

NFS 490H1: International and Community Nutrition

January 8 to April 2, 2019

Lectures: Tuesdays 9:00-12:00, OISE 5170

Format: 9:10-10:10 Lecture, 10:20-11:20 Group Activity, 11:20-12:00 Activity Debrief. Times are approximate, and may vary depending on class topic.

Instructor: Laurie Ricciuto, PhD laurie.ricciuto@utoronto.ca
Office Hours: Tuesdays from 2:00 to 3:00 pm, Medical Sciences Building, Room 5347

Course Description:

This course focuses on current issues in international and community nutrition and will consider relevant environmental, political, cultural and social determinants of health. A selection of topics including obesity and chronic disease prevention, micronutrient deficiencies, maternal and infant nutrition, aboriginal nutrition issues, and food security will be addressed. Examples of both global and local approaches will highlight the complex considerations involved in addressing these issues.

Learning Outcomes:

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

1. Organize concepts in dietary assessment and nutrition intervention into a population health view of nutrition issues.
2. Recognize the various social determinants of health and their implications in community nutrition research and practice.
3. Research and analyze a community nutrition issue, and present a solid case for an intervention aimed at addressing this issue.

Course Evaluation*:

Item	Due Date	% of Final Grade
Term Test	February 5	35
Individual Assignment	March 12	35
Group Presentation	March 12 to April 2 (Topic Selection due by January 29)	20
In-class activities, online quizzes	January 22 to April 2	10

*For students with religious observances on assignment due dates or scheduled tests, please speak with course instructor in advance to arrange an alternate date.

Course Expectations:

Term test: This will be an on-line test. It will be posted to Quercus and made available to students at 9:10 am on the day of the test. Students will be required to submit and upload their completed test to Quercus by midnight on the test day.

Individual Assignment (1500 words): This will be an in-depth analysis of some aspect of the nutrition problem/issue chosen for your group presentation. Both a hard copy and online submission of the assignment is required. More details will be posted on Quercus.

Group Presentation (30 minutes): This will be an examination of a global or domestic community nutrition problem/issue, presented in assigned groups of 4 to 6 students. A list of suggested topics will be provided, and students must select their topic by January 29, 2019. More details will be posted on Quercus.

In-class activities and on-line quizzes: Most classes will provide students with the opportunity to work in small groups on structured activities designed to help them achieve the learning outcomes. Groups will be required to submit one portion of their group activity online at the end of the class for grading; one submission per group, and all students in the group get the same grade. Students will be notified in advance which class activities will be graded. In addition, for the classes with group presentations, students will complete an online quiz (individually), based on the content of the presentations.

Turnitin: Students will be required to submit their term test and assignment to Turnitin for a review of textual similarity and detection of possible plagiarism. In so doing, students will allow their term tests and assignments to be included as source documents in the Turnitin reference database, where they will be used solely for the purpose of detecting plagiarism. Turnitin is accessed through the online submission of assignments on Quercus, where you can review and opt to agree to the terms of use of the Turnitin service.

If you have problems that prevent you from submitting to Turnitin, please contact the instructor. 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 test or assignment. For those who do not submit to Turnitin, as an alternative you will be expected to meet with the instructor for a short **oral test** during which you will be asked questions about the process of writing the term test or assignment and your knowledge of the content. Your test or assignment mark may be modified based on how well you answer these questions.

Re-read policy: If you have substantial concerns about the grade on your test, you may submit a written request for a re-read within the allotted time period. Details on how to do this and deadlines will be described in class, and posted on Quercus, when tests are returned.

Missed Work: Students missing the regularly scheduled test or in-class activities, and with satisfactory reasoning (e.g., illness, personal distress, family emergency), will have to write a supplemental

test/activity. Please contact the instructor within 48 hours, ideally prior to the test/class date, and no later than one week after the test/activity. You will be asked to provide a reason for missing the test/activity. 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. All discussions are treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar. Failure to write a supplemental test/activity will result in a mark of zero for that component. It is the student's responsibility to contact the course instructor to schedule a make-up test/activity.

Late work: Assignments submitted late, without satisfactory reasoning (e.g., illness, personal distress, family emergency), will be penalized 10% of final mark each day, including weekend days. Lateness is defined by the digital time stamp on online submissions. Please contact the instructor as soon as possible if you require an extension to the assignment deadline. You will be asked to provide a reason for the extension. 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. All discussions are treated as confidential. It is the student's responsibility to contact the course instructor to arrange an extension.

Course Materials:

Reference materials: There is no assigned textbook for this course. Prior to each lecture, recommended readings will be posted on Quercus.

Course Notes and Handouts: Class materials can be obtained through Quercus. This site will continue to be updated throughout the term.

Lecture material, audio recordings, and intellectual property: Lecture presentations and course materials are the intellectual property of the instructor. All students enrolled in NFS490 are permitted to use the material, for personal study only. You may also make audio recordings of the lecture for personal use. Posting of lecture material online, whether the audio or visual component, is not permitted without permission of the instructor.

Course Schedule:

Date	Topic	Facilitator(s)
Jan. 8	Course Overview and Introduction Canadian Context: Socioeconomic Disparities in Nutrition and Implications for Food Policy	L. Ricciuto
15	Literature Search Strategies	G. Bradley-Ridout University of Toronto Libraries

	Social Determinants of Health The Last Straw Game	L. Ricciuto
Jan. 22	Maternal and Child Nutrition in Low- and Middle-Income Countries: Concepts and Measurements	D. Roth Hospital for Sick Children
29	Dietary Assessment Tools and Approaches Food Security	L. Ricciuto
Feb. 5	Term Test 1 - Online	
12	Vitamin D supplementation in Pregnancy and Lactation in Bangladesh: Methods and Results of a Randomized Controlled Trial	D. Roth Hospital for Sick Children
Feb 18-22	Reading Week	
26	Healthiest Babies Possible	L. Liggesmeyer Toronto Public Health
Mar 5	Epidemiological Transition among Indigenous Canadians: Nutritional Perspectives	A. Hanley Department of Nutritional Sciences
12	Individual Assignments Due Group Presentations	L. Ricciuto Students
19	Group Presentations	Students
26	Group Presentations	Students
Apr 2	Group Presentations Course Conclusion	Students L. Ricciuto

University of Toronto Policies:

Academic Integrity: Academic integrity is essential to the pursuit of learning and scholarship in a university. The University of Toronto's Code of Behaviour on Academic Matters outlines the behaviours that constitute academic misconduct. Plagiarism (the presentation or paraphrasing of another person's work as if it was one's own) is a form of academic fraud with potentially serious consequences. All university policies regarding plagiarism will be upheld in this course. Refer to - <http://academicintegrity.utoronto.ca/>

Accessibility: The University provides support and accommodations for students with disabilities to ensure equitable access to opportunities and achievement of students' full potential. Refer to - <http://www.studentlife.utoronto.ca/as>