

## NFS 400H1S: Functional Foods and Nutraceuticals

### Course Syllabus

- 1) **Lectures:** Mondays 2:00 pm - 5:00 pm EST
- 2) **Course Description:** This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation.

- 3) **Prerequisites:**

NFS284H, BCH210H, (PSL300/PSL301)/ PSL302Y

- 4) **Learning outcomes:**

At the end of this course students will 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

- 5) **Instructor contact information:**

**Course Instructor:** Matilda Essandoh Laar

**Email:** [matilda.laar@utoronto.ca](mailto:matilda.laar@utoronto.ca)

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

**Office Hours:** Mondays 12:00 - 1:00 pm (in-person; Jan 6 to Apr 4, 2024), no appointment necessary OR please book a virtual appointment at

<https://calendly.com/matilda-laar-1t31/book-a-time-nfs400-virtual-office-hours>

- 6) **Course Delivery, Website, and Notifications:**

**Course Delivery:** This is an in-person course. Supporting course materials will be posted on the course website on a weekly basis. The materials are a combination of lecture slides and group work activities.

**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.

**Course Expectations:** It is expected that students will attend lectures and actively participate in class activities, group work, and discussions.

## 7) Required materials/resources:

1. KRITIK: <https://www.kritik.io/>

Purchase information: Dr Laar will send you an invitation to sign up for access (price: \$29) to the course assignment on Kritik. Please let Dr Laar know if you have not received an invitation by the 15<sup>th</sup> of January, 2025.

Here is an Intro to Kritik video for students: <https://youtu.be/5wcZDVG8u5k>

2. TEXTBOOK: There is no required textbook for this course.

## 8) Course Overview and Assessment

### Course Format:

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

- 1) Face-to-Face lectures
- 2) Group Work: Dr Laar will randomly assign students to groups of five or six. Your group number will be available on Quercus by **January 15**.
  - Group Presentation Evaluations and self-reflection using [Kritik](#)

### Course Assessment:

Assessment	Weight (%)	Submission	Due Date
Annotated bibliography	3	individual	Jan 20 online at 2 PM
"Who does what" schedule	2	group	Jan 20- submitted at end of class (5PM) online
Nearly finished summary paper, PowerPoint slides & infographic draft	5	individual	Feb 10 online by 2 PM
Collated summary paper, PowerPoint slides & infographic	0		Feb 24 online by 2 PM- upload slides for group meeting with Dr Laar

Take home assignment - available on Quercus on Feb 5 at 9 AM; based on lecture content of Jan 6 to Jan 27	15	individual	Feb 24 online by 2 PM
MC quiz questions	0		Feb 24 online at 2 PM- questions for group meeting with Dr Laar
Natural Health Product (NHP) assignment	20	individual	Mar 17: Online at 2 PM
Group Presentation Instructor	10	group	Mar 3-submission of summary paper, PowerPoint slides and infographic online by 9 AM (on Quercus)
Student evaluations (Kritik)	10		
Summary paper & Infographic	25		Mar 3, 10, 17, 24, 31- Presentations
Presentation quizzes (Open book)	5	individual	Mar 3, 10, 17, 24, 31
Self-reflection/ Intra-Group Evaluations -1 & 2(Kritik)	5	individual	due Jan 28 & Apr 3 at 11:59 PM
Total	100		
*all group members receive the same grade (except in rare cases)			

**Presentation Schedule:**

Date	Group Presenting
Mar 3	1
Mar 3	2
Mar 10	3
Mar 10	4
Mar 17	5
Mar 17	6
Mar 24	7
Mar 24	8

Mar 31	9
Mar 31	10
Evaluations on Kritik are due at 11:59 pm on the day of presentation. Late submissions will not be graded	

### 9) Course Schedule:

Week	Topic
Jan 6	Course Overview Functional foods; natural health products; nutrition research
Jan 13	Discussion of assignments & group presentations Searching the literature <b>Group Introductions &amp; Preparation Time</b>
Jan 20	Natural Health Products <b>Group Work Preparation Time</b> <b>Annotated Bibliography due online at 2 pm</b> <b>“Who does what” schedule submitted at the end of class</b>
Jan 27	Functional Foods, Nutrition Labeling, and Health Claims <b>Intra-group evaluation-1 due on Kritik by 11:59pm Jan 28th</b> <b>Group Work Preparation Time</b>
Feb 3	<b>Group Work Preparation Time</b> <b>Individual Nearly-finished PowerPoint slides &amp; infographic draft due online at 2 pm</b> <b>Take Home Assignment available online Tuesday Feb 5 at 9 AM.</b>
Feb 10	<b>Group Work Preparation Time</b> Group meetings with Dr Laar – Preliminary Presentation
Feb 17	READING WEEK- no class
Feb 24	<b>Group Work Preparation Time</b> Group meetings with Dr Laar –Discussion of MCQs and Updated slides <b>Take Home Assignment due online at 2 pm</b>
Mar 3	Group Presentations <b>Submission of all Summary papers, PowerPoint slides, Infographic &amp; MCQs on Quercus by 9 AM</b>
Mar 10	Group Presentations
Mar 17	Group Presentations <b>NHP assignment due online at 2 pm</b>
Mar 24	Group Presentations
Mar 31	Group Presentations <b>Intra-group evaluation-2 due on Kritik by 11:59pm April 3</b>

## 10) Policy regarding group activity:

### **Important information about group work:**

Group work is a very important part of this course, and students are expected to attend all group work preparation sessions. These sessions are scheduled during class time, to ensure that students can attend. If scheduling conflicts necessitate repeated absences from class, **the student is urged to consider seriously whether this course is suitable for them.**

Except for compelling reasons, such as illness, personal distress or similar unforeseeable circumstance, all students will be given a grade of ZERO if they miss a group activity. You will be asked to provide a reason for your absence. This can be a written explanation from you or a verification of illness or injury form: <http://www.illnessverification.utoronto.ca/index.php> . See Dr. Laar during her office hours Monday 12-1 pm (MS 5267) or book a virtual meeting time at <https://calendly.com/matilda-laar-1t31/book-a-time-nfs400-virtual-office-hours>

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.

**IMPORTANT:** Often students don't believe their situation is compelling, when, in fact, it is, so please speak to Dr. Laar about your circumstances.

## 11) Policy regarding late submission of assignments:

Assignments are due online on the stated due dates and times. **An assignment will be judged late based on the digital time stamp on Quercus or Kritik. All late assignments will attract a 20% late penalty and an additional 10% each day late. Exceptions will apply for compelling reasons such as illness, personal distress, or similar unforeseeable circumstance.** Please contact Dr. Laar by e-mail as soon as possible (matilda.laar@utoronto.ca) to request an extension. You will be asked to provide a brief explanation for the request. This can be a written explanation from you or a verification of illness or injury form:

<http://www.illnessverification.utoronto.ca/index.php>

See Dr. Laar during her office hours Mondays 12 -1 pm (MS 5267) or book a virtual meeting time at <https://calendly.com/matilda-laar-1t31/book-a-time-nfs400-virtual-office-hours>

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.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT considered compelling reasons for an extension. Extensions for these reasons are only granted in very 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 are uncertain whether you have compelling reasons for an extension or if you are unable to contact Dr. Laar for an extension prior to the due date, then you should:**

- 1. FIRST hand in as much of the assignment as you possibly can on the due date and THEN**
- 2. Make an appointment to meet with Dr Laar to discuss your situation. All discussions are kept confidential.**

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

**13) 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.

**14) 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 5 at 9 AM when the take home test is made available. Students are asked to limit the use of e-mail to specific questions about their 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](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 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.

#### **16) Policy regarding assignment re-reads:**

If you have substantive concerns about the grading of an assignment, you may request a re-read online. Instructions on how to request a reread will be provided in the course of the semester. As a result of the re-read **your mark can go up, down, or stay the same**. Please note that the higher your original mark (especially marks >80%) the less likely an upward adjustment in your mark will occur. Dr. Laar's decision is final.

**Deadlines for re-reads:** Will be indicated in the re-read request guidelines.

#### **17) 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 regularly review the code as ignorance of the rules is not an acceptable excuse.

#### **18) 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>

#### **19) 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>

#### **20) 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.”*

**21) 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.