

NFS 284H1S: Basic Human Nutrition**Course Syllabus**

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 diseases

4) Instructor contact information:

Course Instructor: Matilda Essandoh Laar

Email: matilda.laar@utoronto.ca

Office: Medical Sciences Building, Room 5267 (1 King's College Circle).

Office Hours: Fridays 1:00 - 3:00 pm (Jan 8 to Apr 6, 2024). You can book a virtual appointment at: <https://calendly.com/matilda-laar/office-hours-2>

For alternative hours, please review course website for more information on how to request an appointment.

5) Course Delivery, Website, and Notifications:

Course Delivery: This is an Online-asynchronous course. Course materials will be posted online on a weekly basis. The materials are a combination of lecture recordings and independent readings assigned from the textbook and other supporting documents.

Course website: The course website is available on Quercus.

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

6) Required materials/resources:

Required Textbook:

Authors: Smolin, Grosvenor, & Gurfinkel

Title: Nutrition: Science and Applications, 3rd Canadian Edition, Wiley

Copies of the textbook can be purchased from the U of T bookstore. Please note that the text being used is the 3rd Canadian Edition; The American edition is NOT suitable.

Options available for Textbook:

Book purchase:

- eTextbook (perpetual): \$132
- Loose-leaf (with WileyPlus): \$145

Book rental: **MOST ECONOMICAL OPTIONS**

- Wiley plus (e-textbook rental + iprofile + other features): \$65
- eTextbook rental only: \$55

7) Course Overview and Assessment

Course Format:

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

- 1) Online lecture recordings – these are posted online - accompanied by self-assessment questions to help consolidate student learning
- 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 and are based on textbook material.
- 3) Textbook readings – short readings from specific sections of the textbook with instructor or textbook provided questions to direct student learning. These readings include examples of nutrition research.

IMPORTANT: All course tests based on the content of the lecture recordings, supporting documents, and textbook readings.

8) Adapting to Online Learning:

Many students can find online learning challenging. Face-to-face classes have “built-in” opportunities for social interaction with peers and instructors that are difficult to duplicate in the online environment. It is not uncommon for students to feel isolated when taking online classes. The link below highlights the strategies that you can employ to overcome challenges and enhance your online experience from having proper technical requirements to managing scheduling and staying motivated:

<https://onlinelearning.utoronto.ca/is-online-learning-for-me/>

9) Course Assessments:

Assessment	Due Dates	Weight (%)
Weekly quiz 1*	Jan 16 at 9 AM (available until Feb 1***)	
Weekly quiz 2*	Jan 23 at 9 AM (available until Feb 1***)	
Weekly quiz 3*	Jan 30 at 9 AM	
Weekly quiz 4*	Feb 6 at 9 AM	
Weekly quiz 5*	Feb 20 at 9 AM	
Weekly quiz 6*	Feb 27 at 9 AM	Best 9 of 11 quizzes X 1% = 9
Weekly quiz 7*	Mar 5 at 9 AM	MCQ on Quercus-open book
Weekly quiz 8*	Mar 12 at 9 AM	
Weekly quiz 9*	Mar 19 at 9 AM	
Weekly quiz 10*	Mar 26 at 9 AM	
Weekly quiz 11*	Apr 5 at 9 AM	
3-day food record	Feb 2 at 9 AM	8
Science Writing Quiz**	Feb 22 at 9 AM	1 MCQ on Quercus-open book
Essay	Mar 5 at 9 AM	24
Test 1 [#] -timed test	Feb 9 at 9 AM - available Feb 8 at 9 AM	12
Test 2 [#] -timed test	Mar 22 at 9 AM - available Mar 21 at 9 AM	16 MCQ on Quercus
Test 3 [#] -timed test	Available during final assessment period	30 All tests-open book

TOTAL	100
<p>*Weekly quizzes for each module are available as soon as the weekly module is posted and availability ends on the due date at the stated time. There is no time limit for the weekly quizzes. All quizzes are open book.</p> <p>**Available from first day of classes; availability ends on the due date.</p> <p>***Quiz 1 & 2 will be available for an extended period of time to accommodate students who enroll in the course late. For all students, these two quizzes can be completed up to Feb 1 without penalty.</p> <p>#Tests have a time limit and are available for 24 hours, before the due date. Once they are available, they can be started any time within that the 24-hour period but will be concluded automatically at the end of the time limit. Be sure to start the test at a time that allows you to have the maximum time available. For example, if a test has a one-hour time limit and is due at 9 AM, you must start the test no later than 8 AM to have a full hour.</p>	

10) Course Schedule, Textbook (T), and Supporting Document (SD) Readings

Course Schedule: All times indicated are EST

DATE	TOPICS	READINGS (SD= Supporting document; T = textbook reading See items 11 & 12 below	QUIZZES/TESTS/ASSIGNMENTS
Jan 8 Week 1	<ul style="list-style-type: none"> Course overview Introduction to Nutrition DRIs 	SD-1, T-1	
Jan 15 Week 2	<ul style="list-style-type: none"> Canada's Food Guide Food Labelling 		Weekly-quiz 1 on Week 1 Topics & Readings Due: Jan 16 at 9 AM (available until Feb 1)
Jan 22 Week 3	<ul style="list-style-type: none"> Nutrition Research 	SD-2, T-2, T-3	Weekly-quiz 2 on Week 2 Topics & Readings Due: Jan 23 at 9 AM (available until Feb 1)
Jan 29 Week 4	<ul style="list-style-type: none"> Special short topics: <ol style="list-style-type: none"> Digestive System Food Safety Food Intake Assessment Natural Health Products 	T-4	Weekly-quiz 3 on Week 3 Topics & Readings Due: Jan 30 at 9 AM 3-day food record Due: Feb 2 at 9 AM
Feb 5 Week 5	<ul style="list-style-type: none"> Carbohydrates and Diabetes 	SD-3, T-5	Weekly-quiz 4 on Week 4 Topics & Readings Due: Feb 6 at 9 AM TEST 1: Due Feb 9 at 9 AM; available Feb 8 at 9AM: For more details: See item # 14 below
Feb 12 Week 6	<ul style="list-style-type: none"> Lipids 	T-6	Weekly-quiz 5 on Week 5 Topics & Readings; Science Writing Quiz Due Feb 22 at 9 AM
Feb 19 Week 7	<ul style="list-style-type: none"> No classes/Reading Week 		
Feb 26 Week 8	<ul style="list-style-type: none"> Protein & Vegetarian Diets Consequences of Obesity 	SD-4, SD-5, T-7, T-8, T-9, T-10	Weekly-quiz 6 on Week 6 Topics & Readings Due Monday Mar 1 at 9 AM Essay Due Mar 5 at 9 AM
Mar 4 Week 9	<ul style="list-style-type: none"> Weight Management Strategies 	SD-6, SD-7, T-11, T-12	Weekly-quiz 7 on Week 8 Topics & Readings; Due Monday Mar 8 at 9 AM

	<ul style="list-style-type: none"> • Body Weight through the Lifecycle 		
Mar 11 Week 10	<ul style="list-style-type: none"> • Water-soluble vitamins • Fat-soluble vitamins 	SD-8, SD-9, T-13	Weekly-quiz 8 on Week 9 Topics and Readings Due: Mar 15 at 9 AM TEST 2 –Due Mar 22 at 9 AM; available Mar 21 at 9 AM: For more details: See item # 14 below
Mar 18 Week 11	<ul style="list-style-type: none"> • Sodium, potassium, & hypertension • Major minerals 	SD-10	Weekly-quiz 9 on Week 10 Topics & Readings Due Mar 22 at 9 AM
Mar 25 Week 12	<ul style="list-style-type: none"> • Minor minerals 		Weekly-quiz 10 on Week 11 Topics & Readings Due Mar 29 at 9 AM
Apr 1 Week 13	<ul style="list-style-type: none"> • Course wrap-up 		Weekly-quiz 11 on Week 12 Topics & Readings Due Apr 5 at 9 AM
Final Assessment Period			TEST 3 –scheduled during final assessment period For more details: See item # 14 below

11) Required Textbook Readings and Supporting Documents

Number	Textbook Section:	Page 3e	Finish Reading by:	First examined on test #:
T-1	F4: Focus on Phytochemicals This is part of the lecture: Introduction to Nutrition-Week 1	443-449	Jan 15	1
T-2	7.10 Your Choice: Can a Weight Loss Supplement Help This is part of the Natural Health Products supporting document (SD-2)-posted Week 3	338	Jan 30	2
T-3	3.4: Critical Thinking: Obesity and the Microbiota This is part of the Digestive System lecture-Week 4	111 & A45*	Jan 30	2
T-4	4.5: Critical Thinking Dietary Fibre, Glycemic Index, and Type-2-Diabetes This is part of the Carbohydrates lecture- Week 5	161 & A45*	Feb 6	2
T-5	5.6 Critical Thinking: Fish Consumption and Heart Disease This is part of the Lipids lecture- Week 7.	220 & A46*	Feb 19	3
T-6	6.7 Critical Thinking: Scientific Evidence for the Benefits of a Vegetarian Diet This is part of the Protein lecture - Week 8	285 & A46*	Mar 1	2
T-7	7.3 Estimating Energy needs: Measuring Energy Expenditure & Table 7.5 This is part of the supporting document on Energy Expenditure (SD-4)-posted Week 8.	303	Mar 8	3
T-8	7.5 Guidelines for a healthy body weight: Assessing Body Composition	309-310	Mar 8	3

	This is part of the supporting document on Energy Expenditure (SD-4)-posted Week 8			
T-9	13.3 Critical Thinking: Benefits of Interval Training This is part of the supporting document on Exercise (SD-5)-Week 9	601 & A51*	Mar 8	3
T-10	Chapter 15: Case Study & Case Study Outcome This is part of the lecture on Body Weight through the Lifecycle-Week 9	677 & 715	Mar 8	3
T-11	F7 Focus on Eating Disorders This is part of the lecture on Body Weight through the Lifecycle-Week 9	720-740	Mar 8	3
T-12	8.1 Your Choice: To Supplement or Not to Supplement This is part of the lecture on Fat-Soluble Vitamins-Week 10	360-361	Mar 15	3
T-13	10.3 Science Applied: A Total Dietary Approach to Reducing Blood Pressure This is part of the lecture on sodium, potassium and hypertension-Week 11	471-472	Mar 22	3

12) Supporting Documents are posted in the weekly modules:

Supporting Document	Posted in module for:	Finish reading by:	First examined on test #:
SD-1: Physiology Fundamentals	Week 1	Feb 1	2
SD-2: Natural Health Products	Week 3	Feb 1	2
SD-3: Lipids: Chemistry & Digestion	Week 5	Feb 22	2
SD-4: Energy Expenditure	Week 8	Mar 8	3
SD-5: Exercise	Week 8	Mar 8	3
SD-6: Intro to Vitamins	Week 9	Mar 15	3
SD-7: Vitamin C & Vitamin E interactions	Week 9	Mar 15	3
SD-8: Water	Week 10	Mar 22	3
SD-9: Introduction to Minerals	Week 10	Mar 22	3
SD-10: Zinc-Copper-Iron	Week 11	Mar 29	3

13) Quiz information and what to do if you miss a quiz

The quizzes and tests in this course are multiple choice format and will be conducted on Quercus.

Weekly Quizzes: All weekly quizzes and the Science Writing Quiz are open book, which means that you can refer to your course materials while completing the quiz. These quizzes have no

time limits. For the weekly quizzes, the best 9 out of 11 scores will be used in the calculation of your final grade.

What to do if you miss a Weekly Quiz: Extensions will be granted for missed weekly quizzes provided an absence declaration on ACORN has been made on the quiz due date (See #24 below on how to make an absence declaration) and submitted to Dr Laar, and more than two quizzes have already been missed. **If you require an extension, you must contact Dr Laar within a week of the quiz due date. After a week, extensions will not be granted for quizzes.**

Should you miss the Science Writing quiz extensions will be granted provided you have made an absence declaration on ACORN and submitted it to Dr Laar **within a week of the quiz due date.** The Science Writing Quiz is separate from the weekly quizzes.

14) Test information and what to do if you miss a test

Tests 1,2 & 3: All tests are timed tests (see table below for details) and are open book tests, which means that you can refer to your course materials during the test. This format often lulls students into a false sense of security. Keep in mind that you won't have time to look up the answer to every question and/or double check all your answers. So, your preparation for the tests should not be very different than any other test; you should concentrate on understanding the course content and study sufficiently to be able to recall most of the course information. During the test, the open book format will allow you to refer to course material to assist with some of the questions you find most challenging and should help improve your grade. But to exploit this advantage, you have to organize your course material in a way that will allow you to find information quickly and know your work well enough to answer most questions without having to look things up.

Test	Dates test is available	% of final grade	# of Questions	Time limit (min)	What is covered?			
					Modules: Week #	Textbook readings	Supporting Documents	Overall:
1	Feb 8, 9 AM to Feb 09 at 9AM	12%	20	50	1, 2, 3	T-1	-	As shown
2	Mar 21 at 9 AM to Mar 22 at 9 AM	16%	30	75	4, 5, 7, 8	T-2 to T-6 inclusive	SD-1 to SD3 inclusive	Test 2 = 90% test new material as shown + 10% topics covered by test 1

3-final Assessment	TBA	30%	50	120	9, 10, 11, 12, 13	T-7 to T-13 inclusive	SD-4 to SD-10 inclusive	Test 3 = 80% new material as shown + 20% topics covered by tests 1 & 2
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15) What to do if you miss an assignment.

If you require an extension for an assignment, contact Dr Laar 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 Laar an absence declaration on ACORN that includes the due date for the assignment. (See #24 below on how to make an absence declaration). Please use the subject "NFS284-Online-Missed assignment" as the subject of all emails

Accessibility Services: If you are registered with Accessibility Services, extensions are provided in accordance with the terms of your letter of accommodation. (See also # 22 below).

16) Assignment re-reads: If you have concerns about the grading of an assignment, a re-read can be requested. Instructions on how to submit re-read requests will be provided during the term.

17) Plagiarism Detection Tool (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 website."

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. Laar 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 Laar 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. Laar 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.

18) Lecture material, audio recordings, and intellectual property:

Please note that the lecture presentations, videos, and other course documents are the intellectual property of Dr Laar and Dr Gurfinkel. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, including lectures by University instructors. 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.

19) 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>

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

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 Laar.

21) 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.

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>

23) Conduct Expectations & Equity, Diversity & Inclusion

The University welcomes and includes students, staff, and faculty from a wide range of backgrounds, cultural traditions, and spiritual beliefs. All students share the responsibility of maintaining a positive environment for the academic and personal growth of all U of T community members, whether in person or online. These expectations are described in the Code of Student Conduct (<https://governingcouncil.utoronto.ca/secretariat/policies/code-student-conduct-december-13-2019>).

The University of Toronto is committed to equity, human rights, and respect for diversity. All members of the learning environment in this course should strive to create an atmosphere of mutual respect where all members of our community can express themselves, engage with each other, and respect one another's differences. U of T does not condone discrimination or harassment against any persons or communities.

24) Extreme circumstances

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labor disruptions, etc.). Changes will be communicated through regular U of T communication channels, such as Quercus and/or U of T email.

25) How to be successful in NFS284:

- 1) Establish a regular weekly schedule for viewing the lecture recordings posted online.
- 2) Read all supporting documents and textbook readings by the recommended dates.
- 3) Complete all self-assessment questions in a timely fashion – ideally as you work through the recordings and readings.
- 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) Make generous use of the discussion board to post questions about course content you do not understand. Post as you work through the material.
- 6) Please note that the tests 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.
- 7) Check out the links in #23 below for ways to improve study skills.
- 8) Start working on assignments early- they take longer to complete than most students estimate.
- 9) In order to be successful on tests, including open book tests (See #14), 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 e-mail the instructor to book a virtual meeting. In the online environment ALL your tests are open-book tests. If you have been reviewing the material during the term for comprehension, you can focus on recall in the days immediately before a test. Become aware of how long it takes you to learn new content, so you can plan realistically. The last day before a test should ideally be for review only. Finally, during the test, persevere; don't give in to the stress.