

NFS 400H1S: Functional Food and Nutraceuticals
Course Syllabus
January 6 to March 30, 2020

Lectures: Mondays, 09:00 to 12:00, Pharmacy Building, PB 255

Course description: This course will describe functional foods and nutraceuticals, including their health benefits, development, and regulation.

Learning Outcomes:

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
3. 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

Textbook: There is no required textbook for this course.

Instructor: Laurie Ricciuto, PhD laurie.ricciuto@utoronto.ca
 Office Hours: Mondays, 12:30-13:30, Tuesdays & Wednesdays 13:30 to 14:30,
 Medical Sciences Building, MS 5347

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 Group Introductions & Preparation Time |
| Jan 20 | Natural Health Products Group Presentation Preparation Time Annotated Bibliography due online at 2 pm "Who does what" schedule submitted at the end of class |
| Jan 27 | Functional Foods, Nutrition Labeling, and Health Claims Group Presentation Preparation Time |
| Feb 3 | Group Presentation Preparation Time Individual Nearly-finished PowerPoint slides & transcript due online at 2 pm Take Home Assignment available online Tuesday Feb 4 at 9 AM. |
| Feb 10 | Group Presentation-Preparation Time Group meetings with Dr R – Preliminary Presentation Take Home Assignment due online at 2 pm; hard copy at the beginning of class |
| Feb 17 | READING WEEK- no class |

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|--------|--|
| Feb 24 | Group Presentation- Preparation Time Group meetings with Dr R –Discussion of MCQ |
| Mar 2 | Group Presentations Submission of all PowerPoint slides & MCQs on Quercus by 9 AM |
| Mar 9 | Group Presentations |
| Mar 16 | Group Presentations NHP assignment due online at 2 pm: hard copy at beginning of class |
| Mar 23 | Group Presentations |
| Mar 30 | Group Presentations |

Assessments:

| Assessment | Weight | Due Date |
|---|------------------------|---|
| Annotated bibliography | 2- individual | Jan 20 online at 2 PM |
| “Who does what” schedule | 1-group | Jan 20 end of class - online or hard copy |
| Nearly finished PowerPoint slides & transcript | 10-individual | Feb 3 online at 2 PM |
| Collated PowerPoint slides & transcripts | 0 | Feb 10 online at 2 PM- upload slides for group meeting with Dr R |
| Take home assignment - available on Quercus on Feb 4 at 9 AM; based on lecture content of Jan 6 to Jan 27 | 25-individual | Feb 10 online by 2 PM AND hard copy due at beginning of class |
| MC quiz questions | 0 | Feb 24 online at 2 PM- questions for group meeting with Dr R |
| NHP assignment | 25-individual | Mar 16 online by 2 PM AND hard copy due at beginning of class |
| Group Presentation | 30-group* | Mar 2-submission of PowerPoint slides online by 9 AM Mar 2, 9, 16, 23, 30 - oral presentations |
| Group Evaluation | 1-individual | Mar 2, 9, 16, 23, 30 |
| Presentation MC quizzes (open book) | 5 (1% X 5)- individual | Mar 2, 9, 16, 23, 30 |
| Self-reflection on group work | 1-individual | Online Mar 31 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 2 | 1 | 10 |
| Mar 2 | 2 | 9 |
| Mar 9 | 3 | 8 |
| Mar 9 | 4 | 7 |

| | | |
|--------|----|---|
| Mar 16 | 5 | 1 |
| Mar 16 | 6 | 2 |
| Mar 23 | 7 | 3 |
| Mar 23 | 8 | 4 |
| Mar 30 | 9 | 5 |
| Mar 30 | 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 R 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 Ricciuto 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. Ricciuto 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 4 at 9 AM when the take home assignment 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

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:

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness, personal distress or similar unforeseen circumstances. Please contact Dr R IMMEDIATELY by e-mail to be granted assignment extensions. 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 if you have compelling reasons for an extension or if you are unable to contact Dr R 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 R to discuss your situation. All discussions are kept confidential.

Documentation (e.g., U of T medical certificate <http://www.illnessverification.utoronto.ca/index.php>) or a brief verbal or written statement, explaining your absence, is required. For verbal explanations, see Dr. Ricciuto during her office hours. All discussions are confidential.

IMPORTANT: Often students don't believe their situation is compelling, when in fact, it is, so please speak to Dr R, whatever your circumstances. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, should discuss their situation with their college registrar.

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. A link will be made available on Quercus for you to upload your request and any supporting files. Describe as specifically as possible your concerns. This can be in the form of comments, or alternatively, or in addition, an uploaded a copy of your assignment with annotations and/or highlighting that indicate the specific areas of concern. **If comments on your assignment are not included with your request, a re-read will not be done.** 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. R's decision is final.

Deadlines for rereads: One week after the assignments are returned, unless otherwise indicated.

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>