can be purchased in the bookstore and are also available in the library. Please note that we are using the **2<sup>nd</sup> Canadian Edition** of the textbook; the **1<sup>st</sup> edition** is also suitable, with some limitations. The American edition is NOT suitable.

**E-book (can also be purchased on publisher's website: <http://ca.wiley.com/WileyCDA/> )**

#### **Wiley E-Text**

Smolin, Grosvenor, & Gurfinkel

Nutrition: Science and Applications, 2nd Canadian Edition

ISBN : 978-1-119-04781-0 January 2015, ©2015

#### **Loose-leaf**

Smolin, Grosvenor, & Gurfinkel

Nutrition: Science and Applications, 2nd Canadian Edition Binder Ready Version

ISBN : 978-1-119-04551-9 December 2014, ©2015

## Hardcover

Smolin, Grosvenor, & Gurfinkel  
Nutrition: Science and Applications, 2nd Canadian Edition  
ISBN : 978-1-118-87838-5 December 2014, ©2015

## 7) Course Format:

The course content has **three** equally important components:

- 1) Face-to-face (F2F) lectures
- 2) Supporting documents – additional reading materials accompanied by self-assessment questions’ to help consolidate student learning; these supporting documents cover more basic concepts of the course, freeing up time for more complex aspects of nutritional sciences to be discussed during face-to-face lectures
- 3) Textbook readings – short readings from specific sections of the textbook

Students are strongly urged to follow the recommended reading schedule, shown below, especially, for the supporting documents. If you do not keep up with these readings, you will not understand the F2F lectures.

**IMPORTANT:** Term tests and the final exam are based on the content of the lectures, supporting documents and textbook readings.

## 8) Course Schedule

Date	Lecture Topics	Supporting Documents	Textbook Readings for the Week (numbers match reading list below)
Jan 7 & 9	Dr. Gurfinkel: Course Overview Introduction to Nutrition (ch1) Dietary Reference Intakes (ch2)	Read before <b>Jan 14</b> : Introduction to Canada’s Food Guide (ch 2)	1,3
Jan 14 & 16	Dr. Gurfinkel: Canada’s Food Guide Controversies (Ch2); Food Labelling (ch2)	Read before <b>Jan 21</b> : Physiology Fundamentals (ch 3)	
Jan 21 & 23	Dr. Gurfinkel: Nutrition Research (ch1) <b>Nutrition Numbers Quiz Due Friday January 25 at 9 AM</b>	Read before <b>Jan 28</b> : Natural Health Products (F5 after ch11)	2, 4
Jan 28 & 30	Dr. Gurfinkel: Digestive System (ch3); Food Safety (ch17), Food Intake Assessment (ch1) Natural Health Products (F5 after ch11)		10

Feb 4 & 6	Feb 4: <b>TERM TEST 1</b> on all material covered from Jan 7 to Jan 30 inclusive; test during scheduled class period Feb 6: Dr Wolever: Carbohydrates (Ch 4) & also Including Focus on Obesity, Metabolism, and Disease Risk (after ch7): F2.1: Obesity and type-2-diabetes & Lifecycle Nutrition: Ch 14.1:The Physiology of Pregnancy: Complications of Pregnancy: Gestational Diabetes Mellitus <b>3-day food record: Due Friday-Feb 8 online at 9 AM</b>		5,6 for Dr. Wolever-Carbs lecture- not on term test 1
Feb 11 & 13	Dr Wolever Carbohydrates <b>Science Writing Quiz Friday-Feb 15- online at 9 AM</b>		
Feb 18 & 20	Reading Week		
Feb 25 & 27	Dr. Wolever: Lipids (ch5) <b>Essay Assignment-Friday-Mar 1-online at 9 AM</b>		7
Mar 4 & 6	Mar 4: Dr. Wolever: Protein (ch6) Mar 6: Dr G: Obesity & Weight Management (Ch 7 & F3 after ch7)	Read before <b>Mar 13</b> : Energy Expenditure and Exercise (not on Term Test 2)	8,9
Mar 11 & 13	<b>Mar 11: TERM TEST 2:</b> on all material covered by Dr. Wolever Mar 13: Dr. G Obesity & Weight Management (Ch 7 & F3 after ch7) Lifecycle Weight Management: (ch 14, 15, & 16)	Read before <b>Mar 18</b> : Introduction to Vitamins; How Vitamin C & Vitamin E Function Together	11, 12, 13, 14, 15 for Dr G's lecture-not on term test 2
Mar 18 & 20	Dr Gurfinkel: Water-soluble Vitamins (ch 8) Fat-soluble vitamins (ch 9)	Read before <b>Mar 25</b> : Water; Introduction to Minerals; Iron, Zinc, Copper Interaction	16
Mar 25 & 27	Dr Gurfinkel: Water & Electrolytes (ch 10) Major Minerals and Bone health (ch 11); Ch12: Minor Minerals		17
Apr 1 & 3	Dr G: Focus on Integrating Nutrient Function End of term summation		

## 9) Required textbook readings

During lectures & as part of the supporting documents, readings from various sections of the textbook will be assigned. Students are expected to study these topics independently; the term tests and final exam will include questions on these readings. They are listed below. Pages beginning with "A" refer to the **appendix** of the textbook.

Number	Textbook Section:	Page 1e	Page 2e
1	F4: Focus on Phytochemicals	402-408	403-408
2	2.4: Critical Thinking: Should Canadians eat according to Canada's Food Guide or the Mediterranean Diet	62	58
3	2.3 Canada's Food Guide Additional Statements	57 & A44	50 & A34-35
4	3.3: Composition of Gastric Juices and Science Applied: Discovering what causes ulcers	95, 105	92-93, 102-103
5	4.6: Critical Thinking Dietary Fibre, Glycemic Index, and Type-2-Diabetes	146 & A45	144 & A36
6	4.7: Table 4.3 & Label Literacy: The Scoop on Sugar	152, 153	151, 152
7	5.6: Critical Thinking: Lowering the Risk of Heart Disease	-	199 & A36-37
8	5.7 Label Literacy: Choosing Lean Meat	200	208
9	6.5 Label Literacy: Is it safe for you?	242	248
10	7.10 Your Choice: Can a Weight Loss Supplement Help	304-305	309
11	7.3 Estimating Energy needs: Measuring Energy Expenditure & Table 7.5	272-274	278- 280
12	7.5 Guidelines for a healthy body weight: Assessing Body Composition	277-278	284-285
13	13.3 Critical Thinking: Benefits of Interval training	551 & A51	541 & A43
14	Chapter 15: Chapter Opener & Case Study Outcome	622 & 652	609 & 640
15	F7 Focus on Eating Disorders	658-673	644-659
16	8.1 Your Choice: To Supplement or Not to Supplement (2e) Or 9.5 Label Literacy: Think before you Supplement (1e)	394-395	329
17	10.3 Science Applied: A Total Dietary Approach to Reducing Blood Pressure Correction: 2e: bar graph pg 428: blue bar = control diet; pink = DASH diet	433-434	428-429
18	Chapter 2: Section 2.2 & 2.3 May be useful for assignment: 3-day food record Chapter 4: Section 4.1: May be useful for assignment: 3-day record	42-60 120-123 & 125	38-56 118-122

## 10) Assessment

Assignment/ Test/Quiz	Due date	Weight (%)
Nutrition Numbers Quiz (MCQ)	Friday <b>Jan 25</b> online at 9 AM	2
Term Test 1 (MCQ)	Monday <b>Feb 4</b> during scheduled class 11-1 On all lecture, supporting documents, textbook reading material covered by Dr. G: Jan 7 to Jan 30 inclusive	18
Three-day food record	Friday- <b>Feb 8</b> online at 9 AM	10
Science Writing Quiz (MCQ)	Friday- <b>Feb 15</b> - online at 9 AM	1
Essay	Friday- <b>Mar 1</b> -online at 9 AM	15
Term Test 2 (MCQ)	Monday- <b>Mar 11</b> : 11-1 during the scheduled class -on all of Dr. Wolever's material	18
Final Exam (MCQ)	<b>Exam Period</b> -10% term test 1 material; 10% term test 2 material; 80% remaining course material (lecture, supporting documents, textbook readings)	36
Total		100

### 11) Late submission of assignments:

**NO ASSIGNMENT WILL BE ACCEPTED after the due date and time for online submission** except for compelling reasons such as illness, personal distress, family emergency or other unforeseen circumstance. Please contact Dr G by e-mail ([debbie.gurfinkel@utoronto.ca](mailto:debbie.gurfinkel@utoronto.ca)) to request an extension, prior to the due date, if possible. A very brief explanation of why you are requesting an extension is required. This can be a written explanation from you or a medical certificate:

<http://www.illnessverification.utoronto.ca/index.php> Verbal explanations can also be provided either in face-to-face discussion or by phone (Dr. G's phone: 416-978-3621). All information is treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, are advised to discuss their situation with their college registrar.

**Please note** that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT compelling reasons for an extension. Extensions, for such reasons, are granted only in rare situations. 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 feel you have a compelling reason that cannot be easily documented or are uncertain if your reasons are compelling, you should ideally discuss this with Dr G before the assignment due date. If this is not possible then **FIRST** hand-in as much of the assignment as you possibly can on the due date and **THEN** contact Dr G to discuss your situation. All discussions are kept confidential.

**Accessibility Services:** If you are registered with Accessibility Services, extensions are provided in accordance with the terms of your letter of accommodation. (See also # 21).

**12) Assignment re-reads:** If you have concerns about your grading, a re-read can be requested. Instructions on how to submit re-read requests will be posted on Quercus after assignments are returned.

### **13) Turnitin**

*"Normally 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 either submit to Turnitin, which is voluntary, or provide an alternative. On Quercus, online submissions will automatically be submitted to Turnitin, but you will have to agree to the Turnitin license agreement. If you have issues with Turnitin, please contact Dr G to arrange an alternate submission. Briefly, 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 writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

Dr. Gurfinkel reviews the Turnitin submissions and will e-mail students if there are any concerns about their writing. Often this is no more than a discussion of how to properly paraphrase and/or cite references, but the deduction of marks may also result. Failure to respond to such an e-mail **will** result in the deduction of assignment marks. If a serious case of plagiarism is suspected, the student's assignment will be forwarded to the Office of Academic Integrity for review and possible sanction.

### **14) Policy regarding missed term test:**

**Except for compelling reasons**, such as illness, personal distress or similar unforeseeable circumstances, all students will be given a grade of **ZERO** if they miss the term test. There are **NO MAKE-UPS**. If you miss one term test (worth 18%), for compelling reasons, your final exam will be worth 54% of your final grade (18% + 36%). If you miss both term tests your final exam will be worth 72% of your final grade. You are required to provide a very brief explanation for your absence. This can be a written explanation from you or a medical certificate <http://www.illnessverification.utoronto.ca/index.php> . If you prefer, verbal explanations will also be accepted. See Dr. Gurfinkel during her office hours Fri 1-5 pm (MS 5267 or phone 416-978-3621. All discussions are kept confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, are advised to discuss their situation with their college registrar.

### **15) Policy regarding missed final exam:**

Policy regarding missed final exams is determined by the Faculty of Arts and Science. If you have compelling reasons for missing your final exam, contact your college registrar to file a petition; do this quickly as there are deadlines. You must provide documentation to support your petition. If your petition is accepted you will be permitted to write a deferred exam. A deferred exam fee (approx \$70) must be paid.

### **16) Quercus Notifications and Announcements:**

Students are directed to the **Student Quercus Guide** for information on how to navigate Quercus: [https://q.utoronto.ca/courses/46670/pages/student-quercus-guide#h\\_715083276961534948795461](https://q.utoronto.ca/courses/46670/pages/student-quercus-guide#h_715083276961534948795461)  
Announcements are posted on the course website and it is the student's responsibility to read these

regularly and to regularly check the course website for new content, upcoming due dates, and the release of grades. **It is strongly recommended that students leave their Quercus notifications on**, to be automatically be advised of Quercus announcements, posting of new course content, upcoming due dates, the releasing of grades and other course website information.

### **17) Lecture material, audio recordings, and intellectual property:**

Please note that the lecture presentations and other course documents are the intellectual property of the instructor. The distribution, transmission, reproduction or re-posting of the NFS284 course materials, including audio and video recordings, in whole or part, is NOT permitted without the consent of the instructor.

All students enrolled in NFS284 are permitted to use the material for personal use and study. You may also make audio recordings of the lecture for personal use only.

### **18) Academic Integrity:**

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

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

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

### **19) How to be successful in NFS284:**

1) Powerpoint slides are posted prior to the lectures. Download and read through the slides. As little as 10 minutes spent on this “preview” will enhance your ability to follow and understand the lecture.

2) Read all supporting documents associated with a lecture, prior to class, and do the self-assessment questions.

3) COME TO CLASS!!

4) A substantial amount of the material discussed in lectures and supporting documents is derived from the textbook so use it as a background reference to assist with your comprehension of the material.

*Usually, when the material has been taken from the textbook, the chapter and section from which it is derived is indicated on the slide or document.*

5) Please note that the term tests and final exam are based on the lecture content, supporting documents, and required textbook readings. You are NOT responsible for additional information in the textbook, that is not covered in these materials.

6) Check out the links in #22 below for ways to improve study skills.

7) Keep up-to-date with your reading. It is easy to fall behind.

8) Start working on assignments early- they take longer to complete than most students estimate.

9) In order to be successful on tests or exams, you must be able to both comprehend the material and recall it. Review your notes for comprehension regularly; use the discussion board to post questions about anything you don't understand or visit instructors during office hours to ask questions. If you have been reviewing the material during the term for comprehension, you can focus on recall in the days immediately before the exam. Become aware of how long it takes you to learn new content, so you can plan realistically. The last day before a test or exam should ideally be for review only. Finally, during an exam, persevere; don't give in to the stress.

### **20) After NFS284:**

NFS284 is a required prerequisite for all higher level NFS courses (except NFS386: *Food Chemistry* for which you only require first year chemistry). We hope that you will enjoy NFS284, read about these other courses in the calendar, and consider majoring in Nutritional Sciences or taking additional NFS

courses in the future. If you have any questions about the Nutritional Sciences program don't hesitate to contact Dr G.

**21) 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://www.accessibility.utoronto.ca/>

**22) 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:** 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>