

## **2020-1 NFS284H1F 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:** Dr. Bibiana García-Bailo

**e-mail:** bibiana.garcia.bailo@mail.utoronto.ca

**Office:** MS 5347, Medical Sciences Building, 1 King's College Circle.

**Office Hours:** Mondays and Wednesdays, 1:30-3:30pm. No appointment necessary. If you cannot make these hours, please e-mail for an appointment at another time.

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

Lectures: Monday 11 AM – 1 PM & Wed 12-1 PM: MS 2158

Course website: available on Quercus

**Notifications:** Announcements are posted on the course website and it is the student's responsibility to read these regularly and to check the course website frequently for new content, upcoming due dates, and the release of grades. It is strongly recommended that students leave their Quercus notifications on, so as to be automatically be advised of Quercus announcements, posting of new course content, upcoming due dates, the releasing of grades and other important course information.

### **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 (also called background 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	Topic	Supporting document to read	Textbook Reading (See #10 list of readings)
1	Jan 6 & 8	Course Overview & Introduction to Nutrition Dietary Reference Intakes	Finish reading before <b>Jan 13:</b> Assignment: 3 day food record; Finish reading before <b>Jan 27:</b> Physiology Fundamentals	1 2
2	Jan 13 & 15	Canada's Food Guide Food labelling	Finish reading before <b>Jan 20:</b> Essay Assignment	
3	Jan 20 & 22	Nutrition Research	Finish reading before <b>Jan 27:</b> Natural Health Products	3
4	Jan 27 & Jan 29	Nutrition Research Digestive System; Food Safety; Food Intake Assessment; Natural Health Products; <b>Nutrition Numbers Quiz due online Jan 30 at 9 AM</b>		

5	Feb 3 & 5	Carbohydrates <b>3-day food record due Feb 6 online at 9 AM.</b>	Finish reading before <b>Feb 10:</b> Lipids Chemistry and Digestion	4
6	Feb 10 & 12	Lipids <b>Science Writing Quiz due Feb 13 online at 9 AM</b>		5
7	Feb 17 & 19	READING WEEK		
8	Feb 24 & 26	<b>Feb 24: TERM TEST (during scheduled class time)</b> Feb 26: Protein	Finish reading before <b>Mar 2:</b> Energy Expenditure and Exercise	6
9	Mar 2 & 4	Protein concluded Consequences of Obesity- Weight Management <b>Essay Assignment due Mar 5 online at 9 AM.</b>	Finish reading before <b>Mar 9:</b> Introduction to Vitamins & How Vitamin C & Vitamin E Function Together	7,8,9,10,11
10	Mar 9 & 11	Weight Management through Lifecycle & Vitamins	Finish reading before <b>Mar 16:</b> Water; Introduction to Minerals	12
11	Mar 16 & 18	Vitamins & Minerals	Finish reading before <b>Mar 23:</b> Iron, Zinc, Copper Interaction	13
12	Mar 23 & 25	Minerals		
13	Mar 30 & Apr 1	Integrating Nutrient Function <b>Case Studies due Mar 30 online at 9 AM</b>		

## 9) Course Assessments

Assignment/Test/Quiz	Due date	Weight (%)
Nutrition Numbers Quiz (MCQ)	Jan 30, 2020 online at 9 AM	2
Three-day food record	Feb 6, 2020 online at 9 AM	9
Science Writing Quiz (MCQ)	Feb 13, 2020 online at 9 AM	1
Term test (MCQ)	Feb 24, 2020 during scheduled class time	26
Essay	Mar 5, 2020 online at 9 AM	20
Case Study (MCQ)	Mar 30, 2020 online at 9 AM	6
Final Exam (MCQ)	Dec exam period: Cumulative: 10% on material also covered on term test; 90% lecture material not covered on term test	36
Total		100

## 10) Textbook Readings

Number	Textbook Section:	Page 1e	Page 2e
1	F4: Focus on Phytochemicals	402-408	403-408
2	3.3: Composition of Gastric Juices and Science Applied: Discovering what causes ulcers	95, 105	92-93, 102-103
3	7.10 Your Choice: Can a Weight Loss Supplement Help	304-305	309
4	4.6: Critical Thinking Dietary Fibre, Glycemic Index, and Type-2-Diabetes	146 & A45	144 & A36
5	Critical Thinking: Fish Consumption and Heart Disease	174 A46	177-178 A36
6	Critical Thinking: Scientific Evidence for the Benefits of a Vegetarian Diet	253& A47	261 A38
7	7.3 Estimating Energy needs: Measuring Energy Expenditure & Table 7.5	272-274	278- 280
8	7.5 Guidelines for a Healthy Body Weight: Assessing Body Composition	277-278	284-285
9	13.3 Critical Thinking: Benefits of Interval training	551 & A51	541 & A43
10	Chapter 15: Chapter Opener & Case Study Outcome	622 & 652	609 & 640
11	F7: Focus on Eating Disorders	658-673	644-659
12	8.1 Your Choice: To Supplement or Not to Supplement (2e) Or 9.5 Label Literacy: Think before you Supplement (1e)	394-395	329
13	10.3 Science Applied: A Total Dietary Approach to Reducing Blood Pressure <b>Correction:</b> 2e: bar graph pg 428: blue bar = control diet; pink = DASH diet	433-434	428-429

### **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 the instructor by e-mail ([bibiana.garcia.bailo@mail.utoronto.ca](mailto:bibiana.garcia.bailo@mail.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 in person. 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 and consider contacting Accessibility Services (See item #20 below)

**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. The Academic Success Centre provides workshops on study skills to help students manage their time effectively (See item #21 below).

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 the instructor 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 the instructor 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 # 20 below).

**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 provided during the term.

### **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 the instructor to arrange an alternate submission. Briefly, 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 writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

The instructor 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 your term test (worth 26%) for compelling reasons, your final exam will be worth 62% of your final grade (26% + 36%).

To assess whether you have a compelling reason to miss the test, 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. 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 and consider contacting Accessibility Services (See item #20 below)

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

The 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 (approximately \$70) must be paid.

**16) Lecture material, audio recordings, and intellectual property:**

Please note that the lecture presentations, videos, 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.

**17) 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>

For more information, also see <http://www.artsci.utoronto.ca/osai> and

<http://academicintegrity.utoronto.ca>.

**18) How to be successful in NFS284:**

- 1) Powerpoint slides are posted prior to the lectures. Download and read/skim 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 in your comprehension of the material.
- 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 material in the textbook that is not covered in these materials.
- 6) Check out the links in #21 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!

#### **19) 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 other nutrition 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, do not hesitate to contact the instructor.

#### **20) Accessibility Needs:**

Students with diverse learning styles and needs are welcome in this course. If you have an acute or ongoing disability issue or accommodation need, you should register with Accessibility Services (AS) at the beginning of the academic year by visiting <http://www.studentlife.utoronto.ca/as/new-registration>. Without registration, you will not be able to verify your situation with your instructors, and instructors will not be advised about your accommodation needs. AS will assess your situation, develop an accommodation plan with you, and support you in requesting accommodation for your course work. Remember that the process of accommodation is private: AS will not share details of your needs or condition with any instructor, and your instructors will not reveal that you are registered with AS.

#### **21) 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>