



Faculty of Land & Food Systems
FNH 250: NUTRITION CONCEPTS & CONTROVERSIES
Course Syllabus
Section 99C January - April 2022

ACKNOWLEDGEMENT

UBC's Point Grey Campus is located on the traditional, ancestral, and unceded territory of the xwməθkwəyəm (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.

COURSE INFORMATION

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

PREREQUISITES

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

CONTACTS

Course Instructor(s)	Contact Details	Office Hours
Elizabeth Novak, PhD	enovak@mail.ubc.ca Please allow 24 hours for a response Monday -Friday during business hours.	By appointment.

TEACHING ASSISTANT

Maryam Kheirmand, UBC Graduate Student. Maryam will mostly be behind the scenes assisting with marking, but you may have a chance to connect later in the course.

INSTRUCTOR BIO

I completed my PhD in Human Nutrition at UBC and have been teaching at UBC since 2013. I was drawn to nutrition because I love food and I wanted to know more about how our food choices affect our health. I teach because I love learning (both about nutrition and how to be a better teacher). I enjoy trying to find creative ways to motivate students, and thinking of questions that will keep you (and me) pondering outside of class. My goal is to ensure all of my students receive the tools and support they need to succeed. I strive to continually improve my courses, and value feedback from students – so if you have any suggestions, I would love to hear them.

COURSE STRUCTURE

This is a distance education course with no scheduled meeting time. All learning and communication will be done online. Readings and course modules will be done on your own time, although quizzes, assignments, discussions and exams have scheduled deadlines, as outlined in this document.

LEARNING OUTCOMES

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

As a distance education course, your learning will be largely self-directed. For each week of the course, you will be responsible for reading a chapter from the textbook and going through the corresponding module on Canvas, which includes course notes and practice questions. You will participate in a group discussion board, where you will critically discuss nutrition issues, and you will complete four assignments exploring your own dietary intake and diet trends. To assess your learning, there will be three quizzes and a final exam.

The FNH 250 Canvas site (canvas.ubc.ca) will be your main learning and communication resource. Please check the course announcements frequently for reminders and updates. We will be using **Piazza** as a platform for questions and discussing course material. The instructor is available to answer questions and provide support through Piazza, via email, or virtual meetings via zoom.

LEARNING MATERIALS

- Access to the Canvas course site (canvas.ubc.ca), Piazza, and Zoom
 - Textbook: Understanding Nutrition, 2nd Can. Ed., Whitney, Rolfes, Hammond and Piche
 - Software: Diet and Wellness Plus (online access), www.cengage.ca
- * Please note that the textbook and software are **required**.

LEARNING ANALYTICS

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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ASSESSMENTS OF LEARNING

Group discussion	8%	Assesment assignment	15%
Popular diet report	15%	Quizzes 3 @ 5%	15%
Diet record	2%	Final exam	40%
DRI assignment	5%		

Each of the above assessments is described below. Full instructions will be provided on Canvas.

Contribution to online group discussion: In place of face-to-face meetings in this course, we will use the Canvas discussion board for small group discussions. The purpose of the discussion board is to give you the opportunity to think critically, dive deeper into the course material, and stimulate conversations about nutrition. There will be 5 discussion questions over the semester. You will be graded on four of these – this means that you can either skip one discussion or have your lowest grade removed. Please note that discussion **question 3 is REQUIRED** and cannot be skipped. Late discussion questions will not be accepted, as your group members will not be able to reply once the discussion has closed.

Diet record: You will record your diet for three days, enter this into the Diet & Wellness Software, and reflect on some of the challenges involved in dietary analysis. The purpose of this assignment is to record your diet for use in the DRI and Assessment Assignments, and to critically reflect on the limitations and difficulties in using dietary analysis software.

DRI assignment: Using the Diet & Wellness Software and the Dietary Reference Intake (DRI) reports, you will compare your diet to the recommendations in the DRI. The purpose of this assignment is to practice using the DRI and to reflect on how your own diet meets current recommendations.

Written report: You will choose a popular diet and prepare a two-page report evaluating the safety, efficacy and evidence for your chosen diet. You will then share your findings in the group discussion, and engage in discussion about different popular diets. The aim of this assignment is to practice critically evaluating nutrition fads and finding reliable, evidence based nutrition information, while offering the opportunity to explore a topic that interests you.

Assessment assignment: Using the Diet & Wellness Software, you will apply the knowledge gained in this course to assess your current diet and create a diet plan for yourself. The purpose of this assignment is to apply concepts learned in this course to assess and and reflect on changes you can make to your own diet.

Late assignment policy: *Late assignment will be deducted 10% per day late, as we need these submitted on time so that we can return your work in a timely manner. Please note that the assessment assignment will not be accepted after the last day of classes (Dec 7). **If you are unable to complete the coursework on time, please notify the instructor as soon as possible, before the assignment due date.** Extensions will not be granted once the assignment deadline has past.*

Quizzes: There will be three quizzes this semester. The quizzes take the place of a formal midterm exam, and these smaller, more frequent assessments are intended to help you stay on track with the course material and recognize topics that may require additional review. There will be no late or make up quizzes, as answers may be posted once the deadline has passed.

Final exam: The final exam will formally assess your learning in this course. The exam will be cumulative and will 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 dates.

HOW TO DO WELL IN THIS COURSE

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 apply 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, 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 time frame provided below. **Note the assignment and quiz dates 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

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 quizzes, assignments and exams 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, assignments or the exam is not acceptable, nor is informing others of what the questions were.** Both providing information about a quiz or exam to someone else, or using the information elsewhere, are considered cheating and would constitute academic misconduct.

SCHEDULE OF TOPICS

WEEK	CHAPTERS COVERED	QUIZZES & ASSIGNMENTS	DISCUSSION QUESTIONS
1 Jan 10 -16	Ch 1: Overview of Nutrition	Course Orientation Quiz Due Jan 14, 11:59 pm	No discussion
2 Jan 17 -23	Ch 2: Diet Planning	Diet Record Due Jan 21, 11:59 pm	Question 1: First post due Jan 23 , responses due Jan 30
3 Jan 24- 30	Ch 3: Digestion & Absorption	DRI Assignment Due Jan 28, 11:59 pm	
4 Jan 31- Feb 6	Ch 4: Carbohydrates	Quiz 1: Jan 31 – Feb 6 Covers Chapters 1-3	Question 2: First post due Feb 6 , responses due Feb 13
5 Feb 7 - 13	Ch 5: Lipids		
6 Feb 14 - 20	Ch 6: Protein	Written Report Due Feb 18, 11:59 pm	No discussion
7 Feb 21 - 27	Reading week		
8 Feb 28 – Mar 6	Ch 8: Energy Balance & Ch: 9: Weight Management	Quiz 2: Feb 28 – Mar 6 Covers Chapters 4-6	Question 3 REQUIRED: First post due Mar 6 , responses due Mar 13
9 Mar 7 - 13	Ch 10: Nutrients for Energy Metabolism		
10 Mar 14 - 20	Ch 11: Water & Electrolytes		Question 4: First post due Mar 20 , responses due Mar 27
11 Mar 21 - 27	Ch 12: Antioxidant Nutrients	Quiz 3: Mar 21 - 27 Covers Chapters 8 – 11	
12 Mar 28 – April 3	Ch 13: Nutrients for Bone Health		Question 5: First post due April 3 responses due April 8
13 April 4- 8	Ch 14: Nutrients for Blood Health	Diet Assessment Due April 8, 11:59 pm	