

2021-1-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 Canadian regulations with respect to functional foods and nutraceuticals.
- 3) conduct research on the health benefits of a natural health product
- 4) give a PowerPoint presentation on the topic of functional foods, employing best practices for oral presentations and active learning techniques

Prerequisites:

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

Instructor and contact information:

Dr. Debbie Gurfinkel: debbie.gurfinkel@utoronto.ca

For the duration of the COVID-19 pandemic, only virtual office hours will be possible. Please check contact information on the course website for more information on how to request an appointment.

Course schedule, website, textbook:

Course delivery: Course Delivery: This course is delivered online synchronously, meeting on Mondays 2:10 - 5 PM beginning January 11.

Course website available on Quercus.

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 Presentation Preparation Time Annotated Bibliography due online Jan 25 at 2 pm "Who does what" schedule submitted at the end of class
Feb 1	Functional Foods, Nutrition Labeling, and Health Claims Group Presentation Preparation Time
Feb 8	Group Presentation Preparation Time Individual PowerPoint slides & transcript due online Feb 8 at 2 pm Submit collated slides -end of class-Feb 8 at 5 PM Lecture-based assignment available online Monday Feb 8 at 5 PM
Feb 15	READING WEEK -no classes
Feb 22	Group Presentation-Preparation Time Group meetings with Dr G – Preliminary Presentation Lecture-Based Questions due online Feb 22 at 2 PM

Mar 1	Group Presentation- Preparation Time Group meetings with Dr G –Discussion of MCQ
Mar 8	Group Presentations Submission of all PowerPoint slides & MCQs on Quercus by 9 AM
Mar 15	Group Presentations
Mar 22	Group Presentations NHP assignment due online at 2 pm submit pdf and Word doc
Mar 29	Group Presentations
Apr 5	Group Presentations

Assessment:

Assessment	Weight	Due Date
Annotated bibliography	2- individual	Jan 25 online at 2 PM
“Who does what” schedule	1-group	Jan 25- submitted at end of class Jan 25- online
PowerPoint slides & transcript	10-individual	Feb 8 online at 2 PM
Collated PowerPoint slides & transcripts	0	Feb 8 online at 5 PM- upload slides
Lecture-based assignment	20-individual	Feb 22 online by 2 PM
MC quiz questions	0	Mar 1 online at 2 PM- questions for group meeting with Dr G
NHP assignment	30-individual	Mar 22 Online at 2 PM
Group Presentation	30-group*	Mar 8-submission of PowerPoint slides online by 9 AM Mar 8, 15, 22, 29, Apr 5-oral presentations
Group Evaluation	1-individual	Mar 8, 15, 22, 29, Apr 5
Presentation quizzes Open book	5 (1% X 5)- individual	Mar 8, 15, 22, 29, Apr 5- online-available after presentations for 30 minutes
Self-reflection on group work	1-individual	Online Apr 8 at 9 AM
Total	100	
*all group members receive the same grade (except in rare cases)		

Presentation and Evaluation Schedule:

Date	Group Presenting	Group Evaluating
Mar 8	1	10
Mar 8	2	9
Mar 15	3	8
Mar 15	4	7
Mar 22	5	1
Mar 22	6	2
Mar 29	7	3
Mar 29	8	4
Apr 5	9	5
Apr 5	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 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.

Electronic communication with instructor:

A discussion board will be set up on Quercus where students can ask questions about the lecture material. This discussion board will close on Feb 8 at 9 AM since the lecture-based assignment is made available later that day. E-mail can be used for specific questions about the NHP assignment, group presentation, or subjects of a more personal nature.

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

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 changes and additions.

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, which are scheduled during class time, to ensure that students are able to attend. If scheduling conflicts 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:

If you require an extension for an assignment, contact Dr G as soon as you realize that you will not be able to submit your assignment on time, to arrange an alternative submission date. Complete and submit to Dr G an absence declaration on ACORN that includes the due date for the assignment.

How to declare an absence on ACORN:

For this year, the University has announced that students will not require a Verification of Illness (VOI) form. Students who are absent from class for any reason (e.g., COVID, other illness or injury, family situation) and/or cannot submit assignments on the due date, and require consideration for missed academic work should report their absence through the online absence declaration. The declaration is available on ACORN under the Profile and Settings menu. Students should also advise their instructor of their absence. A copy of the absence declaration can be submitted to an instructor as a screenshot or print to pdf.

Resources & supports

If you or someone you know is in distress and there is an immediate risk, call 911.

The following includes supports available to students on all three campuses:

- [U of T St. George \(Downtown Toronto\)](#)
- [U of T Scarborough](#)
- [U of T Mississauga](#)

Additionally, students have access to [U of T My Student Support Program \(My SSP\)](#) | 1-844-451-9700

24/7. Outside of North America, call 001-416-380-6578. Culturally-competent mental health and counseling services in 146 languages for all U of T students.

Accessibility Services: If you are registered with Accessibility Services, extensions are provided in accordance with the terms of your letter of accommodation.

Policy regarding assignment re-reads:

If you have substantive concerns about the grading of an assignment, you may request a re-read online. Details will be provided during the term.

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>