



**Faculty of Land & Food Systems**  
**FNH 250: NUTRITION CONCEPTS & CONTROVERSIES**  
**Course Syllabus**  
**Section 99A September – December 2020**

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## ACKNOWLEDGEMENT

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) people. The land it is situated on has always been a place of learning for the Musqueam people, who for millennia have passed on in their culture, history, and traditions from one generation to the next on this site.

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## COURSE INFORMATION

Course Title	Course Code Number	Credit Value
Nutrition Concepts & Controversies	FNH 250 99A	3 credits

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## PREREQUISITES

Either (a) one of BIOL 111, BIOL 112, BIOL 153, BIOL 155 or (b) all of KIN 190, KIN 191.

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## CONTACTS

Course Instructor(s)	Contact Details	Office Location	Office Hours
Elizabeth Novak, PhD	enovak@mail.ubc.ca	N/A	Available via email. Please allow 48 hours for a response.

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## TEACHING ASSISTANT

TBA.

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## COURSE STRUCTURE

This is a distance education course with no formal meeting time. All learning and communication will be done online. Readings and course modules will be done on your own time, but assignments, quizzes and discussions have scheduled deadlines, as outlined in this document. The FNH 250 Canvas site ([canvas.ubc.ca](https://canvas.ubc.ca)) will be your main learning and communication resource. **Please check the course announcements on Canvas frequently for reminders and updates.**

Resources for your learning include textbook readings and course modules, which include notes, practice quizzes and case studies. You will be assessed through assignments, quizzes, a graded discussion board, and a final exam. We will be using **Piazza** as a platform for questions and discussing course material. The instructor will be available to answer questions on Piazza or via email at [enovak@mail.ubc.ca](mailto:enovak@mail.ubc.ca).

## LEARNING OUTCOMES

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Upon the completion of the course, you will be able to:

- 1) Name and describe the characteristics, physiological functions, and food sources of essential nutrients
- 2) Discuss the adverse effects of both inadequate and excessive intakes of nutrients
- 3) Understand the concept of nutrient requirements and how these are translated to recommendations for intake of nutrients and foods
- 4) Apply your knowledge by assessing the adequacy and balance of food consumption patterns of healthy adults
- 5) Critically assess current nutrition fads and controversies

## LEARNING ACTIVITIES

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As a distance education course, your learning will be self-directed. We will cover 13 chapters from the required textbook in this course. For each week of the course, you will be responsible for reading one chapter from the textbook and reviewing the corresponding chapter module on Canvas.. You will also participate in a group discussion board, where you will discuss nutrition concepts and controversies.

## LEARNING MATERIALS

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- Access to the Canvas course site ([canvas.ubc.ca](https://canvas.ubc.ca)) and Piazza.
  - Textbook: Understanding Nutrition, 2nd Can. Ed., Whitney, Rolfes, Hammond and Piche
  - Software: Diet and Wellness Plus (online access), [www.cengage.ca](https://www.cengage.ca)
- \* Please note that the textbook and software are **required**. The textbook and software can be purchased as a package from the UBC bookstore. You will not need a course code for the Diet & Wellness Software.

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## LEARNING ANALYTICS

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Canvas captures data about your activity and provides information that can be used to improve the quality of teaching and learning. In this course, analytic data may be used to:

- View overall class progress
- Track your progress in order to provide you with personalized feedback
- Review statistics on course content being accessed to support improvements in the course
- Track participation in discussion forums

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## COPYRIGHT

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All materials of this course (course notes, videos, quizzes, case studies and assessments) are the intellectual property of the Course Instructor or licensed to be used in this course by the copyright owner. Redistribution of these materials by any means without permission of the copyright holder(s) constitutes a breach of copyright and may lead to academic discipline.

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## ASSESSMENTS OF LEARNING

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Quizzes (3 @ 5% each)	15%
Contribution to online group discussion	10%
Written report	15%
Diet & Wellness assignments	20%
Final exam	40%

Each of the above assessments is described below.

**Quizzes:** There will be three quizzes, each worth 5% of your grade. Each quiz will cover material from three chapters. The quizzes will assess your knowledge and help to identify areas that you may need to review again. These must be completed independently and without relying on notes. Quizzes will be available on Canvas for a one week window (dates outlined below) and must be completed within this time. ***There will be no late or makeup quizzes.*** If you are unable to complete a quiz within the given time frame, you must notify the instructor as soon as possible. If you must miss a quiz, with a valid excuse, the marks will be allocated to the final exam.

**Contribution to online discussion:** As there is no face-to-face meeting time for this course, we will use the Canvas discussion board to stimulate conversation about nutrition. You will be placed in a discussion group where you will discuss five questions over the semester. More information on grading criteria and expectations will be posted on Canvas. ***There will be no late or makeup discussion grades.*** If you must miss a discussion question, with a valid excuse, please contact the instructor to make alternate arrangements.

**Written report:** You will prepare a two-page report evaluating the evidence for a current nutrition controversy. Full instructions will be available on Canvas. ***Late reports will be deducted 10% per day late.***

**Diet & Wellness assignments:** You will complete two assignments using the Diet & Wellness software. In the first assignment, you will enter your diet into the Diet & Wellness Software and compare your diet to the Dietary Reference Intakes. The DRI assignment is worth 5% of your total grade. In the second assignment, you will apply the knowledge gained in this course to assess and plan your diet using the Diet & Wellness Software. The assessment assignment is worth 15% of your grade. Full instructions will be available on Canvas. ***Late assignments will be deducted 10% per day late.***

**Final exam:** The final exam will be cumulative, with a focus on the material in the learning objectives and course notes. More information on the exam format and materials permitted will be provided closer to the examination date.

## HOW TO DO WELL IN THIS COURSE

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1. Read through the material in each chapter of the textbook and the corresponding course modules. **Focus on the material in the course notes.** Test yourself to ensure that you can understand and retain the material.
2. **If you have any questions, post on Piazza or email the instructor.**
3. Contribute to online discussions by posting comments and questions, reading and responding to posts from other students. Apply your knowledge, share your opinions.
4. Use your time wisely. Set up a schedule for yourself where you aim to complete the chapters within the suggested time frame (provided below). **Record the deadlines for quizzes and assignments now to ensure that you are able to complete these on time.**
5. Use the resources available to you (instructor, textbook, Canvas site, Piazza, discussion board and additional online material) to enhance your learning experience. **Check Canvas frequently for updates and announcements.**
6. Connect concepts from this course to knowledge gained from other courses and your own experiences. Try to apply what you learn in this course to your own life.

## UNIVERSITY POLICIES

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UBC provides resources to support student learning and to maintain healthy lifestyles but recognizes that sometimes crises arise and so there are additional resources to access including those for survivors of sexual violence. UBC values respect for the person and ideas of all members of the academic community. Harassment and discrimination are not tolerated nor is suppression of academic freedom. UBC provides appropriate accommodation for students with disabilities and for religious observances. UBC values academic honesty and students are expected to acknowledge the ideas generated by others and to uphold the highest academic standards in all of their actions. Details of the policies and how to access support are available on the UBC Senate website (<https://senate.ubc.ca/policies-resources-support-student-success>).

**Please be aware that plagiarism or cheating of any kind will be cause for “no credit” on the assignments and possible failure in the course.** UBC’s policy on academic integrity is available at: <https://academic.ubc.ca/support-resources/ubc-policies-guidelines> When academic integrity is breached (most commonly by *plagiarism* or *cheating*), this constitutes academic misconduct. If you have not already done so, you should familiarize yourself with UBC’s policies and the steps you can take to avoid plagiarism. The UBC Library has an excellent site on plagiarism, with links to some good online tutorials: <http://www.library.ubc.ca/home/plagiarism/>. To avoid plagiarism, it is important to always cite the source of your information and use quotation marks when taking direct quotes from other sources. Please also be aware that plagiarism is not only relevant to assignments - taking material directly from a website or other source and posting it in a discussion group is also a form of plagiarism. Remember to always acknowledge your sources, even for discussion posts!

**The online quizzes and assignments in this course must be completed independently.** Studying or discussing issues with other students is completely legitimate, and is encouraged; however, **collaborating with others while completing online quizzes/exams is not acceptable, nor is informing others of what the questions were.** Both providing information about a quiz to someone else, or using the information elsewhere, are considered cheating and would constitute academic misconduct.

## SCHEDULE OF TOPICS

WEEK	DATES	CHAPTERS COVERED	QUIZZES & ASSIGNMENTS	DISCUSSION QUESTIONS
1	Sept 8 - 13	Chapter 1: Overview of Nutrition		No discussion
2	Sept 14 -20	Chapter 2: Diet Planning		<b>Question 1:</b> First post due <b>Sept 20</b> , responses due <b>Sept 27</b>
3	Sept 21-27	Chapter 3: Digestion & Absorption	<b>DRI assignment</b> <b>Due Sept 25, 11:59 pm</b>	
4	Sept 28 - Oct 4	Chapter 4: Carbohydrates	<b>Quiz 1: Chapters 1-3</b> <b>Sept 28 – Oct 4</b>	<b>Question 2:</b> First post due <b>Oct 4</b> , responses due <b>Oct 11</b>
5	Oct 5 - 11	Chapter 5: Lipids		
6	Oct 12 - 18	Chapter 6: Protein	<b>Written Report Due</b> <b>Oct 16, 11:59 pm</b>	No discussion
7	Oct 19 - 25	Chapter 8: Energy Balance	<b>Quiz 2: Chapters 4-6</b> <b>Oct 19 - 25</b>	<b>Question 3:</b> First post due <b>Oct 25</b> , responses due <b>Nov 1</b>
8	Oct 26 – Nov 1	Chapter 9: Weight Management		
9	Nov 2 - 8	Chapter 10: Micronutrients for Energy Metabolism		<b>Question 4:</b> First post due <b>Nov 8</b> , responses due <b>Nov 15</b>
10	Nov 9 -15	Chapter 11: Water & Electrolytes	<b>Quiz 3: Chapters 8-10</b> <b>Nov 9-15</b>	
11	Nov 16 - 22	Chapter 12: Antioxidant Nutrients		<b>Question 5:</b> First post due <b>Nov 22</b> , responses due <b>Nov 29</b>
12	Nov 23 - 29	Chapter 13: Nutrients for Bone	<b>Diet Assessment</b> <b>Due Nov 27, 11:59 pm</b>	
13	Nov 30 – Dec 3	Chapter 14: Nutrients for Blood		No discussion
<b>FINAL EXAM TBD (scheduled during formal exam period Dec 7 -22)</b>				